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VOL. 8 NO. 8

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INDEX

Opinion.....	4
Showcase.....	11
Life.....	14
Calendar.....	16
People.....	17
Obituaries.....	22
Sports.....	23
Classifieds.....	27

WEDNESDAY, JANUARY 27, 2016

VOL. 8 NO. 8

Chamber of Commerce hosts 65th annual 'Best of Cedar City' awards

BY JEFF LOWE
Managing Editor

CEDAR CITY - The Cedar City Area Chamber of Commerce hosted its 65th annual awards banquet at the Sharwan Smith Center Ballroom on the campus of Southern Utah University Jan. 20 to recognize and celebrate the "Best of Cedar City's" community members and businesses.

The SUU Jazz Band and the SUU Ballroom Dance Team provided entertainment throughout the evening.

"Since this is the 65th annual Cedar City Chamber

of Commerce Awards, some of you are old pros at this, but for those who are newcomers, you need to understand that each year Cedar City Chamber of Commerce recognizes nominated individuals, businesses and organizations that have demonstrated outstanding performance in community service, in best business practices and have also supported our citizens in various civic and philanthropic ways," said Bryan Hyde, who served as master of ceremonies for the evening. "Those being recognized tonight represent the best

SEE AWARDS | 10



COREY BAUMGARTNER

JURZEE, LEFT, AND MAD QAT, OF B.A.C.A., accept their award for Organization of the Year at the 65th annual Chamber of Commerce Best of Cedar City awards Jan. 20.



COREY BAUMGARTNER

CONCERNED CITIZENS address members of the House of Representatives at a listening session in St. George Jan. 22.

House Subcommittee on Federal Lands convenes to hear testimony in St. George

BY JEFF LOWE
Managing Editor

SOUTHERN UTAH - The Subcommittee on Federal Lands of the House Natural Resources Committee convened a hearing in St. George at the Dixie Convention Center Jan. 22 with concerned citizens in attendance as well as respectful demonstra-

tors on both sides of the public lands debate.

The subcommittee met to hear testimony "on ensuring local input, legal consistency and multiuse resource management in St. George BLM planning," said Congressman Tom McClintock, Representative for California's 4th congressional district and chair of the Subcommittee on

Federal Lands.

Rep. Rob Bishop, chair of the Natural Resources Committee, Congressman Alan Lowenthal, acting ranking Democrat for the subcommittee that day, and subcommittee members Bruce Westerman, of Arkansas, and Crescent Hardy, of Nevada, were

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City intern helps define departmental duties for city council

BY COREY BAUMGARTNER
Reporter

CEDAR CITY – During the Jan. 20 Cedar City Council meeting, Mayor Maile Wilson introduced Katrina Arnell, an intern who has been instrumental in the creation of a document that defines and explains the duties of each department throughout the city.

The document will be used to educate and answer general departmental questions that may arise within other departments, or from citizens. The document will also provide a sound foundation for city council members and city staff as they prepare yearly reviews and budgets for each department.

Arnell, a senior at Cedar High School and member of the youth city council, met with each

city department manager and addressed the council with poise as she presented her work.

“It was a very interesting and enlightening experience for me to get this understanding of how the community works and all of the people that work together that help our community thrive,” Arnell said.

“It was very eye-opening to see how many hours and how many people go into making our community function and I hope that everyone that has the chance to read the document will get that same understanding and appreciation for all that goes on in our community,” she added.

The mayor and city council members were impressed at her diligence and hard work.

“This is awesome,” said Council member Ron



COREY BAUMGARTNER

SUU STUDENT KATRINA ARNELL addresses the Cedar City Council Jan. 20.

Adams. “I think it’s great and I am impressed.”

The document is being reviewed and edited by each department to be ready for the 2016 fiscal budget year beginning July 1.

Following Arnell’s presentation, American Red Cross Director for Central and Southern Utah George Coleson addressed the council. Wilson asked him to speak about the house fire on the evening of Jan. 6 and the response by the Red Cross.

Though the damage was extensive, there was no loss of life thanks to the quick response of the students living there, as well as the fire and police departments. While the scary scenario displaced the eight students living there, the Red Cross was able to help the students with temporary housing at

a nearby motel and even provided credit cards to help replace some immediate necessities, such as clothing that was lost in the fire.

“That’s what we do,” Coleson said. “We respond when people are displaced from their homes. We provide them with funds and resources to help get their lives back to normal.”

Coleson expressed thanks to his Cedar City Red Cross counterpart Michael Kartchner, and said that he will be working with the county emergency manager to set up local shelters for mass disaster readiness, the specialty of the Red Cross. Coleson also said he would assess those shelters to make sure they can take care of the needs of the citizens of Cedar with food and water during mass disasters.

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PHOTO COURTESY OF ICHBA

DAN DAILEY, LEFT, AND NATE THAYER, right, of the Iron County Home Builder's Association, present a check for \$15,000 to Brennan Wood, president of Southwest Applied Technology College.

Iron County Home Builders Association installs new officers, presents donation to SWATC

BY JEFF **LOWE**
Managing Editor

CEDAR CITY – The Iron County Home Builder's Association had its annual Installation and Awards Banquet in the Heritage Center Lobby Jan. 21 to install the organization's new president, Nate Thayer, and other new officers.

To begin the event, Dan Dailey, ICHBA's outgoing president, updated the members on the past year and expressed his appreciation for outgoing board members, officers and committee chairs. He spoke about the success of the Spring Home & Garden Fair and the Festival of Homes, as well as the organization's annual golf tournament.

Dailey also presented special recognition awards to Paula Bell, the 2015 Associate Member of the Year, and Ben Batty, the 2015 Builder Member

of the Year. Following the presentations, Thayer recognized Dailey for his service as president.

"As the incoming 2016 president I have the honor of recognizing our past president, Dan Dailey," Thayer said. "Dan's done a phenomenal job with our association. He's spent countless hours and done a great job in leading us this year."

the donation.

"(I was told) I would get the check after I spoke, but now that you've already given it to me I can just end this rather quickly," Wood quipped as he started his presentation.

In his address, Wood spoke about the importance of training the community's residents in the skills needed by the ICHBA members.

"I'm concerned about the pipeline and future workforce of Iron County,"

Wood said.

"We need to have the workforce that will stand up to the entire United States," he added. "Training our local residents ... is a key source of innovation for our future ... and is one of the most powerful economic drivers?"

For more information about ICHBA, visit www.ichba.org.

IRON COUNTY
HBA
HOME BUILDERS ASSOCIATION

Dailey and Thayer also took the opportunity to present a donation in the amount of \$15,000 to Brennan Wood, Southwest Applied Technology College president, for the school's new Cedar City campus. Wood, who delivered a keynote address at the banquet and installed the incoming 2016 officers, expressed his thanks for

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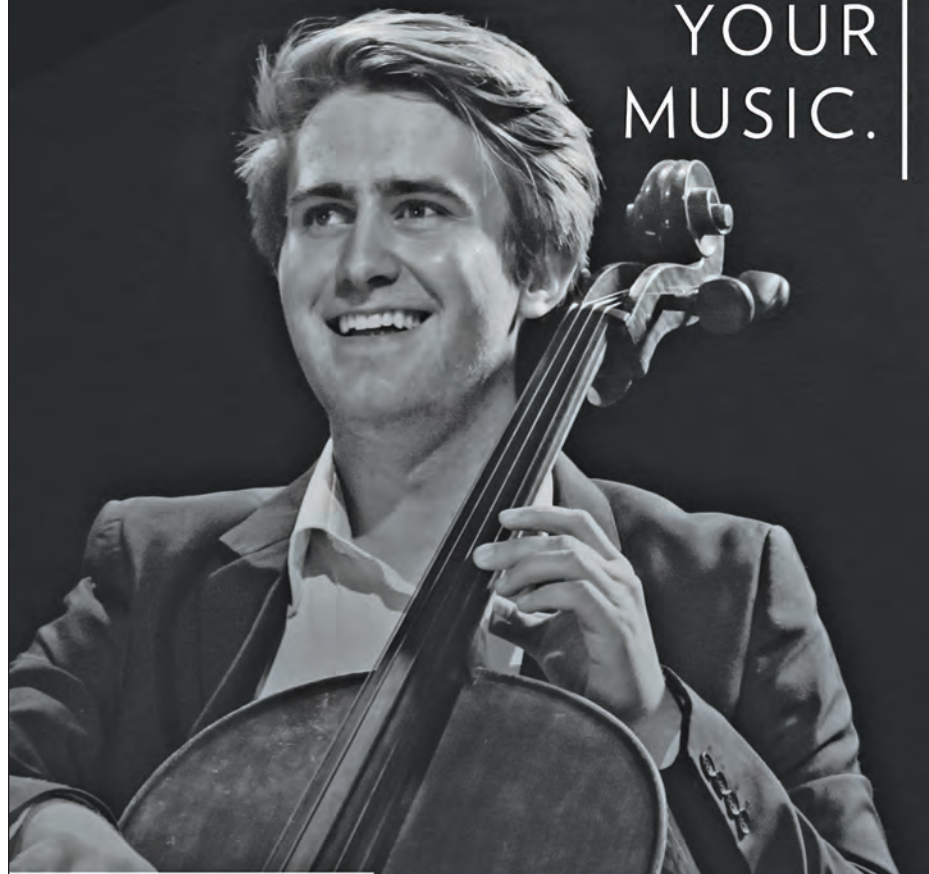


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Opinion

A passing grade for Pres. Obama

Cyclops

BY BRYAN GRAY



If you are an Obama-hater, you might as well stop reading now. Similarly, if you think our current president belongs on Mount Rushmore, you might suffer slight indigestion.

days after his 2008 election that its focus was on denying him another term. It is hard to shake hands when the other guy has a razor in his fist.

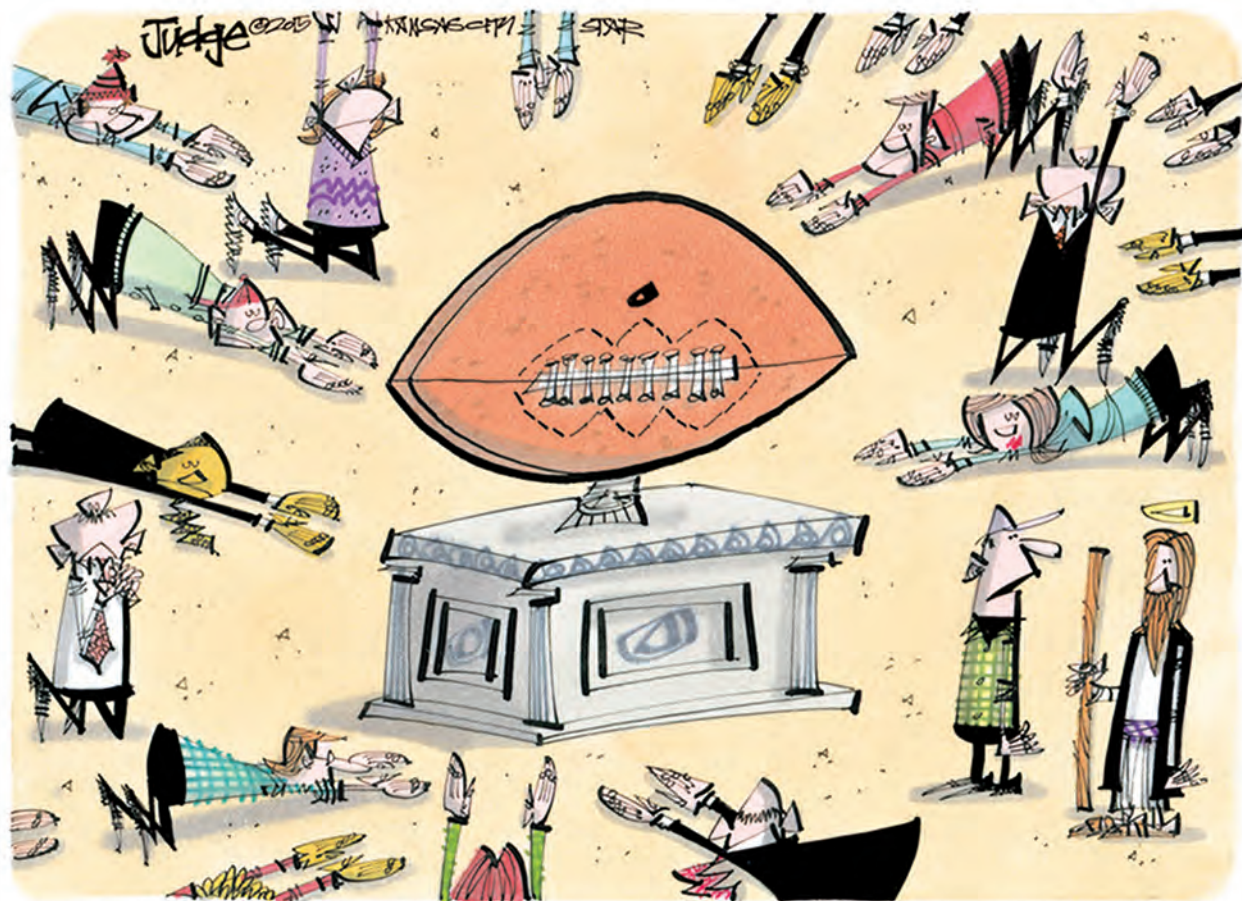
This lack of outreach was showcased in the partisan passing of the Affordable Care Act. Instead of a sweeping change to an increasingly

In my view, his eight years have been a mixed bag, and even he alluded in his recent State of the Union address that he wished he could have a "do over."

presidency. In my view, his eight years have been a mixed bag, and even he alluded in his recent State of the Union address that he wished he could have a "do over."

unwieldy healthcare system, hindsight suggests Pres. Obama would have been better off working with a small group of Republicans to create a scaled-down program extending coverage to "uninsurables" while protecting Americans from the ruin of a cat-

SEE CYCLOPS | 7



"BUT WE THOUGHT YOU WANTED SUNDAY TO BE A DAY OF WORSHIP."

MAKING A DIFFERENCE IN IRON COUNTY TODAY

Creating a charitable resources exchange

BY ROBERT MCCOY
Special to Iron County Today

A charity can be very effective if an adequate supply of the necessary resources is available. If a charity lacks in a particular resource, then the individuals they serve will also lack in either services or a particular material need.

