strong season expected for track teams

falcon boys soccer looks to close region 12 tenure with title

lady reds softball building with youth

rams baseball looking for more victories
BODY PROJECT
AN ORIGINAL FACULTY-CHOREOGRAPHED DANCE CONCERT

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Since the November election, political rhetoric has been quite heated across Utah and the nation. Twenty-five highly motivated college students from six different colleges and universities met at the Utah State Capitol March 30-31 to debate the issues they consider most impactful to communities.

The Utah Intercollegiate Legislature is a legislative simulation hosted by Utah Campus Compact each spring to engage interested higher education students from across the state in learning more about the legislative and governing process.

Shay Bauman, a junior in economics at Southern Utah University, is presiding as Governor of the 2017 Utah Intercollegiate Legislature. An active executive council member of the Michael O. Leavitt Center for Politics and Public Service, Bauman had never really forayed into the world of governance until participating as a UIL delegate in 2016.

"Having been elected by my peers as Governor and stepping up to the plate has been rewarding," Bauman said in a release from the Leavitt Center. "I'm pleased to see how beautifully this session has come together. I'm glad I had this leadership opportunity."

Other SUU students included Evan Miller, Mackenzie Maness, Ayleen Perry, Mitch Poulson, Sunny Sims. Each prepared a bill to make its way through the process of committee then the "Senate" as a body.

"The research and effort put into these bills demonstrates the tremendous passion that SUU student possess for the current issues important to them and the communities in which they live," Bauman said.

In addition to two days of vigorous debate on Thursday and Friday, the delegates participated in a service project at the Utah Food Bank. One of the many benefits provided to the delegates each year is a delegate dinner where they were joined by state legislators including Senator Don Ipson, Representative Becky Edwards and Representative Karen Kwan.

The Utah Intercollegiate Legislature receives generous support from the Utah Commission on Civic and Character Education. The 2017 Utah Intercollegiate Legislature included student delegations from Dixie State University, Salt Lake Community College, Southern Utah University, University of Utah, Utah State University and Weber State University.

Utah Campus Compact is a higher education coalition focused on building the capacity of higher education to serve the public good.

Leaders of tomorrow may be college students today, as more than two dozen met in Salt Lake City to discuss issues.
CEDAR CITY — In celebration of the Canyon Creek Women’s Crisis Center’s 20th year, the staff put on an Open House last Friday, where the public were invited to tour the 95 N. Main St. building, above Bullock Drug.

Bev Emery, a member of the Board of Directors, gave some tours and explained what efforts staffers and volunteers do to assist men and women in need. The Center continuously seeks various grants and each type takes work.

Government grants take 580 hours to apply and be considered for, but can bring more than $10,000 to help with center programs, Emery said. Foundation grants take five hours to apply for and can be $5,000 to $10,000 when received.

“There’s a lot more money for a lot of work and a lot less work for less money,” she said.

One of the rooms touches on the issues of how domestic violence is affecting men and women with a clothesline project. Victims of domestic violence within a support group wrote messages on t-shirts, which Emery said, showed what stages they are in through recovery.

Also on a wall in the same room gave a visual with paper cutouts of men and women labeled according to their needs of shelter and other needs.

Emery said studies show that one in three women will be sexually assaulted at some point in their life, while one in five men will be assaulted sometime in their life.

“Utah has a very high incidence rate of rape and a fairly low reporting rate,” she said.
CEDAR CITY — SUU Outdoors is hosting an open house on Friday, April 7 from 11 a.m. to 3 p.m. to celebrate its new location in the Sharwan Smith Student Center and in the Leadership Engagement Center. Divided into two parts, the new locations increase visibility and convenience for the SUU community. All are invited to the open house in the student center, which will include light refreshments, games, prizes and tours of the new spaces.

SUU Outdoors’ mission is to facilitate and inspire meaningful experiences in the natural world by providing opportunities for students to explore southern Utah.

SUU Outdoors is unmistakable now with the addition of a bouldering wall and other new features in the student center. There students can sign up for rock climbing, ropes course, trips and adventures. There are over 100 trips a year, free of charge for students, led by trained professionals.

The new location in the student center will be selling socks, waterproof maps, freeze-dried food, water bladders, technical equipment and outdoor apparel, explained Kevin Koontz, SUU Outdoors Shop Manager, in a release. They also have plans to make outdoor trips even more accessible. "We will also have computers to help students plan their own adventures," said Koontz. "We have a growing collection of guidebooks and trail maps and are planning to make an adventure sharing board where students can invite others to join them on a trip."

The rental equipment moved from the student center into a garage behind the Leadership Engagement Center. It’s a convenient new location because anyone can drive right up to the shop, load or unload equipment and drive away. The shop is open Monday through Saturday from 9 a.m. to 6 p.m.

Rental equipment in the garage is organized according to subject: water sports, winter sports, camping, kitchenware, wheels, climbing, canyoneering and lawn games. The rental prices are inexpensive and convenient for students and include everything from kayaks to crash pads.

SUU’s location in southern Utah is in the perfect position to take advantage of all that Mother Nature offers. That’s one of the reasons why it was declared the most outdoorsy school in the nation and trademarked the name University of the Parks. Hiking, camping, skiing, snowshoeing, biking, camping and so much more. With such close proximity to National Parks, National Monuments, state parks, mountains, deserts, lakes, snow and sand there is enough to keep anyone occupied.
PRESIDENT TRUMP – DO YOUR JOB!

Think of this...What if Pres. Franklin Roosevelt had taken office, shrugged his shoulders at the Depression, and announced to the American people, "Hey, it's not my problem. Herbert Hoover did this, so live with it!"

What if Pres. John F. Kennedy had been sworn in and claimed in his inaugural address, "Black Americans are being beaten in the Deep South for wanting to sit at restaurant counters, drink from public water fountains, and exercise their right to vote. However, that's not my problem; Pres. Eisenhower left it to me, but I'm going to move on to more important items like beating the Russians to the moon."

What if Pres. Richard Nixon had said, "At some point, China will become a major power in world politics, but Lyndon Johnson didn't do anything about it, so I'm not going to address it either."

Or what if Pres. Barack Obama had held a news conference and said, "My predecessor has left tens of thousands of American soldiers in the Middle East. It's not my job to figure out how to get them home safely; I didn't put them there."

And yet what did we hear from Pres. Trump last week? After his fellow Republicans in the U.S. House refused to coalesce and pass his "repeal and replace" answer to Pres. Obama's Affordable Care Act, he brushed the citizens aside and basically said, "It is my way or the highway. Let America's health care fail; I'm moving on to changing the tax system."

This is not what most of us would call leadership. If anything, it's cowardice and arrogance from a buffoon who hasn't a clue as to how to act as the chief executive of the world's largest economic power.

10 million Americans have obtained insurance, and, even though residents of many rural counties are faced with no competitive insurance plans, some two-thirds of the country has a choice between three or four carriers. Its future is dicey and most Democrats admit it needs tweaking or restructuring to keep it afloat. At the same time, the vast majority of Americans – including many who voted for Pres. Trump – want to keep essential components of the Obama measure, especially the ban on insurance companies cancelling policies for people with pre-existing conditions and allowing young people to stay on their parents' plan.

Republican and Democrats can take the hard road, meet together and through give-and-take plug some funding problems. It will take some type of tax increase on certain populations to keep the nice parts Americans want to retain. It may also take a reduction of certain benefits.

A real president would lead the discussion. But that's not whom the Electoral College selected.

I'm not defending every aspect of so-called "Obamacare." Passed without Republican votes, it barely eked its way through the Congress and was held constitutional by a thread, a 5-4 Supreme Court vote. It has problems, but it also has benefits. More than
I've never been socially dynamic, flitting from person to person at parties like a butterfly with a Mountain Dew addiction. In most social occasions, I'm standing under the exit sign, trying to catch my husband's eye and pointing to my watch.

My hubbie is a card-carrying extrovert who loves the thrill of the crowd. He talks to strangers, tells jokes in public and uses phrases like, "I'm just thinking out loud." I've never used that sentence in my entire life.

A recent personality assessment said my potential careers should include hermit, monk and/or crazy cat lady, which isn't a surprise. When I watched The Martian, I wondered why (besides the lack of oxygen, books and food) Matt Damon would ever want to return to Earth.

I'm not anti-people, but as a loud-and-proud introvert, our overly stimulated society can, at times, be exhausting.

Introverts get a bad rap. We're considered bashful and insecure when actually we're super-observant, intelligent and creative individuals.

But still, extroverts "help" me adjust to society by saying things like, "To feel confident, stand like Wonder Woman for two minutes every day." I already feel confident. I would no sooner stand with my hands on my hips than I would stand with a pencil stuck up my nose.

They suggest that introverts be team leaders to "boost self-esteem" without realizing that group assignments can push an introvert so far into a closet, they'll wind up in Narnia. But give me a task and send me to my room, and I can accomplish pretty much anything.

Here's how to make small talk with an introvert: don't. I already feel confident. I would no sooner stand with my hands on my hips than I would stand with a pencil stuck up my nose.

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Things an introvert hates: surprise parties. Things an introvert never says: "I'll be working the crowd," "Everyone gather around," "I can't wait for the company party."

If I was forced to post a profile on a dating site (which I'm not, dear), it would say, "Don't bother contacting me. I'm not home. Well, I'm home, but I'm never going to talk to you."

I dream of living in a library with a fully-stocked gourmet kitchen, warm blankets and a trapdoor that opens under the welcome mat when someone rings the doorbell. My personal space is a 20-foot circumference from the end of my outstretched arms. If an introvert hugs you, they really like you.

My husband has learned that if I don't have some alone time to recharge, I get . . . irritable. (He uses a different word, but I can't put it in this column.)

If I have two hours of uninterrupted alone time, it's better than Christmas morning. I'll plan which books to read. I stock up on really good chocolate. I'll make sure my super-soft socks are clean. But if plans change and I lose that time? God help the world. Wrath is an understatement.

I'm not saying introverts are right and extroverts are wrong, or vice versa. I'm saying the world needs both social butterflies and quietly introspective people who bring a sense of calm to an overworked culture. All I'm asking for is sincere connection and a spouse who is willing to leave the party early.
The Zions Bank Utah Consumer Attitude Index (CAI) increased in March, jumping 8.8 points to 123.5. The increase primarily resulted from high expectations for the economy over the next six months. The overall CAI currently sits 8.1 points higher than its level 12 months ago. In comparison, the national Consumer Confidence Index increased 9.5 points from February to March and currently sits at 125.6.

“Consumer attitudes in Utah have reached an all-time high,” said Scott Anderson, president and CEO of Zions Bank. “Low unemployment coupled with expectations for even more jobs in the coming months contribute to an overall positive cycle that Utahns can benefit from for the foreseeable future.”

The Present Situation Index, the sub-index of the CAI that measures how consumers feel about current economic conditions, increased 5.6 points since last month but sits just 0.2 points higher than it was at this time last year.

Expectations for the next six months increased 10.9 points in March due to a more positive outlook on future income potential and employment conditions.

Forty-one percent of Utahns think their household income will be higher in six months, up from 37 percent last month.

Thirty-five percent of Utahns think the federal government is doing a good job taking steps to improve the overall economy, up 7 points from February.

Forty-four percent of Utahns think the state government is doing a good job, down from 48 percent last month.

“This month marks the first month in a long time that expectations for the future have mirrored sentiment about the current situation,” said Randy Shumway, Chairman and Partner of Cicero Group. “High expectations propel the economy and give Utahns even more reasons to get out and invest in their next project.”

Southern Utah Economic Landscape:

Iron County: The unemployment rate remains constant at 4.1 percent from January to February according to the Utah Department of Workforce Services. In the February report by RealtyTrac®, approximately 6 in every 10,000 homes were in foreclosure in Iron County, up from 5 in every 10,000 one month prior. Plans are underway to revitalize the downtown area of Cedar City. The committee is planning to bring in more festivals and economic activity to live up to the city’s nickname—Festival City. Many downtown businesses see vast festivals and economic activity to live up to the city’s nickname—Festival City. Many downtown businesses see vast

Cedar City — Winery and Tasting Room is relocating to downtown Cedar City, neighboring the Shakespeare Festival and Southern Utah Museum of Art (SUMA). IG Winery will celebrate with a ribbon cutting on Friday, April 7, at noon, and a public grand opening on Saturday, April 8.