An overabundance of material goods can also create problems. Lack of storage is a common problem among charities and can actually reduce services.

For example, a charity

may have to convert one or more of their productive rooms into storage. The room may have been office space, a meeting room, a bedroom, or a hallway. Such changes can reduce the overall efficiency of the organization.

The short-term solution to an overabundance might also create some rather subtle and overlooked problems. Somewhere between too little and too much is the optimal situation. If you live in a three-bedroom home, and all you have is a kitchen chair and a microwave, then you have too little.

On the other hand, if you have two dining room sets, three refrigerators, and seven couches, then you probably cannot park your car in your garage. Somewhere between these two extremes is the optimal situation for you and your home.

The poor deal with a similar situation, but are often motivated by a fear of not having enough. So when an organization has to hand out large amounts of material goods to open up storage space, the poor may be tempted to take more than is optimal for

their situation. When I was homeless, my fear of not having enough often led me to take too many perishable items from a pantry. Many of these items would spoil before I was able to eat them.

The poor have fewer resources and less space to properly care for excess items than most people do. The most important thing is to make sure that the poor have the things that they truly need, when they need them.

SEE DIFFERENCE | 10

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The Utah Court of Appeals comes to SUU

BY **SUU CONVOCATIONS**

Special to Iron County Today

CEDAR CITY – Judges Gregory K. Orme, Kate A. Toomey and Stephen L. Roth, of the Utah Court of Appeals, will be holding a court session during the second Convocation of the 2016 spring semester on Jan. 28 at 11:30 a.m. in the SUU Gilbert Great Hall. The event is free and open to the general public.

Recipient of the Utah State Bar's award for Judge of the Year in 2007, Orme has broken ground in the courtroom. He served six years on the Ethics Advisory Committee, where he worked to keep decency on the stand. Ethics and professional conduct has always been his focus. He uses his standing to make a difference in the lives of others.

Toomey uses her position in the Utah Court of Appeals to serve the greater good as well. In addition to helping take criminals off the streets of Utah, she is on the board of the Utah Family Justice Center, where she uses her skills in the courtroom to help families in need. Her time as a presiding judge in the Court of Appeals has been focused on helping her community and



PHOTO COURTESY OF SUU CONVOCATIONS

SUU CONVOCATIONS, a distinguished lecture series hosted by Southern Utah University, welcomes Judges Gregory K. Orme, Kate A. Toomey and Stephen L. Roth, of the Utah Court of Appeals on Thursday, Jan. 28 at 11:30 a.m. in the SUU Gilbert Great Hall.

protecting children's futures.

Roth, a former marine, has served on the Utah Court of Appeals since 2010. Over the course of his career, Roth has served as an Assistant United States Attorney and has taught at the University of Utah College of Law. Roth's colorful and diverse career has a positive impact on his judicial decisions as a presiding judge.

These three judges of the Utah Court of Appeals want to give students an insight to the real life application of law as a part of their mission to improve people's lives.

As this convocation will be a real court session, there will be a security check at the entrance. Please arrive 15 minutes early. The court session will begin promptly at 11:30 a.m., at which point the doors will be closed.

SUU Convocations is a distinguished lecture series hosted by Southern Utah University. The program's purpose is to foster the growth of lifelong learners by engaging students of all levels and disciplines. For more information on SUU Convocations, visit www.suu.edu/convocations or www.facebook.com/suuconvocations or follow @SUUConvocations on Twitter.



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Dixie Leavitt recognized with Legacy Award

BY COREY BAUMGARTNER
Reporter

CEDAR CITY – On Jan. 20, during the Cedar City Area Chamber of Commerce Best of Cedar City Banquet, local businessman, former Utah State legislator, devoted husband and father, Dixie Leavitt, received the Legacy Award (Lifetime Achievement) for his contributions throughout the community.

He accepted the award with grace and gratitude to the community he has loved and served for 60 plus years. Speaking of the award, Leavitt shared the honor with his wife, Anne, who sat proudly in the audience.

“I’m not one that seeks glory and it surprised me,” said Leavitt about receiving the award. “I’m pleased to be recognized for trying to live a good life and contribute and be an example to my boys and everyone else.”

At just 87 years young, Leavitt has garnered a lot of praise in his life, but he’s also worked hard to earn it. The personality behind the prestige is one of humility and a desire to serve his family and fellow man regardless of recognition. Along with his attitude of gratitude he has consistently strived to make a difference wherever he goes.

Leavitt spent 18 years in the legislative limelight, where he was instrumental in helping Southern Utah University, then the College of Southern Utah, obtain credibility and independence on its way to becoming one of the most successful universities in Utah and the Southwest.

Leavitt also began a very successful insurance business, the Leavitt Group, which now has more than 125 locations in 18 states and is the 10th largest privately held insurance broker in the United States.

Dixie’s devotion to his faith has always been an important and integral part of his life. Along

with his missionary companion, Anne, Leavitt accepted a call to preside over the Leeds, England mission for The Church of Jesus Christ of Latter-day Saints. Even though the couple had to leave family and a successful insurance business at the time, they had no qualms that their sons were qualified to carry on the family trade.

Leavitt also created the Leavitt Land and Investment company and, together with his wife, began the Dixie and Anne Leavitt Foundation, which has blessed the lives of many people by providing housing and scholarships for SUU students.

If you ask him what his best skills and talents were for all his successes, he will lovingly point to only one, his wife of 66

years, Anne. Alongside him for every mile of their “Route 66,” Anne has been his most trusted and valued partner and friend.

“Anne is my equal partner in all things good,” Dixie said lovingly.

When all is said and done concerning his legacy, Leavitt knows his greatest achievements have been within the walls of his own home. No matter how many lifetime awards he’s nominated for or wins, Leavitt believes his true lifetime achievements have been his marriage, raising their six boys and enjoying the 108 and counting family members in the Leavitts’ posterity. For Leavitt, that is the most important achievement of all.

“The greatest blessing of all is my family,” he said.



COREY BAUMGARTNER

DIXIE LEAVITT ACCEPTS THE LEGACY AWARD (Lifetime Achievement) at the Cedar City Chamber of Commerce Best of Cedar City awards Jan. 20.

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Man found dead of apparent suicide after allegedly holding family hostage

BY CODY SMITH
Reporter

IRON COUNTY – A man is dead from an apparent suicide after allegedly holding his wife and children hostage inside their home Jan. 19 near the 5000 North block of 2900 West in Cedar Valley.

Iron County Sheriff Mark O. Gower said authorities responded to an active domestic situation at approximately 9 a.m., and while Iron County Sheriff's deputies

deputy arrived on scene, the male suspect retreated into the home, Gower said. By this time, his wife and elementary school-aged children were able to escape. They were later found safe by the Iron County Sheriff's SWAT team.

"We're not sure of what brought the dispute on," Gower said. "I hate to say it, but this home has a history with law enforcement – we've responded there before ... several times."

school during the incident, though Gower said he did not require the lockdown as he felt the situation was under control and there was not an active shooter.

Gower said deputies heard what they thought was a gunshot originating within the home. At that point, the Iron County Sheriff SWAT team deployed. The SWAT team arrived and breached the home to find the suspect dead from an apparent self-inflicted gunshot wound.

CYCLOPS

Continued from page 4

astrophic illness (The problem to health access was never a \$50 co-pay or a term-managed surgery bill; rather families needed to be protected against bankruptcy due to a rare illness or expensive treatment.).

Pres. Obama also looked foolish in his trading a handful of religious zealots (and potential terrorists) for a single U.S. soldier who had voluntarily left his post. Also, his support of the TPP trade agreement could seriously impact U.S. jobs and, while his support of climate change legislation is scientifically sound, he could be more sensitive to the plight of coal and fossil fuel workers in West Virginia, Wyoming, etc.

But on the positive side, the Obama record had as many hits as misses. Though too many Wall Street thugs

remained unpunished for their role in the recession, Obama's bailouts of the auto and financial industries have led to prosperity and stability. Even though "Obamacare" was a problematic overreach, it has greatly increased the number of Americans covered by health insurance.

His Republican foes are piling on him for pulling troops from the Middle East, thereby giving a foothold to ISIS and related terrorist gangs. However, many of you probably share my view that we should not send ground troops into an unsteady region where we cannot differentiate between the good guys and the bad guys. Sunni vs. Shia hatred trumps nation-building; let Putin get involved in the quagmire, not us!

On social issues like gay rights and Planned Parenthood, the president's support reflects the majority opinion of

Americans. On immigration, the majority of Americans agree with Pres. Obama's premise that hardworking men and women (and their children) should be offered a path to citizenship while "illegals" with criminal records should be deported.

When Pres. Obama was elected, there were many who saw his presidency as the dawn of Aquarius. Others took immediate aim, warning about imminent catastrophe. Neither has happened.

Unemployment is at near-record lows, our economy is the dream of other nations, and (sorry, Mr. Cruz) we can still buy guns.

The President could have been better—but considering the hostile political environment, serious Americans should give him a passing grade. That's not the Honor Roll, but it's not bad either.

"We're not sure of what brought the dispute on... I hate to say it, but this home has a history with law enforcement – we've responded there before... several times"

–Sheriff Mark O. Gower

were on their way to the home they received addition information that the male suspect had a weapon.

"It was getting pretty intense," Gower said.

By the time the first

Upon arrival, Gower said deputies started setting up a perimeter in order to keep the threat contained.

Three Peaks Elementary school officials locked down the

"It appears like a suicide," Gower said, "but we'll let the medical examiner make the final ruling on that."

At this time, authorities are withholding the names of those involved.

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UHP trooper collides with Camaro on I-15



PHOTOS COURTESY OF UHP

A UTAH HIGHWAY PATROL OFFICER was involved in an accident with a 2014 Chevrolet Camaro on Interstate 15 Jan. 22. The officer, his police dog and the 18-year-old driver of the Camaro all walked away from the collision. Investigation into the accident is still ongoing.



BY CODY SMITH

Reporter

IRON COUNTY – A Utah Highway Patrol K-9 trooper, his police dog and an 18-year-old driver all walked away from a collision Jan. 22 on Interstate 15.

According to Iron County Sheriff's Office Lt. Del Schlosser, officers from

multiple agencies responded after trooper Scott Mackleprang alerted Cedar Communications that he was involved in an accident with a male driver. The 18 year old reportedly brought his 2014 Chevrolet Camaro to an almost complete stop in the left lane while Mackleprang was behind him. Reports suggest the driver of the Camaro was attempting to use the crossover to make a U-turn.

"The crossovers are for emergency vehicles only," Schlosser said. "If you find yourself needing to change directions, you should use the next available exit."

Mackleprang reportedly said he attempted to avoid colliding with the Camaro but was unable to. Upon collision, Mackleprang's airbag deployed, but Schlosser said no one was injured as both drivers were wearing their seatbelts.

Although Mackleprang's K-9, Hasso, appeared to be without injury, Schlosser said authorities transported Hasso to a local veterinarian for an examination.

The investigation into the accident is still ongoing at this time.

FEDERAL LANDS

Continued from page 1

also in attendance. The subcommittee welcomed Rep. Chris Stewart, whose district was the subject of the hearing, and Rep. Jason Chaffetz.

McClintock invited demonstrators on both sides of the public lands debate to display their signs and make as much noise as they wanted at the start of the hearing. "Now that's it," he quickly reminded them. "I have to remind you this is a formal hearing of the House of Representatives. We are under congressional rules. No further demonstrations would be appropriate in this hearing, so I'd ask you to respect that and respect the solemnity of these hearings."

McClintock said the subcommittee convened in St. George to hold an oversight hearing on the Bureau of Land Management's Draft Resource Management Plans pursuant to the Omnibus Public Lands Management Act of 2009.

Of particular concern during the hearing was the debate over the possible construction of a highway through Red Cliffs National Conservation Area.

"We're here because Congress is hearing a crescendo of complaints about BLM tactics and policies across the country and St. George seems to be a poster child of BLM bad behavior," he said. "We are here to get to the bottom of it."

McClintock said the Federal Lands Subcommittee has sought to 1) restore the public's right to use and enjoy the public's lands, 2) restore principles of sound management of the public lands, and 3) restore the federal govern-

ment as a good neighbor to those communities impacted by federal land ownership.

"We are concerned that a corporate culture has taken root within BLM that is antithetical to these principles," he added.

Culminating in 2009 when it was adopted by Congress and signed by the president, Southern Utah citizens and officials worked together to develop the Omnibus Public Lands package, representing discussions and concessions by locals on public lands issues, McClintock said. In the package, local officials designated more than 100,000 acres of new wilderness in exchange for the promise of multiple use activities on the remaining federal lands, he added.

"It then fell to BLM to write regulatory plans in good faith to carry out this unique compromise," McClintock said. "Instead, we are informed that the local communities who trusted this process now believe that the BLM was bargaining in bad faith and that its current proposal makes a mockery of the promises both implicit and explicit in that law?"

"If bad faith and empty promises become the coin of the federal realm, it is highly unlikely anyone will enter into land use negotiations with it again or trust it in the future," he added.

Lowenthal, the sponsor of the Red Rock Wilderness Act, emphasized that people want the beauty and unique experiences offered by Southern Utah to be

protected for future generations.

Speaking of Red Cliffs NCA, Lowenthal said, "This land is not only a life saver for the Desert Tortoise, its popularity is an economic driver for Washington County."

Pursuant to the Omnibus Public Lands Management Act of 2009, "Congress established these National Conservation Areas for the purpose of protecting and enhancing their scenic and natural resources, including protecting habitat for endangered and threatened species ...," Lowenthal said. "BLM management of public lands within these NCAs has to

are consistent with the law and reflective of congressional intent," he added.

During testimony, Paul Van Dam, former Utah Attorney General, was critical of McClintock's introductory remarks. He said Utahns have been distrustful and critical of the federal government since the state's inception and they are even more so today.

"When I hear the chairman ... basically just (disrespecting) ... the BLM and believing everything that he has heard from one side, but not the other side, I want to tell (him) ... I have dealt with the BLM for a long time. My experiences are positive. They have accommodated me, they have met with me, they have answered my questions ... and I can tell you that they are engaged and they have no desire to thwart the people of this county?"