IG Winery opened its doors in 2012 in a cottage behind the Iron Gate Inn. Since then, the boutique winery has thrived and outgrew its previous location leading business owners to seek out a larger facility located on Center Street in the heart of downtown Cedar City.

“This is an exciting move for us. It will create a high traffic area with increased visibility, nestled between the amazing Shakespeare Festival and SUMA Campus in the heart of downtown Cedar City,” said IG Winery founder and winemaker Doug McCombs in a release. "It is our intent to add our stunning new winery to the list of 'must see' places in Cedar City and southern Utah.”

McCombs brings his penchant for fine wines to Utah with signature blends and single varietals that are handcrafted to create rich, smooth and elegant wine. McCombs sources grapes from the finest vineyards in California, Oregon and Washington; including Napa, Sonoma, Sierra Foothills, the Columbia and Rogue Valleys.

“We are excited to welcome IG Winery to downtown Cedar City,” said Steve Nelson, Chairman for Cedar City’s Historic Downtown Committee. “We are confident that they will help us build the vibrant atmosphere that Cedar City will become known for.”

IG Winery and Tasting Room offers a relaxing ambiance warmed a fireplace and soft music, charmed with repurposed wood, brick, and a patio for warm summer days. Tours will be available daily. It is located at 59 Center Street in Cedar City. For more information about the winery, visit igwinery.com.

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“Consumer attitudes in Utah have reached an all-time high”

— Scott Anderson, Zions Bank

IG Winery to open at new location April 8
Portion of Spring Creek Canyon WSA to close

Closure due to maintenance of Kanarraville water system pipeline

KANARAVILLE — Maintenance to the town of Kanarraville’s water system will close the hiking trail to Kanarraville Falls through the Bureau of Land Management’s (BLM) Spring Creek Canyon Wilderness Study Area (WSA) to ensure public safety through April 6.

The town of Kanarraville maintains a right-of-way for the pipeline that supplies drinking water to the community.

Erosion from weather and from hikers exposed the pipeline along the trail and falling rocks pose a hazard to other sections of the pipeline. The town agreed to close the trail that begins on property maintained by Kanarraville and the Iron County Sheriff’s Office will enforce the closure.

Work on the pipeline will require some equipment to move through the creek in the WSA. Staff from the BLM’s Cedar City Field Office will monitor the work to help protect natural resources.

Kanarraville established the right-of-way for the pipeline with the BLM in 1969. In 1991, the town requested to move the pipeline as it made repairs, which resulted in an environmental assessment and approval by the BLM.

Spring Creek Canyon WSA includes a portion of the Hurricane Cliffs, an impressive west-facing escarpment that extends from north of Cedar City into northwestern Arizona. Two major canyons, Kanarra and Spring Creek, bisect the WSA with elevations ranging from 5,600 feet at the base of the cliffs to almost 7,900 feet on the ridge tops. Vegetation consists primarily of juniper, scrub oak, shrubs and grasses; however, along the riparian zone, sedges, rushes, cottonwoods and willows are prevalent.

### Bookings

Below are bookings as reported by the Iron County Sheriff’s Department and Cedar City Police Department. Those arrested are innocent until proven guilty.

**March 24**
- Myron W. Tom, Cedar City
  - DV in Presence of Child, Assault, Intoxication

**March 25**
- Clifton R. Bishop, Cedar City
  - Retail Theft
- Barney K. Bulloch, Cedar City
  - Weapon while Under Influence, Intoxication, Reckless Driving
- Summer Simon, Cedar City
  - DUI

**March 26**
- Darin T. DeJuncker, Iron County
  - Probation/Parole Violation
- Breonna Stewart, Cedar City
  - Theft
- Timothy R. Evans, Cedar City
  - Disorderly Conduct
- Roberto Gomez, Cedar City
  - Possession, Drug Paraphernalia
- Frank Guerero, Cedar City
  - Retail Theft
- Steven C. Miller, Enoch
  - Assault, Possession, Obstructing Justice
- Gabrielle S. Szcerbiak, Cedar City
  - Possession, Drug Paraphernalia

**March 27**
- Clifton R. Bishop, Cedar City
  - Burglary of a Dwelling
- Nikki L. Myers, Cedar City
  - Retail Theft, Controlled Substance

**March 28**
- Michael E. Carpenter, Cedar City
  - Probation Violation
- Douglas A. Gale, Parowan
  - Reckless Burn—Fail to Control
- Josh I. Kern, Cedar City
  - Child Abuse/Neglect

**March 29**
- Virginia R. Merrill, Santa Clara
  - No Proof of Insurance
- Curby J. Stratton, Cedar City
  - Probation Violation

**March 30**
- Jennifer E. Gehl-Ball, Las Vegas
  - Nev. Possession, Drug Paraphernalia
- Hailey K. Russell, Enoch
  - Retail Theft
- Kenyon K. Staheli, St. George
  - Federal Contract Prisoner
- Christopher A. Taylor, Cedar City
  - Drug Court Violation, Speed Regulations
- Lainey Webb, Cedar City
  - Drug Paraphernalia
- Steven T. Jones, Cedar City
  - Driving on Suspension, False Written Statement, Retail Theft, Assault
- Cameron Morales, St. George
  - Speed Regulations

**March 31**
- Keisha Greenwell-Huntsman, Kanarraville
  - Possession, Drug Paraphernalia
- Matthew R. Huntsman, Kanarraville
  - Drug Court Violation
- Wyatt E. Whaley, Enoch
  - Drug Paraphernalia

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**The Healing Tree spring meditation session announced**

Spring meditation session at the Healing Tree has been announced beginning April 6 and continuing through April 27 on Thursday evenings from 6:45-7:30 p.m. Participants will be introduced to meditation practices to help quiet a busy mind. No previous meditation experience is required and everyone is welcome, according to a press release.

In the spirit of sharing meditation instruction, contributions toward the classes will be by donation. To make a gift, the suggested donation is $5 per class. Otherwise, the meditation classes are offered at no cost. The Healing Tree is located at 535 South Main Street, Suite 4, Cedar City, Utah. For more information go to healingcedarcity.com/.
Spring discounts during the National Parks Week

Utahns can enjoy free admission to over 400 national parks, monuments, recreation areas and historic sites from April 15-16 and 22-23. These fee-free days are part of the National Parks Week that is from April 15-23.

Utah has five national parks, three national monuments, one national recreation area and one national historic site that usually have fees ranging from $3 to $30, depending on the park. Some of the parks that will have free admission include Capitol Reef National Park, Dinosaur National Monument and Golden Spike National Historic Site. To see the full list, visit nps.gov/planyourvisit/fee-free-parks-state.htm.

Many of these national parks are less than a two hour drive from one other, so visitors can take advantage of the offer by visiting multiple parks in one trip. Some parks that are close include Bryce Canyon, Capitol Reef and Zion national parks or Canyonlands and Arches national parks.

Ruby's Inn—a historic hotel and resort just outside of Bryce Canyon National Park—offers shuttles directly to viewpoints in Bryce Canyon, making Ruby’s the perfect gateway to enjoy the fee-free days. During the National Parks Week, Ruby’s Inn is offering a Spring Fling discount to allow travelers to save more money. From March 26 to May 4, the offer includes 30 percent off each additional night after one night at the regular spring rates.

“Because Ruby’s Inn is my family’s business, I grew up in this area and I know how beautiful Utah’s National Parks are,” Lance Syrett, general manager of Ruby’s Inn said. "Visiting Utah’s national parks in April is the perfect time to see the breathtaking views without the summer crowds. The team at Ruby’s Inn wants to help people beat the crowd by having its promotion before, during and after the National Parks Week.”

The free admission days encompass all entrance fees, commercial tour fees and transportation entrance fees. Fees such as reservation, tours, camping, concession and third party fees are not included in the fee-free days.

For more information on the National Parks Week, visit nps.gov/findapark/national-park-week.htm, and to learn more about Ruby’s discount offers, see rubysinn.com/bryce-canyon-lodging/.

Victims are afraid to report the rape or domestic violence issue for various reasons including fear, attachment to their attacker, or not having a stable life without them, Emery said.

One room in the Canyon Creek Women’s Crisis Center showed a representation of all the needs that the center staff seek to help with. This included shelter, food, clothing and child care.

Among child care, Emery said that when in a shelter, children’s language skills diminish.

“We want to make sure they maintain their verbal skills by helping them with simple things with education,” she said.

Emery said the shelter staff is seeking a child therapist as well to help with children struggling in domestic violence. The center also provides more than 100 things that volunteers can do to help in any situations in the community.

Emery said the community is very generous in donations, volunteer efforts and more. She also said a future goal is for the center staff to reach out and help others in counties including Beaver and Garfield.
**Cosmic Contemplations**

A GIANT APPROACHES

by Zach Schierl
Cedar Breaks National Monument

Observe watchers may have noticed a bright star rising over the foothills shortly after sunset the past several weeks. This object, which currently outshines all other stars in the night sky, is actually not a star but rather the largest planet in our solar system: Jupiter, making its closest approach to us of the year. Or perhaps I should say that we are making our closest approach to Jupiter. While all of the planets orbit the Sun on more or less circular paths, they do so at drastically different speeds. Jupiter, five times as far from the Sun as the Earth, takes almost 12 years to journey around the Sun. As a result, each year we “catch-up” to the slower-moving Jupiter, before leaving it in our dust just a few short months later. The point where we “pass” Jupiter, and the two planets are closest, is known as opposition.

Now that time. Jupiter reaches opposition on April 7. The term opposition comes from the fact that a planet at opposition is directly opposite the Sun in the sky (see graphic). Consequently, Jupiter currently rises at sunset and sets at sunrise, meaning that we can see it all night long. Jupiter also appears brighter and larger during opposition than at any other time of the year, making this the best time to get acquainted with the King of the Planets.

You don’t need a telescope to begin revealing some of Jupiter’s secrets. Aim any decent pair of binoculars at Jupiter (preferably rest them on something to keep your hands steady) and you should see a row of smaller stars lined up on either side of it, like a string of pearls. These are Jupiter’s four largest moons: Io, Europa, Ganymede, and Callisto.

So large are these moons that they would actually be visible to the naked eye were it not for Jupiter’s bright glare. Callisto is usually given credit for discovering them with his telescope in 1610, but some historical accounts suggest that Ganymede, the largest moon in our Solar System, may have actually been spotted by the keen eyed Chinese astronomer Gan De in 365 BC. Regardless of who saw them first, the moons are arguably more interesting than Jupiter itself. Europa seems to be home to an ocean of liquid water trapped beneath its icy surface. Could living organisms swim in Europa’s icy seas? We don’t know, but if we’re going to find other lifeforms in our solar system, an icy moon like Europa is perhaps our best chance.

Even though we begin pulling away from Jupiter on April 8, it will remain bright and visible in the evening hours for several months to come. By early August, Jupiter will disappear behind the Sun, hidden from view until we begin approaching it again next year.

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**April’s free Interagency Brown Bag Lecture series**

Every Friday, from October through April, the Bureau of Land Management (BLM) and its partners host the popular Brown Bag Lecture series which provides unique opportunities for members of the public to learn more about the area’s natural resources and public lands. Speakers include geologists, range specialists, biologists, archaeologists, rangers and other specialists who cover subjects tied to the Arizona Strip and surrounding public lands. For those who want to learn more before venturing out or are curious about these remote and rugged landscapes, the lectures are an excellent way to bring the resources and related issues to the community’s doorstep.

The lectures, which begin at noon and last one hour, are held at the Interagency Information Center, located at 345 E. Riverside Drive in St. George, Utah. Admission is free, but space is limited for this popular lecture series. Attendees are advised to reserve their free seating early; tickets are available one week prior to each program. To obtain tickets visit the Interagency Information Center or call (435)688-3200 for more information.

The lecture series is sponsored by the Dixie/AZ Strip Interpretive Association, BLM, National Park Service and U.S. Forest Service.

**APRIL 7**

**Washington County History - Leo Lyman**
Edward Leo Lyman is a local history expert. In 1981, he received a Ph.D. from the University of California, Riverside and taught at California State University, Riverside and at the Victor Valley College, where he is an Emeritus Professor of History. After 17 years in Victor Valley CA, Lyman moved to Silver Reef, UT in 2004. He continues to be an active historian in the southwest. In 2007, Lyman became Utah's State Director of the Old Spanish Trail Association (OSTA).

**APRIL 14**

**Site Steward and Petroglyph Patrol Programs--Susan Crook Southern Utah National Conservation Lands Friends**

Southwest Utah National Conservation Lands Friends (SUNCLF) is a local service group sponsored by Conserve Southwest Utah. Crook will discuss the Site Stewardship program which works to protect irreplaceable cultural resources on BLM-managed public lands. In Washington County, Site Steward teams help protect these resources by visiting sites quarterly to maintain photo records of site conditions which are submitted to land management agencies in an effort to preserve these sites for current and future generations of Americans. The Petroglyph Patrol is a lighter version of the Site Steward program with a focus on public education.

**APRIL 21**

**A Story to Tell – Lane Ronnow**

Lane Ronnow explains how the program, “A Story to Tell” helps people tell their life story, record it for posterity, and get it televised on the local cable channel and the internet. The show recently featured stories by Freda Kelly who worked for ten years as a secretary for “The Beatles”. The community television channel will be recording this presentation.

**APRIL 28**

**Famous Places on the Arizona Strip—Greg Woodall**

Greg Woodall currently works as an archaeologist for the Grand Canyon-Parashant National Monument. With over 20 years of experience guiding visitors across the vast Colorado Plateau, Woodall’s knowledge of the Arizona Strip is extensive.

**COURTESY/BLM**
In 1972, nearly 45 years ago, Liam Gallagher, Gwyneth Paltrow and Zinedine Zidane were born. The Munich Olympics took place. Richard Nixon was in the White House...and two young friends, Iain Matthews and Andy Roberts, already music business veterans, formed Plainsong, a ground-breaking vocal harmony quartet, which lasted for exactly 11 months before musical differences brought it to a premature end.

On April 12, Iain and Andy will perform together once again in Cedar City.

During that first year together, they recorded the much-loved album, In Search Of Amelia Earhart. Iain and Andy went their separate ways. Iain moved to America for 30 years, to build a career that has now encompassed over 50 albums, ranging from solo releases to collaborations, with some of the most illustrious musicians of the last 50 years. Andy played in groups for a while, Pink Floyd being the most notable, and then wrote extensively for theatre, TV and film, ending up scoring for Disney in Hollywood.

In 1990, they met again by chance and started a new phase of their collaboration. For two years they worked as a duo, and then in 1992 they decided to rebuild Plainsong to recapture the vocal and instrumental ideal of the original band. They recruited Mark Griffiths, a multi-instrumentalist who had been lead guitarist in Iain's celebrated band circa 1970, Matthews Southern Comfort into the mix.

Over the next 11 years they recorded, toured extensively in the UK and on the continent to great acclaim, and built a strong following amongst discerning lovers of acoustic music. With 3 experienced songwriters in the band, a stream of high quality material was at hand, augmented by well-chosen covers of songs they respected.

Iain has changed his life with a move to Holland. He has released a string of excellent CDs, progressing with his superb writing and fine tenor vocal in a jazz direction. Andy moved into record production and revived his work as a touring sideman with Roy Harper and members of the Bonzo Dog Band and Griff has toured the world as bass player for both Cliff Richard and The Shadows; Amongst all this activity Plainsong had no chance to tour. Until now.

With the release of their new album, REINVENTING RICHARD: The songs of Richard Farina, Iain and Andy will play a selected number of live appearances in the Western United States, including Cedar City. This may be a last chance to see this legendary duo onstage together for one final tour. They will perform on April 12 at Off the Cuff Improv Theatre, 913 S. Main Street, starting at 7:30 p.m. Doors open at 7 p.m.

Advance tickets are now on sale at Groovacious in Cedar City. Advance $15 / at the door $18. Tickets are also available at brownpapertickets.com/event/2908975. For further information, call (435) 590 2590.

In Jubilo performing on April 9

In Jubilo Community Women's Chorus will perform “Rhythms of America” for its spring concert. The chorus will perform on April 9 at the Community Presbyterian Church.

Rhythms of America is a compilation of much of the traditional music of America. The program includes jazz versions of A-tisket, Atasket, which was sung by Ella Fitzgerald, and puts the singers and audience into a "Ba doo be doo doot, mood. Another Jazz, swinging piece is Favorite Things, arranged by LeGrand Anderson, local musician, director and composer.

An American musical experience wouldn't be the same without "Oh Shenandoah," arranged by Ruth Elaine Schram, a beautiful rendition of the peaceful, rolling river. Chris B. Hansen's arrangement of the Star Spangled Banner will sound very inspirational as a slightly different tune. It has the sopranos and the altos weaving in an out to create the majesty of the song. The American Folksong "Oh Dear! What Can the Matter Be?" arranged by Earlene Retz, brings back memories of school choirs.

The free concert begins at 7 p.m. at the church, located at 2279 N. Wedgewood Lane in Cedar City.
History informs art—or vice versa

by Sara PENNY
Cedar City Arts Council

Those with the best artistic vision win in the historical memory game. Travel allows us to see how other communities define themselves through architecture and art. A wooden sculpture of a tomb on top of a soccer ball seems odd until you know the history of a World War II bombing of Stirling, Scotland, which destroyed a soccer venue. The musical fragment found in Dresden by Remo Giazotto, which he transformed into the famous “Adagio,” is a testament to healing after war, but also a reminder of the destruction of fire bombing.

We know historical portraits tend to romanticize and flatter their subjects, yet the images stick in our imaginations. Artists thus create an historical reality that may not be totally true, but is nonetheless very powerful. Think of the American Revolution and you see the painting of George Washington crossing the Delaware. Think of the Civil War and you’ll remember the book and movie “Gone with the Wind.” Nearly every movie based on historical events takes dramatic license, and yet the medium is so powerful that the movie version becomes our collective memory of how events actually transpired. Shakespeare’s literary masterpieces keep English history vibrant, and still serve as the spin room for Queen Elizabeth’s policies.

Art can sometimes be overtly political in viewpoint. Think of the great political cartoonists of now and times past. James V of Scotland decorated Renaissance architecture with statues of himself next to Roman gods, a not-very subtle symbol of his right to rule.

A community is defined by the architecture and art it presents to the world. It is exciting to see increased visual art activity, expanded theatre and musical performance venues in Cedar City (My mother, Pauline Nelson, called it the “edifice complex” when leaders used buildings to express a community’s values). Our Heritage Theater is known by musicians state-wide as a beautiful venue in which to perform. We have had beautiful new additions to the SUU campus in years past, and can anyone drive past the Beverley Taylor Sorenson Center for the Arts and doubt Cedar City’s commitment to the arts? The arts obviously matter in Cedar City.

The Cedar City Arts Council invites you to be an active participant in the image we wish to present to the world by joining the CCAC and taking the time to attend the plays, exhibits, and other arts events that are offered.

This time of year calendars are full of more events than we can attend. On April 6, young artists will perform with the Orchestra of Southern Utah. Jack Ashton’s Young Chamber Artists will perform with Suzuki Strings on April 8. Check SUU’s year-end calendar. Then comes the glorious opening week of the Shakespeare Festival’s 2017 season, this year presenting a diverse calendar of favorites and world premieres. The CCAC will expand its Final Friday Art Walks on the last Fridays of the summer months.

We are not above using our art to create our own city’s history.

SUU Alumna Mary Anderson at Art Insights this Thursday

by Lola TAYLOR
SUU College of Performing & Visual Arts

SUU Art & Design alumna Mary Anderson will be at the Southern Utah Museum of Art on April 6 at 7 p.m. as part of the department’s Art Insights program. She will present on her transition from being a student to working in the professional world: her failures, successes, and what they don’t teach you in school. Admission to Art Insights is free and open to the public.

Anderson has always been an art and design enthusiast and was encouraged by her mother, who would buy her art supplies and take her to museums to help foster her creativity. She said, “I was focused on design before I really understood what it was. All I knew was that I liked to make things function better and to look pretty. I was that kid who spent 3 hours on my science fair project and several weeks designing my display. I would also retype my vocabulary sheets before studying because I didn’t like the typography.”

Her passion for design became a flame when she realized she could make a living doing what she loved and get paid for it. She attended SUU where she graduated summa cum laude with a BFA in Graphic Design. When asked what the most rewarding part of her education was, Anderson jokingly said, “Learning how to Photoshop my face so I can look fabulous all the time.” She continued, “I appreciate that my hand wasn’t always held. I had to learn how to make decisions and problem solve. I’ve found that to be empowering. I’d also add the friendships that were made. Life is so much better when you’re surrounded by creative and inspiring individuals.”

She currently works at Instructure, Inc. as the Senior Product Designer. Anderson defines her work as intentional design with a simple, modern style. She backs each of her designs with research and has a reason for every color and the placement of each pixel. “I love that I am able to use design to solve real world problems,” she said. “The work that I do helps improve education and simplifies people’s lives.”

Art Insights is hosted during the fall and spring semesters by SUU’s Art & Design faculty. Students and community members meet to experience presentations and discussions by visiting artists and art educators from around the nation who share their work and insights.
Young Artists Chamber Players and Suzuki Strings on April 8

Jack Ashton brings his Young Artists Chamber Players to Cedar City for a joint concert with Suzuki Strings on Saturday, April 8, at 4 p.m. in the St. Jude's Episcopal Church, 70 N. 200 West. The public is invited to this free performance.

The YACP group represents top achieving string students from the Salt Lake area under the direction of Ashton, retired from the Utah Symphony. He has a lifetime of performance and teaching with a strong impact on raising the quality of string playing in Utah. "It is exciting for our local students to work with this legendary violinist," said Sara Penny, Suzuki Strings Director.

YACP will present Solitude on the Mountain by Ole Bull, a portion of Serenade for Strings by Tchaikovsky as well as music by Telemann and Mendelssohn. Suzuki Strings Cedar City will play Red Wing and Aunt Rhody Variations. The groups combine for Fiddle Faddle by LeRoy Anderson made famous by the Boston Pops and Andante Festivo by Sibelius.

This annual spring concert is a gift to local residents. Ashton likes the acoustical excellence of the St. Jude's sanctuary with the inverted ark. Several of the Suzuki Strings students played with the Piano Guys earlier this year and Steven Sharp Nelson first started coming to Cedar City as a part of the YACP group as a teenager.

"It is exciting to see the accomplishments of the students who work with Jack Ashton and we look forward to sharing music with this group," said Penny. For more information: http://suzukistringscedar.blogspot.com or suzukistringscc@gmail.com.

Dave Admire, a Cedar City resident, retired judge and retired SUU professor of criminal justice, launches his first novel Terror In Paris. Join him Wednesday, April 5, from 7:15-9 p.m. in the West Room of the Cedar City Public Library located on 303 N 100 East in Cedar City for a discussion of terrorism and of his book. Having taught terrorism classes for nine years this event promises to be eye opening. Books will be available for purchase and signing.

Terror In Paris could be cut from today's headlines—Terrorism, Chaos and American students. Follow the story of three professors and twenty students who get caught up in a coordinated terrorist attack in Paris and their struggle for survival. Terror In Paris is "a story of terrorism and heroism," Admire said.

"Admire weaves in his amazing knowledge of the tactics, motives and personalities of terrorists, along with the humor, fear and resolve of the American students and their criminal justice faculty members. He will have you laughing one minute and gasping for air the next as he takes you through the streets of Paris in this terrifying fight for survival," said Scott L. Wyatt, SUU President, in a release.

Admire received his law degree from the Catholic University of America. In his early career, he was both a prosecutor and defense attorney. At the age of 33, he was elected District Court Judge in the Seattle area. He served in this position for over 22 years. During his time in the bench, he developed a reputation for being creative and innovative.

He is a well-known speaker at both national and international conferences. He has lectured at Oxford and Cambridge Universities in England, Cergy Pontoise in France and at Victoria University in New Zealand. In the United States, he has spoken at conferences in Bermuda and New Zealand. In the United States, he has spoken at conferences across the country.

Terror in Paris follows three professors and twenty students who arrive in Paris for a study abroad program. Shortly after their arrival, Paris suffers from a coordinated terrorist attack. This book, which could come from today's headlines, is about the students struggle for survival.

Dave resides with his wife, Sharyl, in Cedar City, where he is working on his second novel, a sequel to Terror in Paris.
OSU Young Artist Concert on Thursday

by Emily HEPWORTH
Orchestra of Southern Utah

A hushed anticipation hangs in the air as the lights dim over the audience and the lights brighten the stage. For four youth musicians, hearts race as they wait in the wings for their turn. After years of lessons, practice, and a special audition, these youths perform with the Orchestra of Southern Utah. The excitement is almost tangible!