St. George Mayor Jon Pike and Washington County Commissioner Alan Gardner expressed their concerns that local community leaders were not invited to participate in the draft management planning process of the BLM. Pike also called language in the current draft for the BLM to obtain water rights and restrict the exportation of water from the NCAs a major problem.

"BLM's local office spent six years working on this plan, six years, right here in St. George, drafting a resource management plan that will affect the resources of St. George City and other

local municipalities that we will depend on in the future, without consulting the governments of these local municipalities," he said.

Pike continued, "Any threat to water rights is a huge problem for St. George. Thirty-seven percent of the city's water is either directly or indirectly affected by these two national conservation areas. A simple conversation could have resulted in a better understanding of the status of water in the NCA."

Following the hearing, Chaffetz, Bishop and Stewart hosted a listening session during which citizens and local public officials addressed the congressmen to share their concerns about public land management or their support of protecting wilderness areas.

Among those who addressed the representatives was Iron County Commissioner David Miller, who said that public lands issues affect everyone in America and that he was familiar with every public lands complaint addressed at the session. He focused the remainder of his remarks on the Utah Prairie Dog issues in Iron County.

"Fundamentally this is our issue, congressmen," Miller said as he concluded. "We've got a double standard that's existed and (continues) to permeate into the lives and the families of our communities. You have it within your purview to defund and stop this nonsense ... I encourage you in any way I can to carry this message that federal lands are not owned by everyone in the United States ... Russia tried it, China tried it; public lands don't work. The closer we manage the lands to the people the better."

"We're here because Congress is hearing a crescendo of complaints about BLM tactics and policies across the country and St. George seems to be a poster child of BLM bad behavior"

–Congressman Tom McClintock

be consistent with the legislative mandate from Congress?"

"While I understand there is some disagreement about the (BLM's) objectives in Washington County, I hope we can have a constructive conversation that enables everyone to tell their side of the story and opens up a channel for constructive collaboration ... BLM has put years of work into producing the thousand plus page planning document for the public lands that are administered by the St. George field office. They have received hundreds, if not thousands, of comments and in an open and transparent fashion are making decisions that

SUU professor awarded iUTAH Research Catalyst Grant

BY **iUTAH**

Special to Iron County Today

CEDAR CITY – Researchers from Utah Valley University and Southern Utah University will receive funding this year to enhance water research capacity and expand undergraduate student research opportunities.

The 2016 iUTAH Research Catalyst Grant recipients were announced by iUTAH EPSCoR, a National Science Foundation-

groups, and professional organizations in Utah.

This is the fourth year that iUTAH has given out the Catalyst grants, and also the fourth year that faculty members from SUU and UVU have been awarded grants in this competition.

Researchers receive this award as part of iUTAH's multi-institutional project to integrate research, training, and education, aimed at strengthening science for Utah's water future.

"It is exciting to

iUTAH RCG awards channel up to \$20K per project to primarily undergraduate institutions in Utah. Past awards, totaling more than \$200K, have involved faculty members and students from every university in the state.

"These grants focus on building our state's STEM capacity," Dan Bedford, iUTAH RCG Committee chair, said. "We feel strongly that the projects awarded this year build on capacity by engaging undergraduate students in hands-on research in the area of water sustainability."

The first project funded this year investigates the impact of *Phragmites australis* control on Utah Lake water quality and is led by Professor Eddy Cadet. He will work in collaboration with Professors Steven Emerman and Weihong Wang, both of UVU.

The second project, led by Professor Christopher Monson, focuses on measuring oxygen levels and their correlation to microbial life in bodies of water that are typically oxygen deprived, including the Great Salt Lake. His collaborators include Professors Zachary Aanderud, of Brigham Young University, and Kim Weaver, of SUU.

Both projects exemplify iUTAH's RCG objectives, which are to have a strong undergraduate research component and involve undergraduates in both process and end product.

In addition, these research projects help to promote collaborations within the sponsored institutions, thereby working to strengthen iUTAH's collaborative research network.

Professors Monson and Cadet join a list of 13 previous RCG grantees, including 2015 recipients Professors Steven Emerman, Michael Bunds, and Weihong Wang, of UVU; Gary Johnson, of Weber State University; and Jacqueline Grant, of SUU, who continue to work on building further capacity to grow Utah STEM enterprises.



PHOTO COURTESY OF SUU

PROFESSOR CHRISTOPHER MONSON from Southern Utah University recently received funding to enhance water research capacity and expand undergraduate student research opportunities.

supported program that focuses on improving sustainability of water resources in Utah. Professors Christopher Monson from Southern Utah University (SUU), and Eddy Cadet from Utah Valley University (UVU) have been funded by iUTAH to work with undergraduates, other faculty members, and with other research institutions, community

fund these collaborative research projects at Utah universities whose missions focus primarily on undergraduate education," said iUTAH Program Director Michelle Baker. "With these awards, we are creating new opportunities to build productive partnerships, while furthering research that expands our understanding of the state's water resources."



PHOTO COURTESY OF SUU

SUU STUDENT ADDIE NAEGLE shares a laugh with a child during a recent trip to the Dominican Republic. SUU Rural Health Scholars students recently helped set up staffing in rural health clinics throughout the country.

SUU students improve rural health in Dominican Republic

BY **SUU MARKETING COMMUNICATION**

Special to Iron County Today

CEDAR CITY – For eight days in December, 11 Southern Utah University students experienced firsthand the urgent need for medical care and the value of service in a third-world country.

SUU students in the Rural Health Scholars program traveled to the Dominican Republic Dec. 11-19, setting up and staffing rural health clinics throughout the poverty-stricken country.

Working with Solid Rock International, a non-profit organization, the students established four clinics and distributed medical supplies including

cough medication, nasal sprays, ibuprofen, eye drops, vitamins, and toothbrushes, while serving a total of 554 patients.

Each patient the students saw had their blood pressure checked, spoke with a Dominican doctor, and received hygiene products and vitamins/medications depending on their health condition. RHS students specifically helped greet patients, weigh babies, take blood pressure readings, note patient illness, shadow doctors, dispense medications, and interact with the local children.

RHS Assistant Director Karen Ganss was the staff advisor on the trip and was "extremely proud of the SUU students' ability to

show care and empathy for the Dominican patients," she said.

Dominicans face a lack of clean drinking water, little knowledge of common health practices and the inability to pay to see a doctor. They also inhabit homes without electricity or running water, and suffer from poor diets. Due to these impediments, there is high demand for free health services for rural Dominican individuals.

Ganss said she was amazed that although the Dominicans have every reason to be angry and uninviting based on their inhospitable living environment, they are anything but that.

DIFFERENCE

Continued from page 4

A solution exists that will help the charities 1) to have the necessary material goods to cover individual needs, 2) to reduce overabundance and storage problems, and 3) to avoid creating unnecessary problems for the individuals that they serve. The solution is a resource exchange.

A resource exchange works like this: Suppose a farmer brings in 2,000 pounds of apples to a pantry. The pantry is glad to have the apples, but the volume is more than it can handle due to storage and spoilage concerns. The pantry then decides to list an excess of 500 pounds of the apples on the exchange website.

Another pantry notices that the first pantry has also listed a working refrigerator on the exchange as one of its needs. So the second pantry offers one of its extra refrigerators for the apples. The negotiations will be private, but when a transaction is complete, the affected items will be removed from the corresponding website lists. Whether the transaction is merely a gift from one charity to another, a trade, or some other agreement, the transaction is expected to adhere to governing laws and the bylaws of each participating organization.

Organizations and individuals that have charitable concerns, but are not charities, per se, will be encouraged to monitor the charities' needs and surplus lists on the website. This monitoring will help groups such as the Scouts, Knights of Columbus, Lions Club, Youth Volunteer Corps, the

Post Office, many churches, various businesses and other groups develop strategies to make their charitable projects more effective.

The lists will also be visible to the public, helping individuals to be aware of the needs of the different charities and encouraging them to give wisely.

The resource exchange will be designed to serve the charities and will not exercise any control over them or require that they participate. Every charity involved will have a single seat on the board of directors, and the chairman position will rotate between the charities.

The service will not charge the charities or require their services. The proposed area of service will be the five counties of Iron, Washington, Beaver, Garfield and Kane. Cedar City is the central location in this area and would be the location of the resource exchange office.

Other charities, such as those from Las Vegas and Salt Lake, will be allowed to participate, but will not hold any seats on the board.

Everyone understands the importance of working together, and cooperation is essential to a thriving community. A resource exchange gives charities, charitable organizations, and people of good will a greater opportunity to help those in our communities who are hurting and are in need.

If you have any questions, suggestions, or desire to participate in the formation of such a service, please email Robert McCoy at help.for.the.homeless.one@gmail.com.

DOMINICAN

Continued from page 9

"The common comment I gathered from students revolved around the true happiness and kindness of the Dominicans. I've never been around people who were so happy and grateful for the services we provided. They were unbelievably thankful and loving toward others," she said.

"We showed them proper health care and gave them medications, but they gave us more than that. They renewed our sense of kindness, service and care toward other human beings," Ganss added. "The Dominicans reignited my passion for human connection, talking face-to-face, helping a neighbor when in need, and listening to others."

Cultural immersion trips expose students to

medically underserved communities domestically and abroad. During these trips, students gain valuable health care experience, engage in patient exposure and develop language skills while also shadowing physicians.

The Rural Health Scholars program at Southern Utah University assists students in becoming successful applicants to medical, nursing, podiatry, dental, pharmacy, and

other graduate-level and allied health professions programs. Student applications are strengthened through a regimen of classes, seminars, community service, job shadowing, research and advisement.

For more information about the Utah Center for Rural Health programs, contact Karen Ganss, RHS assistant director, at (435) 865-8660 or visit www.suu.edu/ruralhealth.

AWARDS

Continued from page 1

of Cedar City."

To begin the evening, the chamber's chairman of the board for 2016, Todd Boyer, was introduced by Chamber President Chris McCormick. Boyer then introduced the board of directors and staff for 2016, which includes Mac Urie, as past chairman, Dustyn Johnson, as treasurer, and David Miller, Jory Corsi, Terri Hartley, Chad Westwood, Danny Stewart and Kimberly Tiffany, as members of the board.

Boyer spoke about the importance of bringing new businesses to a community known for its customer service and attractive lifestyle.

"I called a pharmaceutical company recently and, on initial greeting, I was informed that this call was being recorded to ensure that I had 'adequate service.' We laugh, but the reality is customer service is being dropped down to 'adequate,'" Boyer said.

"I'd like to suggest that Cedar City is miles above adequate," he added. "We have experienced growth on many different levels. We have seen population growth because we have such an attractive lifestyle and accomplishments. We have experienced a business expansion because

friendly and we should be capitalizing on that. Where else can you get such a variety of experiences in such a great community? I would dare say nowhere."

Following Boyer's remarks, awards were presented to the Cedar City-Brian Head Tourism Bureau as the Customer

Year, Kaleigh Bronson as Young Citizen of the Year, Rugged Materials as Innovative Business of the Year, and Cherry Creek Radio as Business of the Year. Dixie Leavitt was also honored with the Legacy Award (Lifetime Achievement), and Cedar City Economic Development, represented by Danny Stewart, was recognized with the Chamber of Commerce Award. Each of the recipients shared their thanks to the chamber and a few brief remarks with the audience.

"There are giants among us," said Hyde after the presentations. "I have recognized their faces and known their names, but some of the things I've learned tonight about some of the people who are being recognized here has really made my appreciation for them grow that much more."

For more information about the Cedar City Chamber of Commerce and the Best of Cedar City Awards, visit www.cedarcitychamber.org.

"There are giants among us. I have recognized their faces and known their names, but some of the things I've learned tonight about some of the people who are being recognized here has really made my appreciation for them grow that much more."

-Bryan Hyde

of challenges in our local economy. We have seen an increase in tourism because of our local arts and university ... Do we ensure the continued attraction and promotion of business within our city? ... We have created an environment that is extremely business

Service/Hospitality Business of the Year, Bikers Against Child Abuse as the Organization of the Year, Mary Pearson as Educator of the Year, Ed Lamb as Citizen of the Year, GAF as Employer of the Year, Martin Tyner as Man of the Year, Terri Hartley as Woman of the

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SHOWCASE

WWW.IRONCOUNTYTODAY.COM

WEDNESDAY, JANUARY 27, 2016

Massenkoff Russian Folk Festival performs at Heritage Center

BY CHARLEY WALQUIST
Reporter

CEDAR CITY – The Cedar City Music Arts Association hosted world renowned musician and Laureate of the First International Festival of Russian Songs Nikolai Massenkoff and his Massenkoff Russian Folk Festival in two performances Friday, Jan. 22 at the Heritage Center Theater.

Massenkoff and the other musicians and dancers performed a matinee show for Iron County schools as well as an evening performance for the community.

“The Massenkoff Russian Folk Festival, a festival of Russian song, dance and music was created by Nikolai Massenkoff as an expression of a lifelong love for his heritage and its tradition of soul-stirring culture,” according to Massenkoff’s biography in



STEVEN WALQUIST

NIKOLAI MASSENKOFF and his Massenkoff Russian Folk Festival perform at the Heritage Center Jan. 22.

the program.

The program included Massenkoff’s solos, dances by a team of six dancers, and live music from three

musicians on traditional Russian instruments.

The dancers—Dimitri Bogramyan, Jenya Karapityan, Ksenia

Litomisky, Yuri Nelzine, Anya Panchenko, and Artur Stangeli—performed several dances in traditional dresses

and outfits. Some of the dances were to recorded music, but most were done with live music by the musicians.

Traditional Russian instruments were used for the live music, and the musicians performed several upbeat, exciting pieces that reflected traditional Russia. The domra, a stringed instrument, was played by Irina Orlova; the bayan, similar to an accordion, was played by Anatoly Mamalyga; and the balalaika, another stringed instrument, was played by Fyodor Baranov.

Massenkoff organizes the music and dances for the festival, and the result was an upbeat, fun performance with audiences enjoying the music and Massenkoff interacting with the audience.