On April 6 at 7:30 p.m., the Orchestra of Southern Utah presents the biennial R.L. Halversen Young Artist Concert. As this season’s finale concert, we celebrate the legacy of talented youth and a distinguished music teacher. Roy L. Halversen infused a passion for music and the arts in our region. In his honor, OSU offers auditions to youth who excel on their instrument. This year we’ve selected four outstanding musicians, the youngest is only 13. Despite their age, their musical accomplishments have taken them to large performances and to the top of competitions.

Pianist Carson Drawe is a natural entertainer from magic to theater to music. He performed for the Utah Music Teachers State Convention and was a finalist in Dixie’s Got Talent in 2016. Drawe performed Gershwin’s Concerto in F third movement with contagious and invigorating rhythms.

Ellen Hayashi has studied violin since she was six years old. She has performed with the Suzuki Youth orchestra of the Americas and the Utah Symphony Youth Guild Salute to Youth. Hayashi performs Prokofiev Concerto No. 1 with melodies that are textural and lyrical. Sarah Sun can play ten different instruments. Her piano has taken her to performances through China and competitions such as the Encore Keyboard Competition and UMTA Concerto Competition.

Sara Sun recently won second place at American Protegé International Concerto Competition and will perform in Carnegie Hall in November. Sun performs the illustrious Rachmaninoff Piano Concerto no. 2.

Mezzo-Soprano Jocelyn Taylor as vocal performance major at SUU is not shy to the stage. She has performed with Magic Valley Symphony and the Amalfi Coast Music Festival in Italy. Taylor will perform the powerful aria from Mozart’s Idomeneo: D’Oreste D’Ajace.

The final piece of the night features the musicians of the Orchestra of Southern Utah, all 65 of them. They perform Rossini’s Overture from Barber of Seville. These volunteer musicians are talented and passionate. They are the legacy of OSU. Please join us for the R.L. Halversen Young Artist Concert Youthful Legacy for an array of orchestral music conducted by our two amazing Assistant Conductors Adam Lambert and Carylee Zwart. Audience members can enjoy a concert orientation beginning at 6:15 p.m. Musically Speaking will be hosted by Jim Harrison, an outstanding musician and mentor. After the concert, a reception to meet musicians, soloists, and directors will be held for all.

FROM LEFT TO RIGHT, DENNIS MACKREL, JEFF CAMPBELL, AND REGGIE THOMAS are guest artists for the 8th Annual SUU Jazz Concert.

Sway Along to the Music at the 8th Annual SUU Jazz Concert

by Ashley H. POLLOCK
SUU College of Performing and Visual Arts

The annual SUU Jazz Concert featuring guest artists Reggie Thomas, Jeff Campbell and Dennis Mackrel will be held on Saturday, April 8, at 7:30 p.m. in the Heritage Center Theater. Tickets will be $10 for adults and $5 for students and children. Southern Utah University faculty, staff, and students are free with a valid ID card. Faculty and staff IDs are allowed one guest. They can be purchased at the door the night of the show or online at www.suu.edu/pva.

Dr. Thomas Herb, Director of Jazz Band, said, “This concert is our 8th Annual Guest Artist Jazz Concert. The concert is always a favorite because our students get to interact on one on one with high level jazz players, both socially and in performance. This year we are bringing out an entire rhythm section headed by pianist Reggie Thomas and including Jeff Campbell (bass player) and Dennis Mackrel (drums). All three are outstanding jazz musicians who lead jazz programs at their respective schools.”

After almost 20 years as professor of music at Southern Illinois University Edwardsville, and three years at Michigan State University as Professor of Jazz Piano, Reggie Thomas is now leading the Northern Illinois University School of Music’s Jazz Studies Program. He is also a consultant/clinician for Jazz at Lincoln Center working with the Essentially Ellington Program and Band Director Academy and has served on several summer jazz faculties across the country. He remains an active clinician/adjudicator at colleges throughout the world.

Jeff Campbell excels in his career as a jazz and classical bass player. He maintains an active schedule performing with Marian McPartland, Gene Bertoncini, Rich Perry, Trio East, Harold Jones, and the Eastman Jazz Quartet featuring Harold Danko, and has appeared with McPartland’s Piano Jazz program on National Public Radio. Campbell is in high demand across the globe. He currently teaches at the Eastman School of Music.

Dennis Mackrel is currently a professor at Queens College in Flushing, NY and a member of the jazz faculty at the Birch Creek Summer Jazz Camp in Egg Harbor, Wisconsin and the Skidmore Jazz Institute in Saratoga Springs, NY. Mackrel is an outstanding musician as well a composer and arranger. His professional experience began at age 10 and his collaborative efforts are filled with many jazz greats such as Tony Bennett, Monty Alexander, and Hank Jones.

Students take special care and pride in their work with professionals in the field that they are studying. Trevor Walker, graduate student in Music Education and current high school teacher in Parowan, said, “The guest artists that are coming in are some of the best at their respective instruments. We don’t have a lot of musicians like that come to Cedar City.”

For more information on the Department of Music at SUU, please visit www.suu.edu/pva/music.
TOURING THE U.S.

THE JANOSKA ENSEMBLE, made up of three brothers and their brother-in-law from Vienna, Austria, are touring the United States for the first time. They performed at the Heritage Center Theater.

Be moved by the Speech of Angels

On Friday, April 7, SUU’s Department of Music will feature the SUU Wind Symphony and Choirs in a concert titled, Speech of Angels. The concert will be performed at the Heritage Center Theater at 7:30 p.m. Tickets will be $10 for adults and $5 for students and children. Southern Utah University faculty, staff, and students are free with a valid ID card. Faculty and staff IDs are allowed one guest. They can be purchased at the door the night of the show or online at www.suu.edu/pva.

Dr. Steve Meredith, Director of Choral Activities at SUU, said, “It’s always such a pleasure to share a concert with our colleagues in the instrumental area. Not only does the audience get a welcome change of timbre, but we get to perform works together, which is a great opportunity for the students in both groups.”

Sara Rollins, a sophomore from Enoch, said, “It is an amazing experience when everything starts to come together. The songs that we are singing have a lot of depth and spiritual meaning. I’ve loved the process of finding the deeper connection to the music than just singing the melody.”

Speech of Angels will have something for everyone in the community to enjoy. There are pieces that feature loud, boisterous sounds. As well as pieces that are slow and passionate. Each song highlights the technical skills of the Wind Symphony and Choirs that they have studied throughout the school year.

Isabelle Johnson, a freshman music performance major from Stockton, Utah, said, “We have improved leaps and bounds as an ensemble since my first semester. Dr. Lambert has very high expectations that help push the group and help us reach our full potential.”

For more information about the Department of Music at SUU, please visit www.suu.edu/pva/music.

Spring PHOTO CONTEST

There is a limit of one photo per entrant, and photos can be e-mailed to design@ironcountytoday.com or brought by our office at 389 N. 100 W. Suite 12, Cedar City. Please include the name of the photographer and his/her city of residence. By submitting your photo, you agree to give Iron County Today permission to publish your photo. Call 867-1865 ext. 4 with any questions.

Photos Due: APRIL 26 @5PM

Winning photos will be published May 3rd.
Third graders from 10 schools in Iron County had the chance to get a hands-on learning experience from community members involved in agriculture.

Farm Field Day was held March 27 and 28 at the Diamond Z Arena and organized through a collaborative effort between the Iron County Extension Office, Southern Utah University, local Future Farmers of America chapters, the Iron County Bee Inspector, the Iron County Farm Bureau, the Utah Pork Producers Association and the Iron County Cattlemen’s Association.

A total of 32 classes were able to attend the event and the students rotated between 8 booths, the topics of which included pork production, sheep production, soils, beekeeping, beef production and crops.

Chad Gasser, an associate professor of agriculture at SUU, said the event gives students a chance to make a personal connection with the people who are producing their food.

“It’s a chance to get away from a regular school setting,” he said. “It’s a good chance for our students to get involved and interact with young kids. It’s a good way to get exposure for us as far the university goes and our agriculture program. It also provides our students a chance to meet some of the other people from the community that are involved in agriculture.”

Alexus Galassi, an SUU student who helped with the sheep station, said it provides students experience in advocating for farmers and ranchers.

“I think it’s a good way to advocate for agriculture and what we do as farmers and ranchers,” she said. “I’m an agriculture student and advocating for agriculture is specifically what I want to do (and) it’s beneficial to me to teach someone something that I’m extremely passionate about.”

Chad Reid, an extension professor at the Iron County Extension Office, said Farm Field Day is a chance for kids in Iron County to get some perspective on where their food comes from.

“The vast majority of these kids never experience the farm or realize where their food and fiber comes from so we think it’s really important that they come out and learn that at least once in their life,” Reid said.

He also said it’s important for the community to understand agriculture.

“There’s a lot of misconceptions when you talk to the public about agriculture and food production so I think it’s really important that people know,” he said. “We’re highly efficient, and we have the world’s cheapest and safest food supply and people need to understand how that works, the benefit of it and be involved. If you eat, you’re involved in agriculture.”

Reid also expressed his appreciation for all the effort that went into making Farm Field Day happen.

“It’s just great that everybody’s willing to donate their time to something that I think is very worthwhile and hopefully the kids are getting a lot out of it,” Reid said.
**Calendar**

**Wed., April 5**

**Cedar City Council**, 5:30 p.m., council chambers
American Sign Language II class, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughway Dr., Enoch. Free, more information call (435) 867-5558 ext. 113, or email easytutoring@peiliteng@gmail.com.

TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN’S CRISIS CENTER, 7 to 8:30 p.m., Cedar City Aquatic Center, 525 S. Center St. No audition, must be able to play a band instrument. We are even welcoming “rusty” players who want to begin playing again.

**Free Dance Aerobics Class, 9 a.m., class is medium to high-impact, but can be adjusted to any experience level. Easy, fun dance moves. Moms can bring young children. People of all ages welcome. For information call Allison at 327-2091 (no cash please).**

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Department, 206 E. D. Sargent Drive, Cedar City. For questions call 586-2537.

**Free Lunch at Bread of Life soup kitchen, 11 a.m. to 1 p.m., located at 2569 Fredway Drive between J.J.’s Truck Stop and the Travelodge. Everyone is invited.**

**COUNTRY PICKLEBALL, 8:30 a.m., Southern Utah Sports Academy, 494 W. 2150 West in Cedar City. For more information, call 435-867-3645.**

**Tops (Take off Pounds SENSIBLY) M EETINGS, lose weight without buying special foods, morning meeting weigh-in at 6:30 a.m. and evening meeting weigh-in at 8 a.m. every Wednesday in the Cedar City Library, 525 S. Center St. For more information call, Rhea Church (morning meeting) at 586-3233 or Liz (evening meeting) at 586-6478.**

**Domestic Violence Support Group, 6 to 7:30 p.m., for women 18 and older, Canyon Creek Outreach Center, 95 N. Main St. 622 in Cedar City for more information call (435) 867-9411.**

**ALCOHOLICS ANONYMOUS, 8 p.m., 527 Main, 2nd floor of the Post Office, Cedar City. For information call (435) 867-2402.**

**Narcotics Anonymous Just for Today, 5 a.m., The Meeting Hall, 1067 S. Main St., Cedar City. For more information call (435) 867-3455.**

**Cedar City Community Clinic, 8 a.m. to 5 p.m., R. 1167 S. Main St., Cedar City, For information call (435) 867-5890.**

**Cedar City Rotary Club Weekly Meeting, noon, Southwest Applied Technology College, 510 W. 810 South in Cedar City, for more information call (435) 865-7637.**

**Immunizations/WIC/Vital Records, 9 a.m. to 5 p.m., Southwest Utah Public Health Department, 206 E. D. Sargent Drive, Cedar City. For questions call 586-2537.**

**ALCOHOLICS ANONYMOUS, noon, Speaking from the Heart at 9:40 a.m., The Meeting Hall, 1067 S. Main St., Cedar City. For information call (435) 867-5890.**

**Health Insurance Options, 10 a.m. to 1 p.m., at the Community Health Center, 1067 S. Main St., Cedar City.**

**Belly Dance Class at the Pointe Dance Studio, 6:30 p.m. All levels welcome. Enjoy a group of supportive ladies in fun and fitness and love of belly dance. Just $15 a month. More details at https://www.facebook.com/bellydanzaenr?**

**American Sign Language I Class, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughway Dr., Enoch. For more information call (435) 867-5558 ext. 113, or email easytutoring@peiliteng@gmail.com.**

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**Red Road to Sobriety/AA Meeting, open meeting, 7 p.m., Cedar City Milestone Center, 1067 S. Main St., Cedar City. For more information call (435) 867-5890.**

**Boo Babies, 10 and 10:30 a.m., Cedar City Library at the Park. Story time designed for babies and toddlers up to age 2.**

**Alcoholics Anonymous, noon, Speaking from the Heart, 9:40 a.m., The Meeting Hall, 1067 S. Main St., Cedar City. For information call (435) 867-5890.**

**Narcotics Anonymous Monday Night Basic Test Study, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City. For information call (435) 867-5890.**

**Cedar City Community Clinic, 8 a.m. to 5 p.m., 1067 S. Main St., Cedar City, For all private insurances, with a sliding fee scale for uninsured patients.**

**Iron County Commission, 9 a.m., commission chambers in Parowan. American Legion Post 76 in Cedar City, 6 p.m., Cedar City Library in the Park.**

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**FREE CHINESE LANGUAGE AND CULTURE CLASS, 6 -7 p.m. every Tuesday and Wednesday on the SUU campus. For more information, call (435) 238 3347 or email to bethjeans@gmail.com**

"A CLEAR LOOK AT LIFE," Verizon Howard: There is no problem too small for Yoder’s Zen Garden, located in the Park (Rare Books Room). The Library Club. For more information, call (435) 855-3699.