The performance started with a traditional dance, followed by an instrumental number and then Massenkoff’s first solo. The program alternated between these three types of pieces with Massenkoff providing

SEE **RUSSIAN FOLK** | 12

Rewind to the 1980s with ‘The Wedding Singer: The Musical’

BY **CEDAR VALLEY COMMUNITY THEATRE**

Special to Iron County Today

CEDAR CITY – The Cedar Valley Community Theatre is excited to present the energetic 1980s throwback “The Wedding Singer: The Musical” opening Jan. 29 and running until Feb. 8. Shows start at 7:30 p.m. at the Heritage Theatre.

Seating is general admission and ticket prices are \$12 for adults and \$8 for students and seniors.

This hit romantic comedy is based on the

1998 Adam Sandler and Drew Barrymore film and received rave reviews from Broadway earning five Tony award nomi-

hilarious throwback to 1985 when hair was big and hearts were bigger.

“Many people don’t real-

Singer is sweet, charming, hysterically funny and has one of the most entertain-

ing Broadway scores of the past ten years. The music is awesome, and we have an incredibly talented live orchestra rocking it out every night with New Jersey’s favorite wedding singer, Robbie Hart.”

It’s 1985 and rock-star wannabe Robbie Hart is the life of the party, until his own fiancée leaves him at the altar.

Shot through the heart, Robbie makes every wedding as disastrous as his



nations. Featuring an energetic pop/rock score, The Wedding Singer is a

ize that the hit movie was made into a musical,” said Director Stephen Wagner. “The Wedding

SEE **WEDDING SINGER** | 12



PHOTO COURTESY OF CEDAR VALLEY COMMUNITY THEATRE

The Filharmonic coming to Cedar City



PHOTO CREDIT...

THE FILHARMONIC, a unique and harmonious a-cappella band, is coming to Southern Utah University Jan. 29. Their culturally diverse tone and style exemplifies a melodic, urban-esque sound with a 90's vibe. The Filipino-American group was brought into recognition when they won NBC's "The Sing-Off," which launched them on a national tour, performing alongside Linkin Park, Black Eyed Peas and Pentatonix. For more information, visit www.thefilharmonic.com.

Come get your ballroom groove on with the CCAC

BY DENISE PURVIS
Cedar City Arts Council

Have you always wanted to wear a tuxedo or glimmering gown and waltz across the floor with grace and ease? Are you looking for a fun-filled way to spend your Mondays in February? The Cedar City Arts Council can't help you with the formal attire, but we have just the thing for grace and ease.

The council's education program is offering

multi-generational ballroom dance lessons with Jessica Alejandro at 7 p.m. on Feb. 8, 15, 22, and 29 at the Cedar City Aquatic Center. Come to one class or come to all. Bring a friend, date, your family, or just yourself. We'll give you a partner if you need one. Don't worry about that tux or gown

for these lessons – come as you are and be ready to enjoy yourself.

Jessica recently graduated from SUU with her dance education degree; she has performed with and choreographed for the SUU ballroom dance company for several years. She will share a different dance with participants on each Monday. Come learn Latin, European, and American dances in a fun and supportive environment.

Each lesson is \$5 per person, and free to Arts Council members. If you aren't a member yet, you can join online at www.cedarcityartscouncil.org or you can join at the event (family membership is only \$35 per year). Come dance with the Cedar City Arts Council.

With questions about the event, contact Denise Purvis at (435) 865-8024.



PHOTO COURTESY OF CEDAR CITY ARTS COUNCIL

JESSICA ALEJANDRO recently graduated from SUU with her dance education degree. She has performed with and choreographed for the SUU ballroom dance company for several years.

RUSSIAN FOLK

Continued from page 11

commentary on the festival, his experiences, and even teaching the audience Russian phrases to allow it to participate in a song.

In addition to the traditional songs, Massenkoff performed the "Fiddler on the Roof" classic, "If I were a Rich Man" and ended the program with the song "Somewhere My Love," dedicated to world peace.

The Folk Festival was received very well and ended with a standing ovation from the audience.

The students from the various schools were also an excellent audience for the matinee showing, and Massenkoff was appreciative of how attentive, quiet, and respectful the kids were while they watched and participated in the performance.

"(My favorite part of this experience was) the fact that we were able to bring such a different culture to Cedar City," said Carol Ann Modesitt, coordinator of the event.

Both Modesitt and Massenkoff were appreciative to the Heritage Center staff and all it did to help make the program possible.

"We have such great staff at the Heritage Center, and they have done such a fantastic job," Modesitt said.

"Dallen (Olcott), Jason (Clark), and all the other people who helped did a superb job," she added.

The Cedar City Music Arts Association is the oldest volunteer organization in the state, according to Modesitt, and she said they feel a commitment to bring people quality artistic events.

Even with a few technical difficulties, the Massenkoff Russian Folk Festival was a success. The Cedar City audience enjoyed the experience, and Massenkoff enjoyed his time in Cedar City.

WEDDING SINGER

Continued from page 11

own. Enter Julia, a winsome waitress who wins his affection. As luck would have it, Julia is about to marry a Wall Street shark, and unless Robbie can pull off the performance of a decade, the girl of his dreams will be gone forever.

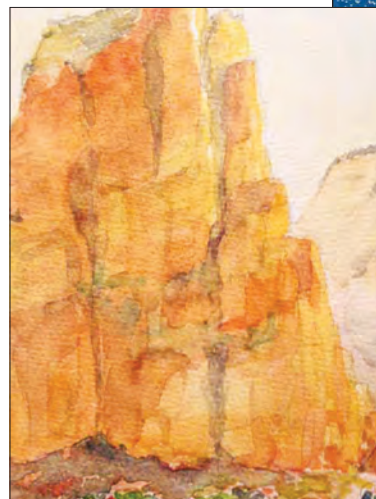
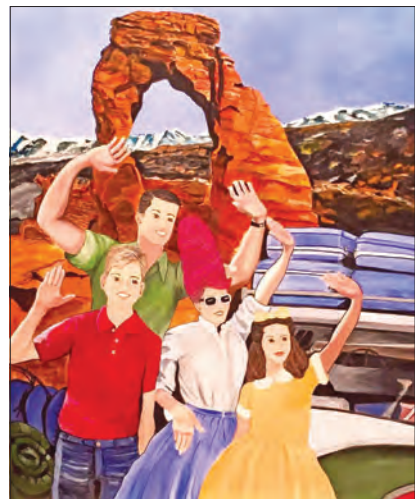
"We're taking Cedar City back to 1985 with all of the fun fashion and iconic sounds of that era," Wagner said. "We're so excited to share this production with you, and we just can't hide it!"

The Wedding Singer has been rated PG-13 by Music Theatre International and does feature some mature language and content.

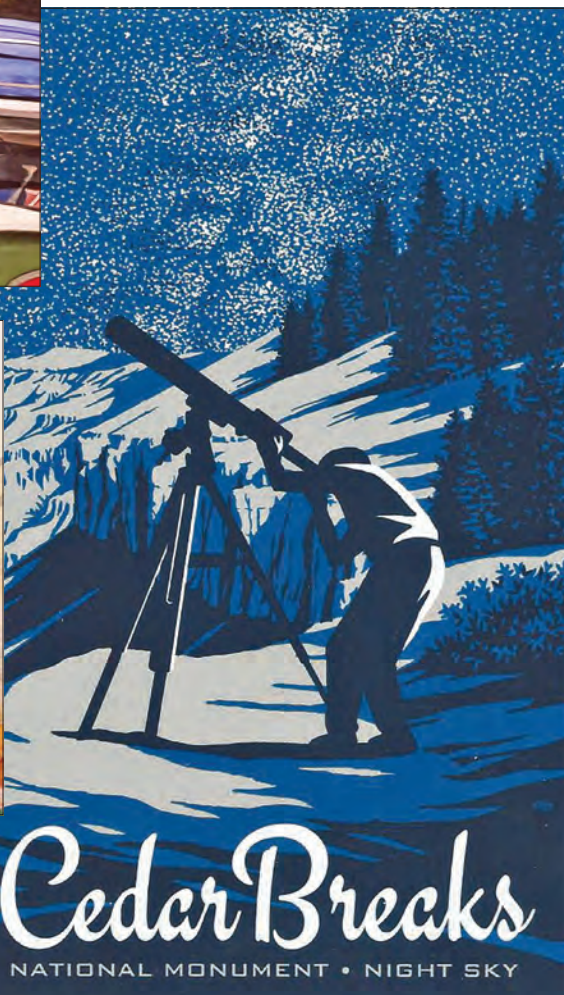
For more information, visit www.cedartheatre.org.

THROUGH VINTAGE-INSPIRED ARTWORK

from Stephanie Deer, travel posters by John Clark, Southern Utah artist Jim Jones, and traditional Utah landscapes from the SMA permanent collection, the Frontier Homestead State Park's "Snapshots: Highlights from the Springville Museum of Art's Family Vacation" exhibit has something the whole family can enjoy.



PHOTOS COURTESY OF FRONTIER HOMESTEAD STATE PARK



Family vacation exhibit opens at Frontier Homestead State Park

BY **FRONTIER HOMESTEAD STATE PARK**
Special to Iron County Today

CEDAR CITY – Step back in time on a retro road trip through Utah's unique scenery at Frontier Homestead State Park's "Snapshots: Highlights from the Springville Museum of Art's Family Vacation," an exhibition that will be on display Jan. 25 through April 30.

Through vintage-inspired artwork from Stephanie Deer, travel posters by John Clark, Southern Utah artist Jim Jones, and traditional Utah landscapes from the SMA permanent collection, this exhibition will recreate a mid-century vacation the whole family will enjoy. By exploring this amazing collection, families will call back memories for those who hit the open road in post-war America and inspire younger visitors to

visit these places on their own.

Family vacations boomed in post-war America. Amidst talk of nuclear conflict, packing the kids in the car and seeing the sites that defined the USA promoted family togetherness and national pride. In Utah, families came together to explore the lakes, canyons, ghost towns, and national parks that dot the Beehive State.

"Family Vacation has been a delightful exhibition at the Springville Museum of Art," says Rita Wright, director of the Springville Museum of Art. "Families reminisce about their travels and vacations while enjoying the scenic beauty and depictions of place in the works of art. We are particularly pleased to invite Frontier Homestead State Park into that fun conversation by sharing highlights of the exhibition with them. It's a perfect

museum for sharing the joys of vacationing in Utah!"

"Throughout 2016 the National Parks and partnering organizations will be celebrating the National Park Service Centennial with a variety of events," said Todd Prince, Frontier Homestead State Park manager. "The national parks in our area and Utah State Parks draw millions of visitors from around the world each year; throughout Utah are hidden treasures, amazing opportunities for adventure and a rich world to explore. We are pleased to host Family Vacation as part of this celebration."

For more information, call (435) 586-9290, or visit www.facebook.com/friendsofthefrontierhomestead, or the park's website at www.frontierhomestead.org.

Frontier Homestead is located at 635 N. Main St. in Cedar City.

Movie Beat: "Kung Fu Panda 3" an excellent ending

An epic ending can make an entire story look better.

That's true of "Kung Fu Panda 3" which starts slow but by the end manages to wrap up Po's story so beautifully that it serves as an upgrade to the entire trilogy. Neatly wrapping up both plot points and emotional elements that have spanned across all three movies, "Kung Fu Panda 3" is a wonderfully satisfying conclusion to everyone's favorite plus-sized kung fu warrior.

The movie utilizes the obvious sequel hook at the end of 2011's "Kung Fu Panda 2" where we saw our first glimpse of Po's still-living biological father (for those who haven't seen the first two movies in awhile, an evil peacock burned baby Po's village and his mother sent him away to save his life. The mother died and Po ended up adopted by a goose.)

In addition to re-introducing Po to that part of his identity, the movie also brings the dragon warrior prophecy from the first movie full circle (and explains why the name is so significant).

Though it's thematically based around the same type of "who am I?" question that propelled the second movie, "Kung Fu Panda 3" deepens and enriches this answer. In particular, screenwriters Jonathan Aibel and Glen Berger take Po through the struggle to integrate the panda life he would have had if he'd stayed with his birth parents, and the life he did have raised by a goose and becoming a warrior.

The entire situation is handled beautifully, with some particularly tender moments between both father characters (voiced by James Hong and Bryan Cranston). I will admit, I got choked up more than once.

Not that the movie has forgotten either the humor or the action sequences. The entire final fight is particularly epic, though there's a wonderfully comedic battle sequence just before that that surprisingly manages to underscore the trilogy's overarching theme that everyone is special in their own way.

Overall the movie manages to balance seriousness and comedy even better than

- Rated PG for martial arts action and some mild rude humor
- Written by Jonathan Aibel and Glenn Berger
- Directed by Alessandro Carloni and Jennifer Yuh
- Starring Jack Black, Angelina Jolie, Dustin Hoffman, Jackie Chan, Seth Rogen, James Hong, David Cross, Lucy Liu, Bryan Cranston, Kate Hudson, J.K. Simmons and more
- Grade: ★★☆☆

the other movies in the series, giving solemn moments their full weight but knowing just the right moment to put in the ridiculous moments.

At least, once they get the ball rolling. The first 20 minutes or so tilts too far into the comedy side of the ladder and falls into extended slapstick sequences. The initial joke idea is often fine, and in character for Po, but the filmmakers always carried it out until it became tiring. While this is fine for small children in the audience, the rest of the movie proved they could do better.

It's possible to argue that "Kung Fu Panda 2" and "Kung Fu Panda 3" ended up as two different versions of the same movie, since they both have Po wrestle with very similar issues. Though I do wish that the second movie had been planned to be better accommodating of the third, the two movies can be seen as stages in the long, complicated process of Po finally coming to truly know and be at peace with himself (in fact, the entire trilogy can be seen that way).

The best part of "Kung Fu Panda 3," however, is that it's mostly engaging enough that you probably won't be thinking about any of this when you watch it. You'll be too busy cheering Po on, wiping away a tear or two, and sitting back emotionally satisfied as the credits roll. Po's story has ended the best way possible, and in the end that's what matters most.



JENNIFER WARDELL
Member Utah Film Critics Association



2016 WINTER PHOTO CONTEST WINNERS



1ST

ROBERT RANDALL | Cedar City



JESSE STEWART | Cedar City



2nd

GAY YORK | Cedar City



CARL MAZUR | Cedar City



PAUL MORRISON | Cedar City



JOE SCNEIDER | Cedar City



3rd

JEFF BRUNSON | Cedar City

Library lecture renews relevance of nutrition regimen

BY COREY BAUMGARTNER
Reporter

CEDAR CITY – For many people the new year brings new hopes, new dreams and the determination to keep their New Year's resolutions.