**BELLY DANCE CLASSES AT THE POINT DANCE STUDIO, 6:30 p.m. All levels welcome. Enjoy a group of supportive ladies in fun and fitness and love of belly dance. Just $15 a month. More details at https://www.facebook.com/bellydanzaenr?**

**Want Your Event on Our Calendar?**

There is no charge for calendar items. Your submissions can be emailed to news@ironcountytoday.com or can be brought to 589 N. 100 West, #12, Cedar City, Utah 84721. The deadline is Friday at noon. The calendar is not be used for advertising. Items will be printed at our discretion.
When it comes to volunteering, Utah always scores high, if not first, in the nation for the number of volunteers and hours donated by volunteers. Well done, Utah! Whether you volunteer for community events, your church, athletics, on a committee or another worthy cause, you deserve a nice pat on the back and huge “Thank you!”

With April serving as National Volunteer Month, it is a great time to review your current type and level of involvement as a volunteer. Do you want to do more? Do you need a change of pace? Would you like to directly impact the life of a youth? Do you want to “dive in?”

4-H is an organization of youth and adults who strive to enrich their lives by promoting and practicing science, citizenship, and healthy living. Youth in grades K-12 are guided toward independence and mastery of life skills by volunteers who provide opportunities in a wide variety of project areas to help youth reach their full potential in today’s culture.

In Utah, 4-H reaches 73,680 young people through programs, projects, contests and events from livestock to sewing, and leadership to robotics! 4-H is a thriving program in Iron County.

Further, 4-H is the nation’s largest Positive Youth Development Program. 4-H focuses on learning by doing. Through a unique partnership with USU Extension opportunities are provided for youth throughout Utah! 4-H offers a wide variety of programs, projects, contests and events from livestock to sewing, and leadership to robotics!

With the help and leadership of incredible volunteers, growth and mastery in each of the “Five Cs” of positive youth development are achieved; namely:

1. COMPETENCE — the ability to perform adequately in the world; being able to accomplish what is needed so as to have effective interactions with other people and with social institutions.

2. CONFIDENCE — the perception that one can achieve desired goals through one’s actions; confidence is how we feel – what you believe you can do.

3. CONNECTION — understanding relationships and their importance reveals that positive connections to others contribute to our personal well-being and the well-being of others.

4. CHARACTER — respect for societal and cultural rules, standards for correct behaviors, a sense of right and wrong (morality) and integrity. Behaving with integrity to support society through moral interactions and acknowledgment of responsibility.

5. CARING — feeling empathy and sympathy and behaving morally based on those emotions. But 4-H doesn’t just benefit youth who participate; 4-H volunteers benefit from their involvement too.

Volunteers develop, new friendships, a connection with youth, an avenue to improve the community through service, leadership, a new passion, affect positive change within their circle of influence and beyond and enhanced skills through practical applications with youth.

Are there other worthy organizations where one can volunteer time, skills, and love for helping lift and encourage youth? Absolutely. However, perhaps no other organization offers the breadth and depth for youth/adult partnerships where youth may discover their interests and abilities for future careers.

If you would like more information on helping for 4-H, please contact the County Extension Office (435) 586-8132 or stop by 585 N Main St. #5 in Cedar City. You may also learn more about 4-H and perhaps discover where you might fit best by visiting www.utah4h.org and checking out 4-H Mentoring and/or Discover 4-H Clubs.

Kathleen Riggs is the Utah State University Extension family and consumer sciences professor for Iron County. Questions or comments may be sent to kathleen.riggs@usu.edu or call 435-586-8132.
Schools

Iron Spring students turn principal into pizza

by Holly COOMBS
holly@ironcountytoday.com

CEDAR CITY — Walking into the Iron Springs Elementary School on Friday, the chant of “Pizza!” among the whole student body was heard in celebration for the success of the annual Math-A-Thon fundraiser—and turning their principal into a human pizza.

During the fundraiser, students gathered pledge money from family members and friends based on the number of math problems they hoped to get during the Math-A-Thon test. The students gathered more than 895 pledges and raised approximately $22,020.79.

Principal Nathan Jenkins said this is the second year he has let the students throw food ingredients on him to celebrate the success of raising money to help with the need for technology within the school.

“There is such a need for technology in our school,” Jenkins said. “I love bringing them some excitement for their efforts as well.”

This year’s pledge money will go toward continual help with technology purchases and other necessities in the school for the students.

For every pledge, the students were entered into a drawing to be one of the students who did the dumping of toppings on Jenkins’ head to turn him into a pizza. More than 20 toppings including marinara sauce, white sauce, oregano, bell peppers, yellow peppers, spinach, mushrooms, pepperoni, olives, anchovies, artichoke hearts, barbecue sauce, pineapple, chicken, meatballs and more were poured onto him.

Jenkins, sitting in a saran wrapped chair inside a kiddie pool on the stage, wore the same suit he did last year, when the students turned him into a human sundae.

“I don’t think it will come out this time,” he said. After it was all over, Jenkins said he felt “very sticky,” but it was all worth it for the students and the school.

He and the PTA President commented that no one has ever complained about the fundraiser and transforming of turning him into a human food item.

“The feedback has all been positive and everyone seems to love it,” he said.

MAKING SURE HE’S SEASONED JUST RIGHT, students at Iron Springs Elementary turned Principal Nathan Jenkins into a pizza during the school’s fundraiser. Over $22,000 in pledges came during the school’s Math-A-Thon (based on how many questions students answered correctly), and to celebrate, the pizza “party” began.
Iron Springs Elementary

Iron Springs held their annual math-a-thon. Let’s just say this is a favorite time of year for our school! Each year we hold the math-a-thon to raise money for technology in our school. We are so thankful for the many people that pledged and supported our students. This year we celebrate the pledges we turned Principal Jenkins into a PIZZA! Together with sponsors, parents, grandparents, the community etc. we raised $22,021.79. We want to thank those who helped us raise this money. A special thanks to Holt Dairy, EEP, Cedar View Pediatric Dentistry, Dr. Nate Call, Caleb Rees, Safari Hospitality, High Standard Construction, Dan Roberts and Judy Lindsay at Coldwell Banker, Wilson & Whetten, Township Pharmacy, Cedar City Prints and more! We can’t wait to use technology!

North Elementary

North Elementary is excited to announce two new teachers will be joining us next year. We are welcoming Mrs. Kim Sauceda (former of East Elementary) and Mrs. Sarah Hulet (former of CVMS) to our fourth grade team. While we are sad to lose Mr. Sahaqun (who will be accepting a position at South Elementary) we are delighted to have Sarah and Kim. They are both well-known throughout the district as experienced, enthusiastic, masterful teachers who are especially gifted in science instruction. Just right for our STEAM school.

South Elementary

Another busy week has gone by at South Elementary. Each second grade class had baby chicks in their classrooms that the students were able to watch hatch. Watching the new baby chicks come out of their shells was a great learning experience. The students also liked observing the new baby chicks adapt to their new environment. Third graders attended the annual Farm Field Day at the Diamond Z Arena. Students were able to learn first hand some of the different types of issues that farmers deal with in growing crops and raising farm animals. The Ririe-Woodbury Dance Company presented a dance assembly to our students illustrating the art of contemporary dance. The PTA is sponsoring a Color Run to raise money for new Chromebooks.

Three Peaks Elementary

Three Peaks Elementary and North Elementary are proud to present the play, “Seussical, the Musical, Jr.” This play combines the antics of Horton the Elephant, the Cat in the Hat, and other favorite Dr. Seuss characters who spring to life onstage in a fantastical musical extravaganza. Students will perform the play on April 6 at 9:45 a.m. in the Three Peaks Elementary gym, 1:30 p.m. at North Elementary, and again at Canyon View High School at 6 p.m. Thank you to Mrs. Cassie Walker, Mr. Lorne Kelly, Mrs. Melissa Leavitt, and Mrs Kyrsten Harper who have spent countless hours directing this play.

Canyon View Middle

The State Math Contest was held at SUU on Friday, March 17. Students had to earn their way to attend the competition by completing some very hard math questions. The students who earned a spot to go to the competition were: Noah Nichols, Anna Sowards, Ben Gifford, Colter Gasser, Cole Farrow, Janae Ashworth, Josh Walton, Jessica Munroe, Gavin McGee, and Lexie LeBaron. Students had a great time at the competition and scores will be forthcoming. Congratulations to all who competed!

CMS students learn a Chopstick Game from the SUU Confucius Institute visitors.

Schools

NEWS Nuggets

by LeAnn WOOLSTENHULME
Iron County School District

Enoch Elementary

We will be having our annual Enoch Elementary Arts Family Night on Monday, April 10 from 5:30-7:30 p.m. We will have art on display, a family art activity, literacy training for families, and our choir will perform at 6 p.m. Please join us for a fun night with the arts. Our students have worked so hard to perfect their art talents over the past year. The growth and progression has been amazing to watch. We appreciate Mrs. Kirsten Anderson, our arts teacher.

We would like to congratulate Ethan Hallows for being the winning representative for the Cedar/Beaver Water District in the Utah Division of Water Resources annual water poster contest. This win is quite an honor and we are pleased to have Ethan represent our school.

End of year testing is in full swing and teachers are very appreciative of excellent attendance. Eating a good hearty breakfast is very important for testing success.

Escalante Valley

Our third grade had such a great time at Farm Day Monday! Thanks so much to everyone that makes it possible! Also, we are very proud of our fourth grade students that will be moving on to Holt Dairy,

Fiddlers Elementary

The Calculator Challenge at Fiddlers Elementary has long been a tradition. This year the finalists for the Math Calculator Challenge at Fiddlers Elementary are Maya Nichols, Bubba Ludlow, and Jaxton Whittaker.

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CMS students learn a Chopstick Game from the SUU Confucius Institute visitors.

Limited spots available for Full-Day Kindergarten at Gateway Preparatory Academy

Open House on Tuesday, April 11th 9:00 - 11:00 AM and 3:30 - 5:00 PM Schoolwide Open Enrollment ends April 30th Questions may be directed to info@gpcharter.org or call 435.867.5558
On behalf of the Utah House of Representatives, Rep. John Westwood (Utah-R) presented an official citation honoring Cedar Middle School for being re-designated as a national Schools to Watch.

"It's a well-known fact through the state of Utah that the Iron County School District is truly an exceptional one, and one the entire state looks to as an example of excellence and achievement," Westwood said. "I am here today to recognize one of those many achievements. I am proud to be able to present this award on behalf of the House of Representatives to Cedar Middle School, for their redesignation of being a Schools to Watch, their third time in a row to get this designation."