As part of its monthly lecture series on health, the Cedar City public library recently helped people become healthier in both body and mind.

Their first lecture of the year, Physical and Mental Benefits of a Healthy Diet, was presented Jan. 19 by Celesta Lyman, RDN, CD. Lyman, who pursued accounting early in her education, now specializes in the numbers of nutrition. Lyman has worked for 20 years in long-term care as a consulting dietician and outpatient counselor. As of 2015, she also became a full time faculty member at Southern Utah University.

Lyman began her lecture with the current dietary guidelines published by the U.S. Department of Agriculture and the Health and Human Services. The guide-

lines (<http://health.gov/dietaryguidelines/2015/guidelines/>) emphasize five core components of a healthy diet: 1) A healthy eating pattern;

and beverage choices; and 5) Support healthy eating patterns everywhere for everyone.

However, with so many specialists, internet

While some may turn to the television or internet for answers, Lyman is confident that the government's guidelines are competent.

because I know it's based off of research that has been reviewed and the results are the same, versus one internet site," she said.

achieve weight loss, following a healthy eating pattern suggests a more productive and permanent approach living a healthy life. Lyman also cautioned against diets that cut out food groups because they also cut out needed nutrients for a healthy body.

Because weight is still the leading factor in heart disease and diabetes, many turn to dieting as the best way to lose weight quickly. However, not all diets are the same, or safe, even if wedding and swimsuit season is just around the corner.

"If it's not an eating pattern that you can do across your lifespan, you probably should never start it. If you can't see yourself doing it in six weeks, six months, or six years, then it's not considered a healthy eating pattern," Lyman said.

Another new word used is "shift." By focusing more on variety and nutrient dense foods, it helps a person to shift, rather than shove their bodies into a healthier lifestyle. While eating a food that is



COREY BAUMGARTNER

CELESTA LYMAN, RDN, CD, advised Cedar City residents of current dietary guidelines and gave health advice during a recent lecture at the Cedar City Library.

2) Variety and nutrient dense foods; 3) Limiting calories from added sugars, saturated fats and less sodium intake; 4) Shifting to healthier food

blogs and organizations claiming to have all the nutritional nuggets of wisdom, how does a person know what health info is credible?

"There are many people that are skeptical about what the government puts out because they may be influenced, but I am still going to rely on that info

The dietary guidelines also add some new nutrition vocabulary words such as, Eating Pattern, as opposed to diet. While many diets can help one

SEE LECTURE | 19

Affordable health care screenings coming to Enoch

BY LIFE LINE SCREENING
Special to Iron County Today

ENOCH – Residents living in and around the Enoch area can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening.

Willow Glen Inn will host this community event on Feb. 12. The site is located at 3308 N. Bulldog Road in Enoch.

Screenings can check for:



- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health

possible osteoporosis

- Kidney and thyroid function, and more

Screenings are affordable, convenient and accessible for wheelchairs and those with trouble walking. Free parking is also available.

Packages start at \$149, but consultants will work with you to create a package that is right for you based

- HDL and LDL Cholesterol levels

- Diabetes risk

- Bone density as a risk for

on your age and risk factors. Call (877) 237-1287 or visit www.lifelinescreening.com. Pre-registration is required.



THINKSTOCKPHOTOS

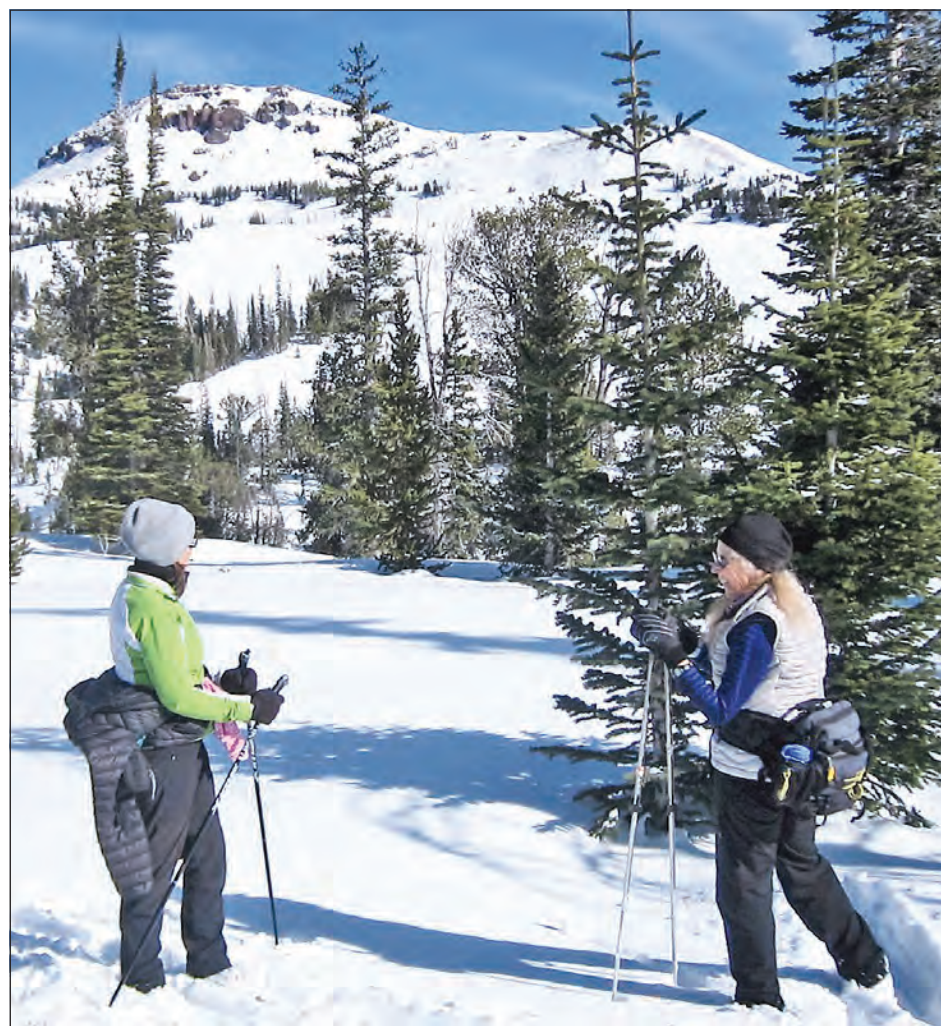


PHOTO COURTESY OF CEDAR MOUNTAIN SKI CLUB

Nature awaits with Cedar Mountain Nordic Ski Club

BY JEFF PORTER
Special to Iron County Today

CEDAR CITY – The Cedar Mountain Nordic Ski Club is your portal to experiencing the best of winter in southwest Utah – the incredible snow, the beauty of nature, and the exhilaration of cross-country skiing

and helping maintain cross-country skiing and snowshoeing trails in our nearby mountains. In making this all happen, CMNSC works with a host of partners, including the good folks at Dixie National Forest, the Cedar City-Brian Head Tourism Bureau, and Southern Utah University.

mation kiosk displaying the wide variety of trails.

Come on out and give CMNSC a try. Nature awaits and all you have to lose are a few calories. The range of cross-country skiing and snowshoeing events accommodates levels of skill from novice to experienced. Events are led by accomplished

Entering its 10th year, the Cedar Mountain Nordic Ski Club is the official resource for cross-country skiing and snowshoeing in southwest Utah.

and snowshoeing with fellow adventurers and nature-lovers.

Entering its 10th year, CMNSC is the official resource for cross-country skiing and snowshoeing in southwest Utah. It is dedicated to sponsoring cross-country skiing and snowshoeing events

CMNSC's home base is Deer Hollow, near mile 22 off UT-14. Deer Hollow is a beautiful area of roughly 1,300 acres, and features roughly 23 KM of regularly groomed trails. Recent enhancements to Deer Hollow include an improved parking area and a newly built infor-

CMNSC members. The next upcoming event is Feb. 3 – Midway Mile Ski (easy to moderate).

For more information and scheduled events, contact cmnsinfo@gmail.com, or check out the CMNSC website at www.meetup.com/Cedar-Nordic.

Cedar City teen wins Zions Bank award for exceptional grades

BY ZIONS BANK
Special to Iron County Today

CEDAR CITY – Even in this age of social media, instant gratification and constant distraction, getting good grades requires time, dedication and hard work.

Matthew Finlinson, a 10th grade student at Cedar High School, recently received a \$100 scholarship savings account as a regional winner of the fall drawing from Zions Bank's Pays for As program. Zions Bank's Pays for As rewards those students who put in

the benefits of doing well in school."

Although students may have to delay gratification to earn good grades, Bealer noted that students could still "instantly" share the good news of receiving an 'A' grade on social media using the official hashtag for Pays for As: #BrainyAndIKnowIt.

To help students focus on schoolwork and motivate them to achieve good grades, Bealer offered three tips for parents.

Set small daily goals
Understand that it's the

on their studies without feeling the need to check their notifications.

Provide simple rewards
Stay motivated by providing a small immediate reward for completing a specific task. This could be as simple as allowing your student to watch a TV episode of their favorite show as a reward for finishing daily math homework.

Pays for As is open to all Utah and Idaho students ages 12 to 18. Students can participate by bringing their most current term-end report card into any Zions



PHOTO COURTESY OF ZIONS BANK

CEDAR HIGH SCHOOL STUDENT MATTHEW FINLINSON receives a \$100 scholarship savings account as a regional winner of the fall drawing from Zions Bank's Pays for As program.

the effort to make their grades count.

Scott Bealer, manager of the Cedar City financial center, surprised Finlinson with his recognition during an office presentation on Jan. 15.

"We want to reward the perseverance of students who take the time to do their schoolwork and understand that grades are not just handed out, they are earned," Bealer said. "Through the Pays for As program, we want to show students how they can reap

little things that count. A large goal like receiving an 'A' at the end of the semester can feel overwhelming to a student. It could feel more achievable when broken down into daily goals like attending a class, finishing a homework assignment or studying for a test.

Put away the cell phone
Remove distractions for a set amount of time each day after school. Encourage your student to do their homework in a separate room from their cell phone and laptop so they can focus

Bank location. Students do not need a Zions Bank account to participate. They'll receive \$1 per 'A' deposited into their savings account, or 50 cents per 'A' if they opt for cash. For each 'A' on their report cards, students are entered into a drawing to win one of 150 regional scholarship prizes each worth \$100 and one grand prize worth \$1,000 in each state.

For more information on the giveaway deadlines, visit www.zionsbank.com/pays4as.

Calendar

WEDNESDAY, JAN. 27

CEDAR CITY COUNCIL, 5:30 p.m., council chambers, city offices.

CEDAR CHEST QUILTERS' GUILD 10TH ANNUAL RETREAT, Ramada Inn in Cedar City, this year there will be two national teachers, for more information visit www.cedarchestquiltersguild.org.

STORY TIME AT THE CEDAR CITY LIBRARY IN THE PARK, 10 and 10:30 a.m., free.

TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN'S CRISIS CENTER, 7 to 8:30 p.m., Cedar City Aquatic Center, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.

COLOR COUNTRY WINDS COMMUNITY BAND REHEARSAL, 7:30 p.m., Community Presbyterian Church in Cedar City, no audition, must be able to play a band instrument and read music, we even welcome "rusty" players who want to begin playing again.

TRAUMATIC BRAIN INJURY SUPPORT GROUP, 6 to 7 p.m., Cedar City Library in the Park, come join our support group for conversation, games, and friendship, family and friends are welcome, call Jerry at 590-6244 for more information.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN, 11:30 a.m. to 1 p.m., located on Freeway Drive between JR's Truck Stop and the Travelodge, community welcome.

AWANA BIBLE CLUB, for youth ages 3 through sixth grade, 6:30 to 8 p.m., at Valley Bible Church, AWANA is a non-denominational children's Bible ministry with more than 60 years experience, for more information contact the church at 586-0253 or Keith at 865-1704.

ACTIVITY CLASS FOR THOSE WITH ALZHEIMER'S AND DEMENTIA, 11:45 a.m. to 3:45 p.m., Cedar City Senior Center, \$25 includes lunch, snacks and materials, for more information call LuAnn Lundquist at (435) 319-0407.

TOPS (TAKE OFF POUNDS SENSIBLY) MEETINGS, lose weight without buying special foods, morning meeting weigh-in at 9 a.m. with the meeting at 9:30 a.m., evening meeting weigh-in 6:30 with meeting from 7 to 8 p.m. at the Cedar City Library in the Park, for more information call Rhea Church (morning meeting) at 586-3233 or Liz (evening meeting) at 867-4784.

DOMESTIC VIOLENCE SUPPORT GROUP, 6 to 7:30 p.m., for women 18 and older, Canyon Creek Outreach Center, 95 N. Main St. #22 in Cedar City. For more information call (435) 867-9411.

"DO YOU HAVE FREE WILL?" BY FRANCIS LUCILLE, 7 p.m., a 25-minute video followed by casual discussion, free, Cedar City Library in the Park rare books room, The Literary Club, 559-7777.

ALCOHOLICS ANONYMOUS, 8 to 9 p.m., Parowan United Methodist Church social hall, 190 N. Main St. **ALCOHOLICS ANONYMOUS**, 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

ALCOHOLICS ANONYMOUS WOMEN'S MEETING, noon, Cedar City Library in the Park. **NARCOTICS ANONYMOUS JUST FOR TODAY**, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

THURSDAY, JAN. 28

PAROWAN CITY COUNCIL, 6 p.m., Parowan Library Lounge.

SUU CONVOCATION, featuring Justices Gregory K Orme, Kate Toomey, and Steven Roth as the Utah Court of Appeals has an actual court session on campus, 11:30 a.m., Gilbert Great Hall, co-sponsored by the Office of the President.

SUU FAN FEST, 5:30 p.m., Sharwan Smith Center Ballroom before the women's basketball game, great for families and everyone is welcome, free food, bounce house and games.

CEDAR CHEST QUILTERS' GUILD 10TH ANNUAL RETREAT, Ramada Inn in Cedar City, this year there will be two national teachers, for more information visit www.cedarchestquiltersguild.org.