The national Schools to Watch program is an initiative which identifies schools across the United States that are outstanding examples of high performance. Those criteria include the following:

1. They are academically excellent — these schools challenge all students to use their minds well.
2. They are developmentally responsive — these schools are sensitive to the unique developmental challenges of early adolescence.
3. They are socially equitable — these schools are democratic and fair, providing every student with high-quality teachers, resources, and supports.

"I don't think many would argue how difficult of an age it is to be a middle schooler, and, because of that, how difficult it might be to educate that middle schooler," school board member Becki Bronson said. "Yet I feel the middle school age is such a critical and pivotal one, where it's important to have the very best working with, teaching, leading and influencing our children. To that end, there aren't words that can accurately convey my deep appreciation to the staff and leaders at Cedar Middle for having been such a tremendous force for good in my own children's lives, and the thousands of children's lives that have walked through those doors at Cedar Middle."

Bronson said she's grateful that the Schools to Watch award helps to shine an important spotlight on "such a deserving school."

"I wish everyone could have a chance, like I have had through the years, to go to a Cedar Middle School band concert, or attend a Cedar Middle School assembly, or stop by the Cedar Middle School front office, or volunteer in a Cedar Middle School classroom, and get to watch in awe and gratitude as our middle-schoolers are being taught and guided by world-class educators and staff, who genuinely love, cherish and champion each child," she said. "A huge congratulations to Cedar Middle School for this three-in-a-row designation!"

The achievement is known to not be easy to reach, however, Cedar Middle School has achieved this three times in a row.
Religion

Catholic Church holds women's retreat
by Holly COOMBS
holly@ironcountytoday.com

The Southwestern Deanery Council of Catholic Women hosted a Women's Retreat themed "Finding Joy" last Saturday at the St. George Catholic Church from 9:30 a.m. to 2:30 p.m.

With approximately 60 women in attendance, three speakers shared various ways to find happiness in today's world, according to a press release. The first speaker, Donna Rish, a member of the Christ the King parish in Cedar City, spoke about the "Call to Love," which highlighted saying "yes" to God's call and having the responsibility of doing his will, not the individual's.

Yvonne Hatt spoke on "Doing the Beautiful." Hatt's message was that an individual can speak to God in their own way.

"God is there to listen whenever we need him," the press release stated about Hatt's topic.

Carol Drake shared various ideas including "The Joy & Peace of Humility."

"Someone who is truly humble is comfortable with him or herself; there's no need to impress anyone," according to the release. "We know that we all have limitations and we need to recognize that others have it as well and that is what St. Paul said in his letter to the Corinthians. It really didn't matter if someone else judges him, because God is the one who is his judge."

Parowan United Methodist changes meeting time

PAROWAN — The Parowan United Methodist church now meets at 9:30 a.m., and the church is now preparing for Easter week events.

SUNDAY (HOLY) THURSDAY WORSHIP
April 13, 6:30 p.m.
Accompanist Lisa Stewart on guitar
After Worship, Lay Servants, Pastor and Usher carry out the ancient practice of stripping the Lord’s Table and Sanctuary following Communion. The custom is a vivid and dramatic way of showing the desolation and abandonment felt on the long night in Gethsemane and what followed. OPN Friday evening the Sanctuary will be bare except for the draped cross.

GOOD FRIDAY SERVICE - TENEBRAE (DARKENING OF THE CROSS)
April 14, 6:30 p.m.
Accompanist Donnett Vincent on organ
Led by Pastor Jeri Lee Harrell-Leeper, Lay Servants Diane Bixman, Earl Leeper and Roni Sellers. Usher: Randy Frantz
Darkness Of Betrayal followed with Hymn "The Old Rugged Cross"
Darkness Of Deception followed with Cello Solo "Largo" by Shostakovich, Michelle Tincher
Darkness Of The Agony Of Spirit followed with Hymn "In the Garden"
Darkness Of Misunderstanding followed by Hymn "Beneath the Cross of Jesus"
Darkness Of Broken Trust followed with Solo by Jay Wilcken "Were You There?
Darkness Of Disunion followed with Solo by Jay Wilcken "The Holy City"
Darkness Of The Cross followed with Hymn "Jesus Keep Me Near the Cross"

This Worship practice began many centuries ago to help contemplation of the Cross. Dale Wood developed the evening's format many years ago.

The church is located at 190 N. Main Street in Parowan.
Keith Ellis Morris

Our loving brother, uncle, and friend was reunited with his parents on March 27, 2017. Keith was born December 26, 1962 to Dolores and Earl. He was the youngest of four children. He attended school in Parowan and graduated from Parowan High School. Keith went on to continue his education at SUU. He finished with a two-year diploma in Auto Mechanics in 1984. Keith was an Honor Roll student at SUU.

Keith spent his life in Parowan working on the farm with his dad and brother Allen. In his young years, he would care for the steers on the farm. He was a very hard worker and he enjoyed it. He is known by many for walking around Parowan. He would frequently walk to the Post Office and Library and Chevron. Although Keith is said to be on the shy side he had quite a sense of humor. He loved to joke around with everyone.

Keith and Allen have always raised a big garden together. They canned as many fruits and vegetables as they could each year. Keith worked the last 9 years for Coy Stowell (H&B Farms), along with his brother Allen.

Keith is survived by his siblings; sister Alene, brother Barry, and sister Linda (Jon) Savage of Cedar City, UT; nephews Shane (Nalane) Jones of Draper, UT, Jeremy (Annette) Jones of Idaho Falls, ID; Brandon (Allison) Hubbar (John) Danby of Jackson, WY, and Shantel (Bronson) Warren of Enoch, UT.

He is preceded in death by his parents and great niece Brielle Jones. Funeral services were held on March 31, 2017 at 12:00 p.m. at the Parowan West Stake Center (595 S 100 West, Parowan). Viewing was be held Friday morning, March 31 at the Stake Center from 10:30-11:30 a.m. Interment was in the Parowan Cemetery.

Online condolences can be sent to www.sumoruary.com.

Alden Morris Stratton

Alden Morris Stratton, age 92, passed away on March 27, 2017, in New Harmony, Utah, at the home of his daughter, Susan, surrounded by family. He was born March 20, 1925 to the Arthur Morris and Pearl Wilson Stratton in Hurricane, Utah.

Alden graduated from Hurricane High School where he was very active in sports, playing on the football team that proved to have some of the toughest games due to the history of the state at that time.

Alden had a love for the U.S. Navy after high school and was stationed in Long Beach, California where on a blind date he met a beautiful girl named Elizabeth Rose (Ellie). They entered into the military from the War and then were married August 24, 1946. They spent 65 wonderful years together until Beverly’s passing in 2011.

Alden was a Highway Patrolman for the State of California for 35 years. Later they retired back to his hometown of Hurricane where he served on the City Council. Alden was an active member of the Church of Jesus Christ of Latter-day Saints. Throughout his life, he served as a Bishop, Seventy, home teacher and various other callings. He and Beverly also served a mission to Little Rock, Arkansas, and were ordinance workers in the St. George Temple for many years.

Alden is survived by his daughter, Julie Stratton; his son Steven Stratton (Nancy) of San Antonio, Texas, 14 grandchildren and 40 great-grandchildren. He is preceded in death by his parents, wife Beverly, daughter Sharon, brother and sister Stratton, sisters Genny Johnson and Muriel Church and son-in-law Richard Jenson.

Funeral services will be held at 11 a.m. on Wednesday, April 5, 2017, in the New Harmony LDS Chapel (12 S Main, New Harmony). Viewings will be held prior to 9:30-10:30 a.m. at the church. Interment will be in the Hurricane City Cemetery, 2:30 p.m. under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumoruary.com.

Amanda Lee Best

Amanda Lee Best, 29, of New Harmony, Utah, passed March 5, 2017. She was born November 5, 1987, in Fortuna, California, and was raised in Rancho Cucamonga, California. She was the youngest child to Warren and Victoria Best.

Amanda’s passions were singing, school, and music. Amanda attended Chaffey College and completed all but one degree requirement for Associate in Arts degrees in Music, Fine Arts with an Emphasis in Music, and Commercial Music. Amanda enjoyed playing the piano and singing in her high school choirs. She also enjoyed playing soccer, Amanda enjoyed crocheting, reading, and animals. Amanda was known for her crocheted hats, scarves, and mions. Amanda was always making a book. She loved her golden retrievers as well as taking care of others’ animals.

Amanda was a unique soul; she was never meant to be ordinary.

She is survived by her father and mother, Warren and Victoria Best; her sister, Christine Krommenhook and husband, Max; her brother-in-law, Robert; and two nieces.

She is preceded in death by her grandparents, Robert and Marjorie Best, and Albert and Dorothy Gyger.

Amanda was laid to rest on March 14, 2017 with family and close friends at Forever Va in Corona Hills Cemetery. viewings were held on March 10 in Kanarave, Utah, and March 14, 2017 in Atla, California. In lieu of flowers, please make a donation in Amanda’s name to the National Alliance on Mental Illness (NAMI) at nami.org.

Juanita Lahma Olson Herzig passed away on March 10, 2017 in Cedar City at the age of 94. She was born on July 2, 1922 to John and Julia Hestie, in Santa Barbara, California. She grew up in Kansas City, Missouri and married Robert Olson on April 14, 1944 while she lived on a farm with her parents, two sisters and two brothers. In 1943, she took a trip to Los Angeles to see the Hollywood Bowl and fell in love with California and decided to stay. She found a job at Douglas Aircraft. It was the war and they were hiring women as nitwits, she liked it and it paid well.

She met her first husband Harold at a USO dance. They married in June of 1944. Unfortunately they ended up getting divorced because of his PTSD which was not really understood back then. Her mom Lillian was widowed moved in with her and helped her raise the girls.

While she was still working at Douglas, she met Walt. They were married in 1962 and had a son. David. When David started school she went back to school to get a degree in Education and became a kindergarten teacher.

After they moved to Chico, California, in the 1990’s she worked at the local school in the grandmother program until she was in her early 80’s.

Juanita led a very full and active life and was much loved by all who knew her well.

Online condolences can be sent to affordablefuneralservices.com on her memorial page.

DJ Hubbard

DJ Hubbard (Donald J) was born on Feb 28, 1980. Left this world on March 30, 2017.

He was a beloved son, brother, father, uncle and cousin. He will be deeply missed by all that knew and loved him. He is survived by his Mom Susan Hubbard, his Dad Donald Hubbard, sisters Diane (Tom) Salina Polomis (KGO), sons Elijah and Jayden Stark, four nieces, two great nieces and a ton of aunts, uncles and cousins.

He was preceded in death by his father, brother and sister.

He loved cars and trucks as long as they were American made. He was a happy-go-lucky persistence paid off and they married on July 2, 1949 in Yuma, Mexico. Their marriage was later solemnized in the St. George Temple.

He was buried in Santa Monica, California, where Jim owned a shirt laundry. After selling the business, Jim and his wife traveled around the country for five years. They lived in California and Blithe, California, where Jim was in the Border Patrol and later settled in Chula Vista, California, where they returned to their roots. Jim and Jim worked as a U.S. Customs officer. They retired to Southern Utah in 1978.

Clenee is survived by a daughter, Christina Brown; son-in-law, VK Brown; two grandchildren, Nikkie Stark (Cherie) and Kayla Stark; two great-granddaughters, Sophie Stark, Audrey Stark and Emerson Brown; also a sister and brother-in-law, Helen and Ken Engleman.

He was preceded in death by his wife, his parents and two brothers.

Dell R. Beatty and James T. Beatty.

Clenee was smart, kind, responsible, and a wonderful mother. She has been missed by us all for many years. Interment in the Ivins Cemetery.

John Paulson Decuir, Sr.

John Paulson Decuir, Sr. passed away Thursday, April 6, 2017, at 10:47 a.m. in Las Vegas, Nevada where he worked as a mechanic for many years. He could work on anything from a Model A Ford to the biggest Caterpillar tractor. He worked for years with Silver Strike Discount and later owned a transmission shop.

John married the love of his life, Pamela Bradford, in 1976 and together they had a daughter. She passed away in 2007. John retired to Cedar City where he loved to tinker with his Ford tractor, plant his garden, and hold his dogs. You could take the Cajun out of the bayou, but never the Cajun in the bayou. He loved being a cowboy, hunting, and swimming. He loved cars and trucks as long as they were Ford.

John’s biggest joy later in life was seeing his grand daughter, Brianna, whom he called "Shorty." John loved to tease his grand son Jonathan and grand daughter Raegan, and any other kids that he was around.