JANUARY MEDITATION SESSION AT THE HEALING TREE, 7 to 8 p.m., 535 S. Main St. Suite 4 in Cedar City, participants will be introduced to a variety of meditation approaches designed to increase awareness and foster a calm mind, no previous meditation experience required, contributions to the class will be by donation, if you would like to make a gift the suggested donation is \$5 per class.

STORY TIME AT THE CEDAR CITY LIBRARY IN THE PARK, 10 and 10:30 a.m., free.

CEDAR CITY MASONIC LODGE #35 MEETING, 7 p.m., 2120 W. Skyview Road, Cedar City, for more information visit www.cedarcitylodge.org or call (435) 704-0045.

COLOR COUNTRY COMMUNICATORS, Cedar City Toastmasters, 7 a.m., 86 W. University Boulevard, Pastry Pub Banquet Room back door. Find your voice. Shape your future. Be the leader and speaker you want to be, www.cedarcitytoastmasters.org.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

ALCOHOLICS ANONYMOUS, 11 a.m. women's meeting only, noon Speaking from the Heart AA, and 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890, or for information on the Hope for Today meeting call (435) 531-1045.

ALCOHOLICS ANONYMOUS LUNCH BUNCH GROUP, noon, Cedar Bowling Center, 421 E. Highway 91, Cedar City.

AL-ANON HOPE FOR TODAY (FOR THE FAMILIES OF ALCOHOLICS), 8 p.m., The KKCB Meeting Hall, 1067 S. Main St., Cedar City, for information call (435) 531-1045.

NARCOTICS ANONYMOUS, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

FRIDAY, JAN. 29

"THE WEDDING SINGER, THE MUSICAL Comedy" presented by Cedar Valley Community Theatre, 7:30 p.m., Cedar City Heritage Theatre, \$12 regular admission and \$8 for seniors and students with I.D., for more information visit www.cedartheatre.org.

CEDAR CHEST QUILTERS' GUILD 10TH ANNUAL RETREAT, Ramada Inn in Cedar City, this year there will be two national teachers, for more information visit www.cedarchestquiltersguild.org.

FREE DANCE AEROBICS CLASS, 9 a.m., class is medium to high impact, but can be adapted to any fitness level. Easy, fun dance moves. Moms can bring young children. People of all ages welcome. For information call Allison at 327-2091.

FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN, 11:30 a.m. to 1 p.m., located on Freeway Drive between JR's Truck Stop and the Travelodge, community welcome.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5 p.m. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

ALCOHOLICS ANONYMOUS, noon Speaking from the Heart AA and 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

NARCOTICS ANONYMOUS LIVE AND LET LIVE, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

SATURDAY, JAN. 30

POLAR PLUNGE TO BENEFIT SPECIAL OLYMPICS UTAH, registration at 10 a.m. with a costume contest at 11:30 and the plunge scheduled for noon, for more information visit www.firstgiving.com/SOUT.

"THE WEDDING SINGER, THE MUSICAL Comedy" presented by Cedar Valley Community Theatre, 7:30 p.m., Cedar City Heritage Theatre, \$12 regular admission and \$8 for seniors and students with I.D., for more information visit www.cedartheatre.org.

SUU SATELLITE SALON SERIES PRESENTS "POWER PLAY: AN ELECTRIC EVENING OF MUSIC", 7:30 p.m., Thorley Recital Hall, free, featuring guest artists Alma Fernandez, violinist, and electronic composer Jason Francesco Heath as well as SUU's pianist Shane Summers, tenor Dr. Lucas Goodrich, and percussionist Dr. Lynn Vartan, for more information visit www.suu.edu/pva.

CEDAR BREAKS GUIDED SNOWSHOE WALK, a 2-mile trek in a winter wonderland, snowshoes available, to make a reservation or for more information call 586-9451 ext. 4425.

CEDAR CHEST QUILTERS' GUILD 10TH ANNUAL RETREAT, Ramada Inn in Cedar City, this year there will be two national teachers, for more information visit www.cedarchestquiltersguild.org.

SATURDAY FARMERS MARKET: YEAR ROUND, every Saturday rain or shine, 9 a.m. to noon, 905 S. Main St. at IFA Country Store in Cedar City, local vegetables, greens, fruit, herbs, baked goods, artisan cheese, live plants, flowers, jams, raw honey, farm fresh eggs, and more.

OVEREATERS ANONYMOUS, 10:30 to 11:30 a.m., Cedar City Public Library, free meetings, no obligation, for anyone who wants to stop eating compulsively, contact (435) 310-0779 for more information.

ALCOHOLICS ANONYMOUS, 11 a.m. women's meeting, noon Speaking from the Heart AA, 6:30 p.m. AA BB Study, and 8 p.m. My Story speaker meeting, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

SUNDAY, JAN. 31

ALCOHOLICS ANONYMOUS, 11 a.m. (TGISS) AA and 6:30 p.m. 12x12 Book Study, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

NARCOTICS ANONYMOUS, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

MONDAY, FEB. 1

"THE WEDDING SINGER, THE MUSICAL Comedy" presented by Cedar Valley Community Theatre, 7:30 p.m., Cedar City Heritage Theatre, \$12 regular admission and \$8 for seniors and students with I.D., for more information visit www.cedartheatre.org.

BOOK BABIES: STORY TIME FOR TODDLERS AT THE CEDAR CITY LIBRARY IN THE PARK, 10:30 a.m., free.

FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN, 11:30 a.m. to 1 p.m., located on Freeway Drive between JR's Truck Stop and the Travelodge, community welcome.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

AWANA BIBLE CLUB, for teenagers in seventh through 12th grades, 6:30 to 8:30 p.m., at Valley Bible Church, AWANA is a non-denominational children's Bible ministry with more than 60 years experience, for more information contact the church at 586-0253 or Keith at 865-1704.

RED ROAD TO SOBRIETY/AA MEETING, open meeting, 6 p.m., Paiute Indian Tribe of Utah, 440 N. Paiute Drive, Cedar City, for more information call Chris at 586-1112 ext. 307.

ALCOHOLICS ANONYMOUS, noon Speaking from the Heart AA and 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

NARCOTICS ANONYMOUS MONDAY NIGHT BASIC TEXT STUDY, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

TUESDAY, FEB. 2

STORY TIME AT THE FRONTIER HOMESTEAD STATE PARK, 10 a.m., an opportunity for preschool children to learn about the past through stories and history-related activities, story time is free thanks to the support of the Cedar City-Brian Head Tourism Bureau.

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.

FREE DANCE AEROBICS CLASS, 9 a.m., class is medium to high impact, but can be adapted to any fitness level. Easy, fun dance moves. Moms can bring young children. People of all ages welcome. For information call Allison at 327-2091.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

RAPE AND SEXUAL ASSAULT SUPPORT GROUP, 6 to 7:30 p.m., for women 18 and older, Canyon Creek Outreach Center, 95 N. Main St. #22 in Cedar City. For more information call (435) 867-9411.

AL-ANON "EASY DOES IT", 7 to 8 p.m., Community Presbyterian Church, 2279 N. Wedgewood Lane, Cedar City, for more information call (435) 531-1045.

AL-ANON, 7 to 8 p.m., Parowan United Methodist Church social hall, 190 N. Main St.

ALCOHOLICS ANONYMOUS LUNCH BUNCH GROUP, noon, Cedar Bowling Center, 421 E. Highway 91, Cedar City.

ALCOHOLICS ANONYMOUS, noon Speaking from the Heart AA, 6 p.m. AA Misfits and 8 p.m. AA Cedar Group, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 10 a.m. to 7 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

WEDNESDAY, FEB. 3

CEDAR CITY COUNCIL, 5:30 p.m., council chambers, city offices.

ENOCH CITY COUNCIL, 6 p.m., city offices.

"YOU CAN'T TAKE IT WITH YOU" PERFORMED BY SUU'S DEPARTMENT OF THEATRE ARTS AND DANCE, 7:30 p.m., Randall L. Jones Theatre, directed by Richard Bugg, \$10 for adults, \$8 for SUU alumni with card, \$5 for youth, and free for SUU faculty, staff and students with a valid I.D.

SUU CONVOCATION FEATURING UTAH ATTORNEY GENERAL SEAN REYES AND PRIVATE INVESTIGATOR SAM BROWER, author of the book "Prophet's Prey: My Seven Year Investigation into Warren Jeffs and the Fundamentalist Church of Latter Day Saints," 7 to 8:30 p.m., Gilbert Great Hall in the R. Haze Hunter Conference Center, free and open to the public. The conversation with Reyes and Brower will be preceded by a screening of the film "Prophet's Prey" sponsored by the College of Humanities and Social Sciences Speakers' Series at 5 p.m. and a reception at 6:30 p.m.

SOUTHERN UTAH ROCK CLUB MEETING, 6 p.m., Cedar City Aquatic Center, new members welcome, door prizes, rock drawings, show and tells and refreshments. There will also be planned monthly rock hunts. For more information visit www.southernutahrockclub.net.

STORY TIME AT THE CEDAR CITY LIBRARY IN THE PARK, 10 and 10:30 a.m., free.

TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN'S CRISIS CENTER, 7 to 8:30 p.m., Cedar City Aquatic Center, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.

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TOPS (TAKE OFF POUNDS SENSIBLY) MEETINGS, lose weight without buying special foods, morning meeting weigh-in at 9 a.m. with the meeting at 9:30 a.m., evening meeting weigh-in 6:30 with meeting from 7 to 8 p.m. at the Cedar City Library in the Park, for more information call Rhea Church (morning meeting) at 586-3233 or Liz (evening meeting) at 867-4784.

DOMESTIC VIOLENCE SUPPORT GROUP, 6 to 7:30 p.m., for women 18 and older, Canyon Creek Outreach Center, 95 N. Main St. #22 in Cedar City. For more information call (435) 867-9411.

ALCOHOLICS ANONYMOUS, 8 to 9 p.m., Parowan United Methodist Church social hall, 190 N. Main St. **ALCOHOLICS ANONYMOUS**, 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

ALCOHOLICS ANONYMOUS WOMEN'S MEETING, noon, Cedar City Library in the Park. **NARCOTICS ANONYMOUS JUST FOR TODAY**, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

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Santa Clara: 1100 Canyon View Dr. Ste. G **435-656-2020**
Or Call Us Toll Free: **877-841-2020**

Across From Valley View Hospital
dixieios.com

People

LIFE

90TH BIRTHDAY

Evelyn Brazier



calls, cards, or visits from friends on her birthday.

Evelyn Brazier will celebrate her 90th birthday on Friday, Jan. 29, 2016. Evelyn was born in Cedar City and has lived most of her life here. Evelyn has been married to Charles for 68 years. She has one daughter, two grandchildren, and four great-grandchildren. Evelyn has a knack for numbers and worked in accounting for most of her career. She enjoys playing pinochle and bridge with friends and at the Senior Center. She would enjoy any

LECTURE

Continued from page 16

healthier in quality, quantity is still a factor and Lyman cautions against over-consuming.

“We can have a lot of healthy foods but if we don’t portion control them it cannot be considered healthy,” she said.

Moderation and balance are the keys to keeping the calories from becoming pounds and an unhealthy lifestyle, she added.

While there are different nutrition regimens for different stages of life, even just cutting back, or shift-

ing away from unhealthy consumption will make huge health differences in the body and mind. Also, according to the American Heart Association (www.heart.org), it’s still crucial to add exercise to one’s new eating patterns and healthier shifts. Lyman suggested other accredited sites for health information. They include the American Diabetes Association (www.diabetes.org) and the American Cancer Association (www.cancer.org).

The next free public library lecture, Passport to Exercising Your Mind, will take place at the library on Feb. 16 from 7 to 8 p.m.

There is no charge for birth, first birthday, mission, Eagle Scout, 50th anniversary (and up), wedding and 80th birthday (and up) announcements. Announcements and photos can be submitted to news@ironcountytoday.com or at 389 N. 100 West, Suite 12, Cedar City. The deadline is Wednesday at 5 p.m. for the next week’s issue. Announcements should be 100 words or less. Call 867-1865 ext. 6 for pricing for all other announcements.

SPECIAL THANKS

A special thank you goes out to the **local Pizza Hut**. Almost every Wednesday for over five years, the local Pizza Hut has been providing pizza for homeless individuals living in the Iron County Care and Share homeless shelter.

Pizza is something that a homeless person rarely gets to eat, and the donated pizza always proves to be a real treat to those living in the shelter. If you would like more information or have any suggestions for other individuals, groups, or businesses that deserve a special thank you, please email me at help.for.the.homeless.one@gmail.com.

NEWSPAPER CARRIERS WANTED

PAROWAN
Call April Oliver at
435-590-8922

CEDAR NORTH AREA
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435-592-5724

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Schools

Gateway goes to FIRST Lego League tournament

“A man is not what he is because of the teachers he has had, but because of what he has done.” – Maria Montessori

The FLL and Jr. FLL teams of Gateway Academy had an amazing experience last weekend at the FIRST Lego League tournament. Students gave presentations about what they have learned this year, demonstrated robotics and displayed their ability to work as a team.

This year’s focus was Trash Trek; students studied recycling options, garbage and waste. It was a very eye-opening experience. The highlight of the day was the Robot Games. It was amazing to see all the work, planning and implementation that went along with the robot games. Good job Gateway Spark-e Wall-es and the Rockin’ Diamonds!

National School Choice week is coming up, Jan 25-29. Visit www.gpacharter.org to discover school choices in Iron County.

Utah University. The Science Ambassadors won the project award, which recognizes a team that utilizes diverse resources to formulate an in-depth and comprehensive understanding of the problem they have identified.

It recognizes a team’s solution that is exceptionally well considered and creative, with good potential to solve the prob-

lem researched. It also recognizes a team that effectively communicates the problem they have identified and their proposed solution to both the judges and other potential supporters.