John is survived by his wife Pam; 11 of his children; John Jr., Glenda, Rita, Jessica, Joseph, Henri, David, Michael, Glen, Jeffrey, and Shannon; his siblings; and his nieces and nephews. He is survived by great-grandkids, a whole mess of great-grandkids, and a few great-great-grandkids; and many extended family members. John was preceded in death by his parents, daughter, Julie, and many other family members and loved ones.

John did not want a funeral, so his family will be having a private gathering to remember him on Saturday, April 8, 2017, in Las Vegas, Nevada. We will be telling stories and raising a glass to toast our grumpy old fart.

Special thanks to Dr. Garrett for his understanding, the nurses and aides of Intermountain Hospice for caring so much, and the Cremation Center of Southern Utah for their kindness in this difficult time.
The G.I.F.T.S. of Gratitude

by Corey BAUMGARTNER

When was the last time you truly felt gratitude for someone or something in your life? Gratitude is more than an obliterated gesture of saying, Thank You. It’s a heartfelt feeling that adds depth and breadth to your appreciation. However, when we get too busy it’s easy to forget to be grateful.

Gratitude盲is us to the wonderful gifts given to us each day. When we forget, or flogoshowing gratitude to ourselves and to others, we can be dragged into the rut of ingratitude.

Ingratitude is a steep and slippery rut. When you’re stuck in it you can feel worthless, forgotten and bitter at yourself and the world. You feel like everyone and everything is against you and you’re not worth it to anyone, including yourself. You stop trusting people and stop showing love being receptive to those who love you. Ingratitude will not only keep you stuck in that rut, it will bury you there.

Your own unwillingness to be thankful, even for the air you breathe, will eventually suffocate you and cause more suffering as you sink further downward into a life of self-centeredness and selfishness.

When you sink into that rut and lose your emotional altitude it’s more difficult to have an attitude of gratitude. But, if you will take a few moments each day to think about what you’re thankful for, I’m confident you will see a change in your life and your relationships, both on the inside and the outside. This begins with learning to see the gifts you are surrounded with every day. You will see that life is full of gifts. Even life itself is a gift that is so often taken for granted until it’s threatened or gone. Thankfully, we don’t have to wait to begin being grateful for life.

Some gifts that I believe can apply to each of us in some way, include: God, Integrity, Family, Friends, Time, Talents, Treasures and Service. These are gifts to cherished and shared by all, no matter who or where we are. These gifts can lift us and others out of our ruts and back onto solid ground. As we share our gifts and our gratitude we will regain the altitude and attitude we need to live a better life; we can live truly be thankful for.

If you will recognize your gifts and even realize some gifts you have forgotten about or haven’t seen before. I also hope you will add your own gifts of gratitude to the list as you strive to give and receive thanks in your life. Begin by being thankful you’re alive and be thankful you have the choice to live better each day. Even if you feel trapped by addiction or imprisoned by your past, you can choose to begin again. Start with a simple, but heartfelt, Thank You. Don’t just say the words, live them! Your heart will know what to do from there.

The Rut

LESS TRAVELED

Norma “Mammie” Brown

Norma “Mammie” Brown, age 90, passed away peacefully on March 26, 2017 surrounded by her beloved children. She was born on October 14, 1926 in Vernon, Texas, to Nettie Wilson and I.O. Shields.

Her early years were spent in West Texas. “Mammie” married the love of her life, “Poppy” Brown, while living in Gallup, NM. They lived in Las Vegas, Nevada, for many years before retiring to Parowan, UT to enjoy life together on their farm.

Mammie loved life and found great joy in sharing her love of Jesus with everyone. She was a dearly loved member of Grace Christian Church and Mammie blessed the lives of everyone she knew. She enjoyed making the absolute best pecan pies, chocolate mayonnaise cake, rainbow buttermilk pancakes, and getting her grandchildren involved in coffee at an early age by giving them “coffee milk.” She spent countless hours playing board games and dominos with dear friends and family. If you haven’t guessed it by now, her favorite thing in the world was to show her love by encouraging others through building lifelong relationships. She immediately loved and accepted everyone she met and was dearly loved by and will be missed by all in return.

She was preceded in death by her dear husband, Clarence “Poppy” Brown, great-grandson Brandon, and great-granddaughter Angelina.

She is survived by her children: Jack and Janice Hatt; their children Valorie Carl and Brandon, and great-granddaughter Angelina.

Cuma was a wonderful mom, someone who always treated others the way she wanted to be treated. Even if you feel trapped by addiction or imprisoned by your past, you can choose to begin again. Start with a simple, but heartfelt, Thank You. Don’t just say the words, live them! Your heart will know what to do from there.
For the Cedar Redmen, any opportunity to get a game in – even if it took creative juggling on the calendar – was more than welcome.

After losing three previous contests to rain and moving up its game against crosstown rival Canyon View by a full day to stay ahead of a stormy weather forecast, Ben Hulet made the pitches when he needed to to put Cedar in the win column.

Hulet worked six innings on the mound the Redmen scored twice in the fifth inning to break a tie and go on to beat the Falcons 6-4 on a sunny day at CV’s home field March 29.

“He stranded a lot of guys, but made the pitches when he needed to,” Cedar head coach Eric Fieldsted said of his senior pitcher before drawing an interesting analogy. “He’s gonna get in trouble and has to get out of it. It’s the same in his four-wheeler or snowmobile, gets stuck and has to get out of it. It’s the same thing, same mentality.”

In what may have been a sign of things to come, Canyon View (4-6) struck first off Hulet with two runs in the bottom of the second. McCrae Webster and Joey Mackelprang opened the inning with singles and starting pitcher Trace Hardin reached on an error to load the bases.

Logan Ekker followed with a two-run single that put CV on the board. Hulet then followed with a triple to deep center and scored the second run on a third error.

The winning rally for Cedar was aided by two defensive lapses. Boettcher led off the fifth with a walk and advanced to third when Tait reached on a throwing error. After an intentional walk was issued to Lewis, Jaden Hulet broke the tie with a sacrifice fly to right and Tait scored the second run on a second error.

Canyon View got one run back in the bottom of the sixth when Smith led off with a single and later scored on a Ben Hulet wild pitch, but Cedar added an insurance run in the seventh when Tait led off with a triple to deep center and scored on Jaden Hulet’s bloop single to right with one out.

Ben Hulet left after throwing 101 pitches, and Lewis came on to earn the save, retiring the Falcons in order in the bottom of the seventh.

The Redmen (5-5) finished the week by playing its rescheduled game against Richfield on Thursday. The Wildcats came through with a 7-4 victory in a game that was called after four innings due to rain.

Canyon View finished its week Friday with a 17-2 road loss in five innings at Dixie. The Falcons scored their runs in the top of the first, but the Flyers answered with eight in the bottom half of the inning and rolled from there.

Both teams opened region play Tuesday with games that were too late for press deadline. Cedar hosted Snow Canyon in its Region 9 opener, and Canyon View opened Region 12 play at home as well with a doubleheader against Richfield.

**Rams fall in 2A South baseball opener**

**The Parowan Rams opened 2A South baseball play with the early lead in its March 29 road game at Milford. When all was said and done, they ran into too much Hunter Willden.**

Wilden threw a complete game on the mound, striking out 10 and allowing only five hits, and the host Tigers came through with a run in the fourth inning and three more in the sixth to break a tie and beat the Rams, 6-2.

Hunter Little had two doubles among five hits for Parowan (2-6, 0-1 2A South), and Nathan Goodman was the losing pitcher.

The Rams traveled to play at defending 2A state champ Enterprise on Tuesday in a game that was too late for press deadline.
CV softball stays hot, beats Carbon on road

by Tom ZULEWSKI
Iron County Today

Jordan Nielson threw a complete game in the circle, and the Canyon View Falcons softball team improved to 2-1 in Region 12 with a 9-2 road win at Carbon on March 28. CV took a 4-0 lead after scoring three runs in the third, but the host Dinos scored two runs in the bottom of the frame.

The Falcons were able to put the win away with four runs in the sixth and they took full advantage of five Carbon errors. Kelsee Hyatt led the offense with three hits while Nielson, Malia Vasi and Camry Higgins drove in two runs apiece. Vasi's RBI came on a two-run homer.

Canyon View played four games on the day at the Payson Ice Breaker tournament Saturday and won three to improve to 9-5 overall. The Falcons posted wins over Salem Hills (17-0), Brighton (6-4) and Westlake (12-5), and their lone loss was a 6-0 shutout to 4A school Timpanogos.

The Falcons will resume Region 12 play Friday at home vs. North Sanpete, with the first pitch set for 3:30 p.m.

Parowan opens 2A South play with win

The Parowan Rams started 2A South play on a high note with a 19-4 rout on the road over Milford on March 29. The team played Panguitch at home two days later, but no details were available.

The Rams traveled to play at Enterprise on Tuesday in a game that was too late for press deadline.

REGION 12 SOFTBALL STANDINGS

Through March 31

<table>
<thead>
<tr>
<th>Team</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juab</td>
<td>2-0</td>
</tr>
<tr>
<td>N. Sanpete</td>
<td>2-0</td>
</tr>
<tr>
<td>Canyon View</td>
<td>2-1</td>
</tr>
<tr>
<td>Carbon</td>
<td>0-2</td>
</tr>
<tr>
<td>Richfield</td>
<td>0-3</td>
</tr>
</tbody>
</table>

Lady Reds rout Warriors

by Tom ZULEWSKI
Iron County Today

The Cedar Lady Reds softball team was in search of a spark after letting a late-inning lead get away in a home loss to Enterprise.

Despite having to change location due to weather issues, the Lady Reds got out in front early and rolled to a convincing victory to open Region 9 play.

Cedar scored five runs in the second inning and Bryton Holyoak did the rest in the circle as they cruised to an 11-1 win over the Snow Canyon Warriors on March 29. Allie Meisner led the offense with three hits and Abby Anderson drove in four runs.

Holyoak went the distance in the circle, holding the defending Region 9 champions to just five hits.

After Thursday’s scheduled game against Richfield was rained out, Cedar took to the road to play at the Payson Ice Breaker tournament Saturday. The Lady Reds played to a 6-6 tie against Spanish Fork, but lost 11-4 to Juab and 15-3 against Lehi.

Cedar returned to Region 9 play on the road at Dixie on Tuesday in a game that was too late for press deadline.
**SPORTS**

**IRON COUNTY TODAY**

**HIGH SCHOOL Soccer**

**Falcons stretch win streak to seven**

by Tom ZULEWSKI
Iron County Today

The Canyon View Falcons have shown a little more vulnerability to giving up goals in the early portion of the Region 12 schedule. So far, the offense has provided more than enough support to preserve a growing winning streak.

Andreas Estrada netted what proved to be the winning goal near the halfway point of the second half, and the Falcons made it stand up for a 2-1 victory at Juab, its seventh straight overall. CV improved to 7-2 overall and won its 10th straight game in Region 12 play.

Tyson Davis got the scoring started with a first-half goal for Canyon View (2-0 Region 12), but Juab (1-2) knotted the score with a goal early in the second half. The Falcons will return home to face Richfield today in a 3:30 p.m. kickoff for its only match of the week.

Parowan soccer drops two

The Parowan Rams found the back of the net in a game for the second time this season, but couldn’t overcome the opposition in a pair of losses in 2A South play.

Parowan fell 6-0 to American Leadership on March 28, then followed up with a 3-1 defeat at home against Beaver. Oscar Celis had the only goal for the Rams in the loss. Parowan was scheduled to play Diamond Ranch on March 30, but no details were provided from that game.

**REGION 12 BOYS SOCCER STANDINGS**

Through March 31

<table>
<thead>
<tr>
<th>Team</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canyon View</td>
<td>2-0-0</td>
</tr>
<tr>
<td>Carbo</td>
<td>2-0-0</td>
</tr>
<tr>
<td>Juab</td>
<td>1-2-0</td>
</tr>
<tr>
<td>N. Sanpete</td>
<td>0-1-0</td>
</tr>
<tr>
<td>Richfield</td>
<td>0-2-0</td>
</tr>
</tbody>
</table>

**REGION 9 BOYS SOCCER STANDINGS**

Through March 31

<table>
<thead>
<tr>
<th>Team</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
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<td>3-0-0</td>
</tr>
<tr>
<td>Snow Canyon</td>
<td>2-0-1</td>
</tr>
<tr>
<td>Hurricane</td>
<td>1-1-1</td>
</tr>
<tr>
<td>Dixie</td>
<td>1-1-1</td>
</tr>
<tr>
<td>Cedar</td>
<td>0-2-1</td>
</tr>
<tr>
<td>Pine View</td>
<td>0-3-0</td>
</tr>
</tbody>
</table>

**Redmen break losing streak**

by Tom ZULEWSKI
Iron County Today

The Cedar Redmen boys soccer team could be forgiven if they felt like they were reliving the same scene from the movie “Groundhog Day” over and over again. For the fourth straight time, they ended up on the wrong end with the same final score.