The project presented by the Science Ambassadors was about reducing waste at school by using one paper towel after washing hands, one water cup during lunch, and not wasting paper during class time. The team members consisted of Briar A., Averi P., Micah S., Taylor H., Hando R., Nathan W., Saige H., Gavin B., Charli S., and Luke L. The amazing coaches for this team were Blake Clark and LeAnn Roberts. We would like to thank them for all of the extra hours and hard work they have

done to make this accomplishment possible. information. There was a very important meeting for 8th grade band students at Cedar High School on Monday, Jan. 25. The Symphonic and Concert Band students played “The Best of Journey” with the CHS Symphonic Band. Mr. Shirts explained the Redmen Band Program.

CV Middle School recognizes students in clubs, activities

Canyon View Middle School has many amazing clubs and activities to join and participate in this year. Student-wide variety of activities include Math Counts, Debate Club, Chess Club, Honors Science, Science Fair, Orchestra, Band, Choir, Lego Club, and many others.

These clubs have a wide range of competitions and activities that they practice for each year. Canyon View Middle School is proud to have so many students engaged in so many extracurricular activities. It is a sign of high achievement.

Canyon View High students to meet with CCR coaches

CCR week at Canyon View High School is scheduled for the first week in February. This is a great opportunity for parents to meet with their student’s CCR coach to select classes for the 2016-17 school year.

CCR coaches will have specific information to assist parents and their student in making important decisions. We strongly encourage parents and students to attend their scheduled CCR appointment. Watch for your postcard in the mail with your appointment information.



PHOTO COURTESY OF GATEWAY ACADEMY

THE FLL AND JR. FLL TEAMS OF GATEWAY ACADEMY participate at last weekend’s FIRST Lego League tournament.

Three Peaks Elementary reduces waste at school

The Three Peaks Elementary Science Ambassadors participated in the LEGO league competition on Jan. 16 at Southern

Utah University. The Science Ambassadors won the project award, which recognizes a team that utilizes diverse resources to formulate an in-depth and comprehensive understanding of the problem they have identified.

It recognizes a team’s solution that is exceptionally well considered and creative, with good potential to solve the prob-

Cedar Middle School to have science fair

Jan. 27 is CMS’s Science



PHOTO COURTESY OF ICSD

THREE PEAKS ELEMENTARY SCIENCE AMBASSADORS participate in the LEGO League competition at Southern Utah University Jan. 16.



PHOTO COURTESY OF GATEWAY ACADEMY

GATEWAY ACADEMY STUDENTS displayed robotics and demonstrated their ability to work as a team at the LEGO League competition.



THINKSTOCKPHOTOS

Blood donations are urgently needed by the American Red Cross

BY **AMERICAN RED CROSS**
Special to Iron County Today

IRON COUNTY – The American Red Cross urgently needs blood donors to make an appointment to give this winter. Eligible blood donors of all types are needed, especially those with O, AB, B negative and A negative blood.

Blood is needed to respond to emergencies, large and small, across the country every day. For Heather Von Glahn, it was a personal emergency – her 8-year-old daughter's leukemia diagnosis – that inspired her to make the commitment to give blood regularly.

“I’ve seen blood save her life at least 10 times,” said Von Glahn. “When friends and family ask what they can do for my daughter, I tell them to donate blood. It matters so much!”

Blood donations are urgently needed now and throughout the winter to maintain a sufficient blood supply for patients in need. Make an appointment to

donate blood by downloading the free Red Cross Blood Donor App, visiting www.redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

There will be an upcoming blood donation opportunity in Cedar City on Feb. 3 from 2 to 7 p.m. at the Cedar City Canyon View Stake Center, 1985 N. Main St.

Simply download the American Red Cross Blood Donor App, visit www.redcrossblood.org or

High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood donors can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started and learn more, visit www.redcrossblood.org/RapidPass and

follow the instructions on the site.

The American Red Cross shelters, feeds and provides

emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission.

For more information, please visit www.redcross.org.



American Red Cross

call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood.

Church Service Directory

Calvary Chapel
101 E. Nichols Canyon Rd.
Suite A-6, Cedar City
10 a.m. - Sundays,
7 p.m. - Thursdays
867-8188

Cedar City Seventh Day Adventist Church
4571 N. Hwy. 91, Enoch
11 a.m. - Saturdays,
592-2142

Christ the King Catholic Church
690 S. Cove Drive,
Cedar City
9 a.m. & 7 p.m. - Sundays
Spanish Service
11:45 a.m. - Sundays
586-8298

The Church of Jesus Christ of Latter-day Saints
Cedar City Stake
155 E. 400 South,
Cedar City
586-8381
9 a.m. & 11 a.m., -
Sundays
Enoch Stake
3600 N. Minersville
Hwy., Enoch
586-5950
9 a.m., 11 a.m. &
1 p.m. - Sundays
Parowan Stake
90 S. Main St.,
Parowan
477-8929
9 a.m. & 1 p.m. -
Sundays

Church of Christ
1075 S. Fir, Cedar City
11 a.m. Sundays
586-9534

Community Presbyterian Church
2279 N. Wedgewood Ln.,
Cedar City
10 a.m. - Sundays
Childcare Available
586-8891

First Baptist Church
324 W. 200 North,
Cedar City
11 a.m. - Sundays
586-6994

Kingdom Hall of Jehovah's Witness
620 E. Nichols
Canyon R., Cedar City
7 p.m. - Thursdays,
10 a.m. - Sundays
867-1837

Light of the Valley Fellowship Church
995 S. Regency Rd.,
Cedar City
(Emerald Pointe)
1:30 p.m. - Sundays
590-7362

Mountain View Baptist Church
1160 S. 860 West,
Cedar City
11 a.m. & 6 p.m. -
Sundays
865-1211

Parowan United Methodist Church
190 N. Main, Parowan
10 a.m. - Sundays,
6:30 p.m. - Thursdays
477-1334

Red Hills Southern Baptist Church
4277 N. Wagon
Wheel Dr., Enoch
10:45 a.m. & 6 p.m. -
Sundays
865-7068

Sonrise Christian Fellowship
201 E. 3800 N.
Enoch
(Gateway Academy)
10 a.m. - Sundays
586-3640

St. Jude's Episcopal Church
70 N. 200 West, Cedar City
10 a.m. - Sundays
586-3623

Trinity Lutheran Church
410 E. 1935 North,
Cedar City
10 a.m. Sundays
586-7103

True Life Center
2111 N. Main St.,
Cedar City
9 a.m. & 11 a.m. -
Sundays
867-0405

Valley Bible Church
4780 N. Hwy 91, Enoch
11 a.m. - Sundays
586-0253

Westview Christian Center
2624 W. Hwy 56,
Cedar City
11 a.m. - Sundays,
6:30 p.m. - Wednesdays
865-1550

If your church in Iron County is not listed in this directory or if any information is incorrect, please call 867-1865 or email news@ironcountytoday.com

Obituaries

Lora Dawn Woolsey Lambeth Smedley Christensen



Lora Dawn Woolsey Lambeth Smedley Christensen, age 87, passed away Wednesday, Jan. 20, 2016 at the home of her son in Cedar City, Utah. She was born Feb. 8, 1928 to Martin Owen and Janet Le Lemmons Woolsey.

She married Thomas Thello Lambeth on Nov. 27, 1947 in Las Vegas, Nev. Their marriage was solemnized in the St. George Temple on March 14, 1964.

Lora Dawn was raised in New Harmony and on the old Woolsey ranch. She had many siblings to play with and learned from them valuable life lessons. She had many wonderful memories of life on the ranch.

When she was younger she worked at Bulloch Drug and the old Cedar Laundry. She worked for several years at the Coleman Co. inspecting sleeping bags. She made many friends there. When she retired she became co-partner helping Thello with their race horses. She was able to make many lifetime friends and traveled to new places all across the United States, from Vermont to Southern California.

During these years she was active raising her family and giving church service. She worked with the scouts and was a girls camp director for several years, serving as a ward and stake camp director at the same time. After the death of her husband, Lora served for several years as a worker in the St. George Temple. She was also a Relief Society teacher and a visiting teacher.

While serving in the temple she met Clarence Smedley and they were married for a short time before he passed away. He had children that she loved and accepted as her own family. She then met and married LeRoy Christensen. They also worked together in the temple. They were married a short time before he passed away. She loved his children and they were always so kind to her. Lora continued to serve at the temple as long as she could. She loved her Savior and said many times that she was trying to live as Christ wanted her to.

Lora is survived by her son Robert (Gloria) Lambeth of Cedar City, Utah; daughter, Gail Ann (Lester) Black of Hurricane, Utah; sister Sarah Smith of Kearns, Utah; 11 grandchildren; 19 great-grandchildren; and five great-great-grandchildren and many nieces and nephews.

She was preceded in death by her parents; son Steven Marlo Lambeth; granddaughter Virginia Lynn Allen; brothers Richard, Delbert, Doyle, Grant, Edwin, David and Beverly; sisters Melissa, Rachel, Clarissa, Thelma and Berneice.

Funeral services were Jan. 25, 2016 at the Three Peaks Chapel, 40 E. Midvalley Road, Enoch, Utah. Viewings were Sunday, Jan. 24, 2016 at Southern Utah Mortuary and on Monday, Jan. 25, 2016 at the Three Peaks Building. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

The family would like to thank all of the doctors and nurses and home health care professionals who showed tender and loving care to mom in her time of need.

Melba Alene Wood Anderson



After a long struggle with cancer, Melba Alene Wood Anderson, surrounded by her family, returned home to her Heavenly Father on Tuesday, Jan. 19, 2016. She was born on May 4, 1949 in Cedar City Utah to Elmer Hunter Wood and Melba Hollingshead Wood.

Alene was the youngest of five children. She grew up in Cedar City Utah and graduated from Cedar High School. She met the love of her life, Dennis Samuel Anderson, and they were married on Aug. 8, 1969. They were later sealed for time and all eternity in the St. George LDS Temple.

She held many church callings throughout her life.

She is preceded in death by her parents, Elmer and Melba Wood; brother, John Wood; sister, LaJean Knell; and many other relatives.

She is survived by her loving husband, Dennis; her son, Adrian (Elisse) Anderson; daughters, Andrea (Daniel) King, Lynette (Ronnie) Tanner, and Misty Anderson; as well as 11 wonderful grandchildren; her sister Sandra (Gary) Smith; and her brother Lee (Terry) Wood.

The family would like to extend our appreciation to those from Home Health and Hospice and thank them for the love and care they showed to mom and the family throughout her last few weeks here on earth. In honor of Mom's wish, a private family memorial was Monday Jan. 25, 2016 at the Swindlehurst Mortuary, followed by a graveside service for family and friends at the Cedar City Cemetery.

Arrangements were entrusted to Swindlehurst Funeral Home. Online condolences may be sent at www.swindlehurstfuneralhome.com.

Leslie "Les" W. Cartwright



Leslie "Les" W. Cartwright, age 62, passed away Jan. 20, 2016 at home in Beaver, Utah. He was born March 19, 1953 to Ray Cartwright and Helen W. Cartwright in Cedar City, Utah. He was raised in Beaver, Utah.

Les graduated from Beaver High School in 1971 then moved to Southern California. He moved back to Beaver in 1989. He was a diehard Oakland Raiders fan and loved everything about Harley Davidson. He especially enjoyed riding his Harley up in the Beaver Mountains. He loved his grandkids and spending time in the mountains.

He is survived by his mother, Helen; his children, Sheila Wolden (Paul) of Beaver, Utah and Neil Ray Cartwright (Mikan) of Beaver, Utah; sisters, Cathy Dotson of Milford, Utah and Paula Davis (Dave) of Spanish Fork, Utah; brother, David R. Cartwright (Monty) of Beaver, Utah; grandkids, Kaylin Cartwright, Dylan Shane Cartwright, Bryant Paul Wolden, Miranda Adelaide Wolden, Daibyn Ray Cartwright, Anthony Jaxon Cartwright, Travys L. Cartwright, and Tristin J. Cartwright, all of Beaver, Utah; and great-grandchild Skylin Smith.

He is preceded in death by his father, Ray.

Arrangements are being handled by Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com. Private family services will be held at a later date.

Boyd W. Snow



Boyd W. Snow, age 80, passed away on Jan. 18, 2016 at his home in Cedar City. Boyd was born on Jan. 12, 1936 in Castle Dale, Utah to Glendon Ware and Ida Elizabeth Wall Snow. He was the fifth of six children.

Boyd graduated from South Emery High School in 1954. He served an LDS mission to the Central Atlantic States Mission. While there he met many fine people who had known his father 35 years before.

Boyd graduated from CSU in Cedar City in 1961 with a degree in elementary education. Soon after his mission, Boyd met Lorraine Palmer. Two years later, they were married on June 3, 1961 in the St. George Temple. They were blessed with three children.

Boyd began his teaching career in Grantsville. Two years later Boyd and Lorraine moved to Huntington, Utah. He taught for 14 years in the Emery School District. He worked in the mining industry for a few years then became a deputy for the Emery County Sheriff's department.

In 1987, Boyd and Lorraine moved to Cedar City, and he returned to teaching. He taught for another 10 years before retiring in 1997.

While in college and during his first years of teaching, Boyd worked for the forest service, helping to build and maintain several campgrounds in the Dixie and Manti-LaSalle National Forests. He loved the outdoors and often shared stories of his love for the mountains. He also prepared taxes for 20 years. Boyd served as a volunteer fireman in Huntington for several years and also worked as an EMT from 1978-1987.

Boyd was active in the UEA, where he served as president of both the Emery County and Southern Utah Education Associations. Boyd and Lorraine served together as delegates to the NEA Convention.

He was a charter member of the Emery County Jaycees, serving as president. In 1970, the Utah Jaycees recognized Boyd as one of Utah's Three Outstanding Young Men. He was a charter member of the board of directors for the Emery County Museum.

After moving to Cedar City, Boyd became an active member of the Kiwanis Club. He had a love for singing and was a member of the Huntington Glee Club and Heritage Singers in Cedar City. Boyd will be remembered for his love of gardening and beautiful yard.

Boyd was a faithful member of The Church of Jesus Christ of Latter-day Saints where he served as Young Men's president, High Priest group leader, ward clerk in multiple bishoprics, on the High Council in the University Stake, and in other numerous callings. One of his greatest joys was working in the St. George Temple. He loved the gospel and his Heavenly Father. He was a great example of faith to all those around him, especially his family.