J.D. Beachum tallied a first-half goal for Cedar, but Oscar Quintero scored twice in the second half to rally Dixie to a 2-1 victory over the Redmen on March 28. Cedar lost its fourth straight game by the same score and its sixth straight overall.

Three days later, Cedar had to switch its game with Hurricane (1-1-1 Region 9) to Desert Hills High in St. George due to a blanket of snow that hit the area. Jaden Carver scored with 18 minutes remaining, and the Redmen finished in a 1-1 tie against the Tigers to pick up its first point of the Region 9 season (0-2-1).

Cedar played Tuesday in a game that was too late for press deadline. They will face Region 9 leader Desert Hills – who is off to a 3-0 start – on Friday.

**KRINGLEN HAS DIAMOND DAY TO REMEMBER**

Fresh off a season where he was named Freshman of the Year in the West Coast Conference, Canyon View High grad Keaton Kringlen is quickly putting to rest any thought that something like a sophomore jinx even exists.

The BYU outfielder had a weekend first-inning hit to score a 49.325 in the seventh inning that helped BYU rally for a 7-6 win. Kringlen also drew a bases-loaded walk in the first that put them on the board.

And after Kringlen went 1-for-3 with another first-inning RBI that got BYU started in - and he was a one-man mashing crew Saturday with his three-homer game that capped a 14-1 win and a sweep over the Gaels.

Hitting in the fifth spot in the batting order, Kringlen hit a solo shot in the second, then mashed three-run homers in the seventh and eighth as BYU completed the sweep.

Kringlen’s line for the weekend: 6-for-11, four homers, 11 RBI. For the season, “Skeets” has already matched his home run total from 2016 in the Cougars’ 25th game.

Heading into a Monday afternoon matchup against Oregon, Kringlen was hitting .356 with five home runs and 31 RBI.

> **There’s no doubt that Southern Utah’s gymnastics team** had a special season in 2017. They pushed their school record to a new high of 197.025 – the third time they improved on the mark this season. Stacie Webber produced the first perfect 10 in school history on the balance beam at BYU last month.

It all led to a No. 18 national ranking and a seeded spot in the NCAA Regionals at West Virginia on Saturday.

> Nice to score a 49.325 on the beam as a team to catch Alabama in its final rotation and reach the national meet for the very first time, the Flippin’ Birds felt twice and came up empty, slipping back to fourth place behind the host Mountaineers, Michigan and the Crimson Tide. When all was said and done. For the first time since 2014, no gymnast advanced to the national meet individually, either.

> In the really big picture of SUU program history, the 2010 and 2015 teams must be included in the conversation when thinking about overall success.

> Like they did Saturday, the Flippin’ Birds traveled to West Virginia for the 2010 regionals. They produced their best score of the night in the final rotation on floor exercise, but finished third behind Michigan with 195.325.

> And with her 39.250, Elise Wheeler reached the national meet as an all-around competitor.

> The site for the regional was Norman, Oklahoma in 2015, and SUU was right on the heels of Oregon State, just .075 behind the Beavers heading into the final rotation with a nationals berth at stake.

> With a 49.350 on vault – its best of the regional – Oregon State held off SUU and won the second team spot for nationals. For the first time in school history, two Flippin’ Birds – Jamie Armijo and Ana Jaworski – went to the national meet as individuals by winning their respective events.

> Both Flippin’ Birds teams missed the NCAA national meet by the same margin of .475.

> Armijo won the bars title by herself and Jaworski shared the beam title with Oklahoma’s Haley Sorensen with marks of 9.900.

> Putting to rest any thought that something like a sophomore jinx even exists.

> And since we’re on the subject of the postseason, I’m in mourning for the end of the Detroit Red Wings’ awesome run of 25 straight years of reaching the Stanley Cup playoffs. The team won the Cup four different times (1997, 1998, 2002, 2008), but had been eliminated in the opening round four of the last five seasons.

> With the Red Wings moving into the new Little Caesar’s Arena next winter, the reloading can begin with the pressure of preserving the streak off at last.

Follow Tom Zulewski on Twitter @ TommyZee81 or email tominator19@yahoo.com.
LAS VEGAS — While most kids his age are worrying about their prom dates, friends, and school work, 17-year-old Tanner Gray went out and made a dream come true Sunday afternoon at The Strip at Las Vegas Motor Speedway.

Gray made history and won the Wally trophy at the NHRA Denso Nationals, beating Bo Butner on a holeshot in the final with a winning pass of 6.681 seconds at 206.61 mph. It was aided by a reaction time off the starting line of .010 seconds.

As he started his climb up the eliminations ladder from the No. 5 spot, the son of Pro Stock driver Shane Gray admitted the tension was just starting to build.

“I was pretty nervous coming up,” Gray said. “This was something I’ve wanted to do since I was really young, and I told my dad I wanted to be the youngest Pro Stock winner. It’s a pretty cool feeling.”

Along the way, Gray took out the top three drivers in Pro Stock points, including No. 1 qualifier Jason Line, Greg Anderson and Butner. Gray denied Butner his first career event win.

Facing a track that had the warmest temperatures of the weekend during final eliminations, Gray kept his focus by keeping things simple.

“I just focused on my job of driving,” Gray said. “I let (crew chief) Dave (Connolly) make the calls. I trust the crew guys to give me a good race car and I know they trust me to do my job.”

And in the like-father-like-son moment of the weekend, Gray drove the same car his dad did when he won the NHRA Toyota Nationals at Las Vegas last fall.

“That car works really well with this track,” Gray said. “It was a moment to savor for the 17-year-old – who turns 18 on April 15 – before he returns to being a high-school student and prepares for the next race on the schedule. Gray said he has two more months of online course work to finish before graduation, and he sits fourth in Pro Stock points, only three behind Butner, as the series heads to Royal Purple Raceway near Houston in three weeks.

The other event winners from Sunday gave Don Schumacher Racing a historic milestone of its own.

Tommy Johnson Jr. beat Jonnie Lindberg – who qualified 13th for eliminations – with a 3.933-second pass at 323.66 mph that gave the organization its 299th event win in 47 years.

“Today was a pretty trying day because it was so hot, the hottest track we’ve run on this season,” said Johnson, who won for the first time at Las Vegas since 2001. “We knew the track was going to cool by the time we got to the final. I saw (crew chief) John (Collins) dive into the box for all the adjustments, and he was confident about it. When he shut the lid on the box, I knew we were going to be good.

“I had to race two of my teammates, and it’s tough because we all get the same quality parts from our boss. When you go out there, you gotta throw everything at (the car):”

Brown qualified eighth for eliminations, beat Scott Palmer, No. 1 qualifier Steve Torrence, and teammate Leah Pritchett on the way to the final.

“I feel like I won my first race out there. That’s how tough this competition has been in the first four weeks,” Brown said.

Brown is third in the points standings, trailing Pritchett – who has two race wins – by 19 and Schumacher by 25.

Gray became the youngest NHRA winner by Tom ZULEWSKI
Iron County Today

TANNER GRAY BECAME THE YOUNGEST WINNER of an NHRA national event when he beat Bo Butner to win the Denso Nationals at Las Vegas on Sunday.

NHRA DENSO NATIONALS
Finals Results

Top Fuel – Antron Brown (3.747 seconds, 321.04 mph) def. Tony Schumacher (3.809, 325.14)
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Private Chef Wanted: Must have vegan and vegetarian experience. Love cooking must be clean and professional. Cooking for events of up to 20 people. Email resume to info@sagehills108.com

Announcements

Ccw classes: We have regular ccw classes and can do group training. Include includes fingerprints and pictures, calls for dates. 435-592-2528

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2010 nissan titan se 4x4 excellent condition. Bed liner, lock chip, running board, 75,000 miles, $21,275.00. 435-229-8423.

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Civil War era powder flask for muzzle loaders. Brass-nice antique patina 1860's. No dents or dings. Asking $95.00. 435-383-3099.

Rustrophied with digital camcorder, 8 mm Film Camera. Canon Z-155 model fully automated. $29.00 Excellent Condition & Results. Cannon Case $5.00. 435-383-3099.

2012 Honda rebel (250cc) For sale, red Honda Rebel $2500. Motorcycle is like new with less than 4000 miles. Must sell $2500. Please call (435) 590-0614 or (435) 590-5740.

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2000 Honda 400ex quad: Always garaged, runs great, aluminum nerf bars, rear rack for gas/ storage, new treads on aluminum rims, twist throttle. $170.00 o.b.o. (435) 754-5223

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Alcohol roots to build this dog park is being supported by Petsense. Buy T-Shirts, leashes, bags, books and more with all proceeds going to the park. Cash Only. Find out more at EnochDogsPark. com or visit Facebook. #buildthedogpark

Puppy and dog training classes: Dog trainer, Gail Workman, will begin group training on Wednesday, April 5th. 4 week course $100, first week without dogs. Class size limited to 10 dogs. 435-592-5487, www.festiva lcountryk9s.org

Discounted dog agility classes: beginning Thursday, 4/20 at 6PM. First Class without dogs. Hour long classes for 7 weeks at D&B’s Dog House. $50 includes 1 year membership. Visit www.festivalcountryk9s.org or call Amy 435-531-1469.

The animal shelters need help. Animal shelters are in need of canned cat, canned dog food, and kitty litter. If you can help, there is a donation box at JFA, drop at Petsense or deliver to the shelter of your choice.

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Beekeepers start up equipment: Frames, will & wax, glove, crown, tools, feeders, electric 3 frame honey extractor, electric decapping knife, how to books, everything you need! $300.00. 435-967-6132.
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2. GEOGRAPHY: What is the westernmost territory of Canada?
3. MYTHOLOGY: Who was the Roman equivalent of the Greek hero Odysseus?
4. ARCHITECTURE: What are the blades of a windmill called?
5. GENERAL KNOWLEDGE: What natural attraction would you be viewing if you were on a boat called “Maid of the Mist”?
6. MUSIC: What rock band’s debut album was titled “Kill ‘Em All”?
7. TELEVISION: What are the names of Marge’s sisters in “The Simpsons”?
8. HISTORY: What company owned the ill-fated Titanic?
9. GOVERNMENT: Which amendment to the U.S. Constitution forbids cruel and unusual punishment?
10. LITERATURE: What kind of creature is Bagheera in the “The Jungle Book”?

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Weekly SUDOKU
by Linda Thistle

Find at least six differences in details between panels.

Weekly Crossword
by Dave T. Phipps

ACROSS
1. Scrooge’s cry
2. Astronaut
4. Grissom
5. Indiana politi-
6. Grady
7. Fire residue
8. Predator part
11. Egg
12. Thin tie with a
despise
13. Shelter, at
14. Bunch?
15. Rhetts’s shock-
16. Fresh
17. Shortcoming
18. Custodian
19. Broadcasting
20. PC puzzle
21. Set of tools
22. and parts
23. Nervous
24. Singer
25. Campbell
26. Naval prisons
27. Playing
28. Trumpet-
29. Shaped
30. Flower
31. Target
32. Niagara Falls, N.Y.
33. Metallica
34. Patty and Selma
35. “Maid of the Mist”
36. Burt Reynolds
37. Black (Fr.)

DOWN
1. Goes up and
down
2. Acknowledgement
3. Hawaiian
dance
4. Guy’s partner
5. Secondhand
6. Bundle of
7. 1990s Burt
8. Cats
9. Land meas-
sure
10. “Maid of the Mist”
11. Stallion, as a
12. Child
13. “Maid of the Mist”
14. Hawaiian
dance
15. Falsehoods
16. “Maid of the Mist”
17. “Maid of the Mist”
18. “Maid of the Mist”
19. “Maid of the Mist”
20. “Maid of the Mist”

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Trivia test by Efi Rodríguez

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