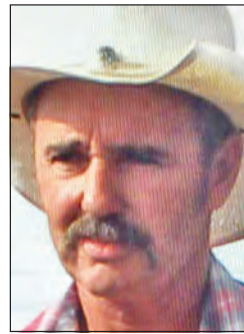
Boyd is survived by his eternal companion Lorraine; children, Richard Boyd Snow (Candi) of Prescott, Ariz., Annette Hanson (Jonathan) of Anacortes, Wash., and Arlene Olcott (Roger) of Cedar City; brothers, Stanley (Joan) Snow and Mack (Kathleen) Snow; sister Kathryn Tarter; 15 grandchildren and four great-grandchildren.

He was preceded in death by his parents, his sisters Virginia Snow and Imogene Wright, and brother-in-laws Lynn Wright, Ray Tarter, and June Killpack.

Funeral services were Monday, Jan. 25, 2016 at the Cobble Creek LDS Chapel (2015 N. Wedgewood Ln., Cedar City, Utah). Friends and family visited Sunday evening at Southern Utah Mortuary (190 N. 300 West, Cedar City) and at the church on Monday before the service. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

The family would like to thank the kind friends and neighbors whose love and caring will never be forgotten. A special thanks to Horizon Home Health and Hospice, especially Johni Walker and Hilda Richards.

Gary Vernon Isom



Gary was such a source of joy to people who knew him, especially his family who loved to hear his stories. Everyone would laugh when Gary would tell a story because he couldn't tell it sitting down. He had to be standing up so he could be sure and show how wide the horns were or how long the fish was or the animated theatrics when the big one got away.

What a source of joy he was to those who knew him.

He seemed to have time for anyone who might need him. Sometimes it was a phone call. Sometimes it was grocery shopping for his elderly aunt. Other times it might be slipping someone \$20 who really needed it. The most revered kindness that he gave was to his sweet, angel Mother. It didn't matter what was happening in his life, if his mother ... or really anyone, even a stranger, needed him, he gave his all to help.

The list could go on and on because his compassion and kindness knew no bounds. He loved to rise early so he could see the beautiful sun rises, loved to talk about how much God had blessed him in so many special ways, but most of all he loved his children. They were the light in his life. A lot of the stories he would tell were about the cute things they had said and done. It didn't matter to Gary how big the accomplishment was or if it was just something cute one of them had said, it was important in his life and he enjoyed it to the max.

He will be missed by so many people. He had so much wisdom and understanding of those around him. He didn't have to think about whether to forgive a person who wronged him. He was able to forgive instantly. It was such a gift that he had.

The people he worked for had great respect for Gary as a man and as a hard worker. He took a lot of pride in his work, giving more than a full day's work for a day's pay. A magnificent light left this world with Gary. He will be missed more than he could have imagined while he was here.

Earl Patrick Meyers



Earl Patrick Meyers, 44, passed away on Jan. 16, 2016 in Cedar City, Utah. He was born on June 3, 1971 in Reno, Nev. to Robert Meyers and Judy Waltrip.

Mr. Earl Meyers was the funniest man you've ever met. Earl was very kind-hearted and generous. He loved his family fiercely. Earl's passions in life were coin collecting, fishing, playing guitar and his love for the Cubs.

Earl graduated from Challis High School in Challis, Idaho. Earl met his best friend, Shelly Rae Stocking, and her son 25 year ago. They married June 20, 1992. Earl accepted his wife's son as his own and was a wonderful doting father to him until his passing a few short days after his marriage.

Earl and his wife then raised two wonderful children, son, Camden Earl Meyers and daughter, Killian Renea Robinson. He was the best father who enjoyed teaching his children the love of the game "baseball" and taking them fishing.

He will be deeply missed by all. "I will see you again."

Earl is survived by his wife, Shelly; his children Camden Earl Meyers of Logan, Utah and Killian Renea (Sean) Robinson of Cedar City, Utah; his parents, Robert Meyers of Casa Grande, Ariz. and Judy Carrell of Enoch, Utah; his brother, Lonnie Dean (LeAnne) Reeder of Suffolk, Va.; his sister, Deborah Reeder of Enoch, Utah; his in-laws Boyd Lamont (LaVerne) Stocking of Ephraim, Utah; three brother-in-laws and two sister-in-laws. He was preceded in death by his son, Kendall Ray Stocking.

Memorial services were Jan. 20, 2016 at the Heritage Center (105 N. 100 East, Cedar City, Utah). Arrangements are handled by Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

Mary Louise Bond



Mary Louise Bond passed away peacefully surrounded by her daughter, Noel, and sister-in-law Debbie Davis on Sunday, Jan. 17, 2016. Mary was born on Nov. 17, 1947 in San Diego, Calif. and lived there until she decided to make a move to the beautiful mountains of Cedar City, Utah in 2005.

Mary was the only child of Laura Ellen (McCarter) Mitchell and Aubrey C Schultz.

She graduated from Clairemont High School in 1965 and raised her only child, Noel C Schultz, there as well. Mary was an avid cook and connoisseur of food specialties. She attended many cooking classes in San Diego to expand her repertoire of fine cuisine. She enjoyed cooking for her friends and they were eager to be invited to a feast that she would prepare.

She enjoyed reading the stacks of books that she collected and savored her time off from work to enjoy a "good book."

Mary was never without a job and enjoyed being a corporate travel consultant for many years with Symitar and later with Jack Henry & Associates, Inc. that provides integrated computer systems for in-house and outsourced data processing to commercial banks, credit unions, and other financial institutions.

She was a member of the Steel Magnolias of Cedar City Red Hats and enjoyed dinners and playing Bunco with them monthly. She later joined the Traveling Red Hats where she enjoyed hiking and traveling on various outings to the mountains and scenic drives. Mary was limited on her travels but never missed an opportunity to go when asked.

Mary is survived by her mother, Laura Mitchell, who resides at Pleasant Manor Convalescent home in Waxahachie, Texas; and her daughter, Noel C Schultz of Cedar City.

Private funeral services were provided by Swindlehurst Funeral Home. You may send your condolences to Noel C Schultz at 292 N. Pachea Trail, Cedar City, Utah 84720.

Kenneth "Ken" Klatt



Kenneth "Ken" Klatt, age 67, passed away on Jan. 20, 2016 after a two-year battle with cancer at his home in Enoch, Utah. Ken was born Sept. 16, 1948 in San Bernardino, Calif. to David and Geraldine Klatt.

He is survived by his wife, Betty; two brothers, Steve and Frank; and four children, Mike, Laura, Nathan and Josh; and nine grandchildren, Mayci, Gunnar, Cydney, Emmerson, Sophia, Scotlynn, Olivia, Declan and Jett.

After graduating high school in Needles, Calif., he enlisted in the Army and served as a firefighter and a helicopter gunner in Vietnam, where he was awarded the Bronze Star Achievement Medal. Once he was honorably discharged, he moved to San Diego, Calif. and began working as the assistant golf professional at the prestigious Torrey Pines Golf Course.

To earn extra money, he tried his hand as an entrepreneur creating a carpet cleaning company. Very quickly, the company grew into a full time gig and golf remained his passion. He discovered his talent creating businesses that grew into a myriad of industries to include: street sweeping, carpet installation and flooring, on-site oil changing, and embroidery.

He and his wife traveled to places like England, Scotland, France, South Korea, Washington, DC and Georgia. At the age of 53, he played the esteemed Old Course in St. Andrews, Scotland, and shot a 74 (That's really good for those non-golfers!).

Although we wished for more time with him, he lived a full and rich life. He will be dearly missed.

A memorial service will be at 11 a.m. on Saturday, Jan. 30, 2016 at The Church of Latter-day Saints - Enoch West Stake Center (3575 N. Minersville Highway, Enoch, Utah 84721). Arrangements are being handled by Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.com.

SUU gymnasts count falls, beat Utah State



PHOTO COURTESY OF SUU MEDIA RELATIONS

SUU GYMNASTICS COACH SCOTT BAUMAN congratulates his team after an event Jan. 22. SUU beat Utah State in front of 3,243 fans at the Centrum.

BY TOM ZULEWSKI
Sports Writer

For the second straight week, the Southern Utah gymnastics team had to count a fall on the uneven bars. In spite of the mishap, the T-Birds found a way to salvage a solid score and come away with a meet win.

Stacie Webb won all three individual events she competed in, and SUU shook off a rough bars rotation to beat Utah State 195.275-194.900 on Jan. 22 in front of 3,243 fans at the Centrum. Coach Scott Bauman said even as the team struggled for a time, it is on the verge of breaking through.

“We seem to put together three events every meet, and we’re still struggling on one each time,” Bauman said. “When we put an entire meet together, we’re going to be a very strong team, a hard team to beat.”

Led by Webb’s 9.850, the T-Birds started the night on vault

with a 48.900, while the Aggies, despite getting a meet-high 9.950 from McKinzy Martinez, could only manage a 48.450 on bars. Webb wasn’t quite satisfied with her overall performance.

“It felt nice, but I’m a little disappointed in myself because it wasn’t a performance I can deliver. I know I have a lot of room for improvement,” Webb said.

After Webb spoke, Bauman

Trejo and USU’s Emily Briones with a 9.875 and tied with the Aggies’ Bailey McIntyre on floor with a 9.825.

With teams like BYU, Boise State and No. 3 Michigan coming to the Centrum in the next three home meets, Bauman said the emphasis needs to be on continuing to do well in front of the home crowd.

“Our schedule stinks that way, but we need make sure to

“When we put an entire meet together, we’re going to be a very strong team, a hard team to beat.”

—Scott Bauman

chuckled and said, “this is what I’m surrounded by every day, just little perfectionists. They were fantastic out there, but they want to do better.”

After getting past the bars rotation with a 48.500, the T-Birds bounced back in the second half of the meet with its best rotations of the night – 48.950 on beam and 48.925 on floor. Webb shared top honors on beam with teammate Natalie

do good in the early home meets because we only have three left,” Bauman said. “You get to count three home meets (for regional qualifying score), and you don’t want to waste any of your opportunities.

“There’s good and bad on the schedule, but at the same time, we’ll be alright,” he added.

Before the T-Birds return home, they will face the Aggies for a rematch in Logan on Jan. 29.

T-Birds drop fourth straight at home

BY TOM ZULEWSKI
Sports Writer

As they did in their previous game two days prior, the Southern Utah men’s basketball team got off to what coach Nick Robinson called “a great start.”

Once the North Dakota Fighting Hawks took flight, the T-Birds were no match.

Quinton Hooker led five players in double figures with 28 points, and UND shot 54 percent from the floor in an 88-72 win over Southern Utah in front of 1,336 fans at the Centrum Jan. 23. SUU lost its fourth straight home game and fell to 2-5 in Big Sky play, 4-13 overall.

“I really liked our intensity and our ball movement, but I’ve got to do a better job of preparing everybody on our roster to compete,” Robinson said. “The middle of the first half was a struggle.”

The T-Birds enjoyed an 8-5 lead at the 14 minute, 34 second mark of the first half, but the Hawks – who routed Northern Arizona by an 101-59 count on Jan. 21 – grabbed a stranglehold of the lead with a 13-0 run over the next three minutes after the media timeout.

SUU was able to stay close after a 3-pointer from Trey Kennedy – who finished with a team-high 17 points – but

N. DAKOTA 88 S. UTAH 72

UND	43	45	--	88
SUU	21	51	--	72

North Dakota – Crandall 13, McDermott 8, Shanks 3, Seales 11, Hooker 28, Avants 13, Bernstine 12. Totals 29-54 27-30 88. 3-pointers – McDermott 2, Hooker 1.

Southern Utah – Langston 15, Kennedy 17, Marshall 3, Parsons 3, McGee 6, Major 8, Davis 7, Thompson 5, Oliverson 8. Totals 24-57 16-25 72. 3-pointers – Langston 1, Kennedy 3, Marshall 1, McGee 2, Thompson 1.

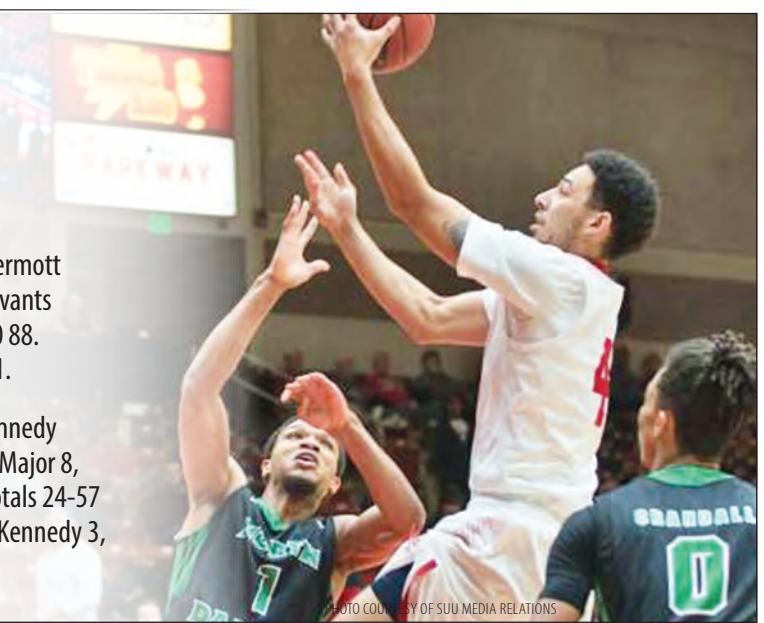


PHOTO COURTESY OF SUU MEDIA RELATIONS

Bears show teeth, run past Thunderbirds

BY TOM ZULEWSKI

Sports Writer

Fresh off a strong showing on the road, the Southern Utah men's basketball team returned to the Centrum with designs on building on the momentum. Thanks to hot second-half shooting, Northern Colorado had other ideas.

Jordan Wilson led five teammates in double figures with 24 points and the Bears shot 56 percent in the second half to beat the T-Birds 90-80 on Jan. 21. SUU dropped its third straight game at home and fell to 2-4 in Big Sky play, 4-12 overall.

Northern Colorado won for the first time on the road after seven straight losses and improved to 3-4 in the Big Sky, 6-13 overall.

"In the first half, we started out hot, got everything we wanted," said SUU guard Trey Kennedy, who had a game-high 19 points along with Race Parsons. "In the second half, it was a different story. They beat us on the boards and got a lot

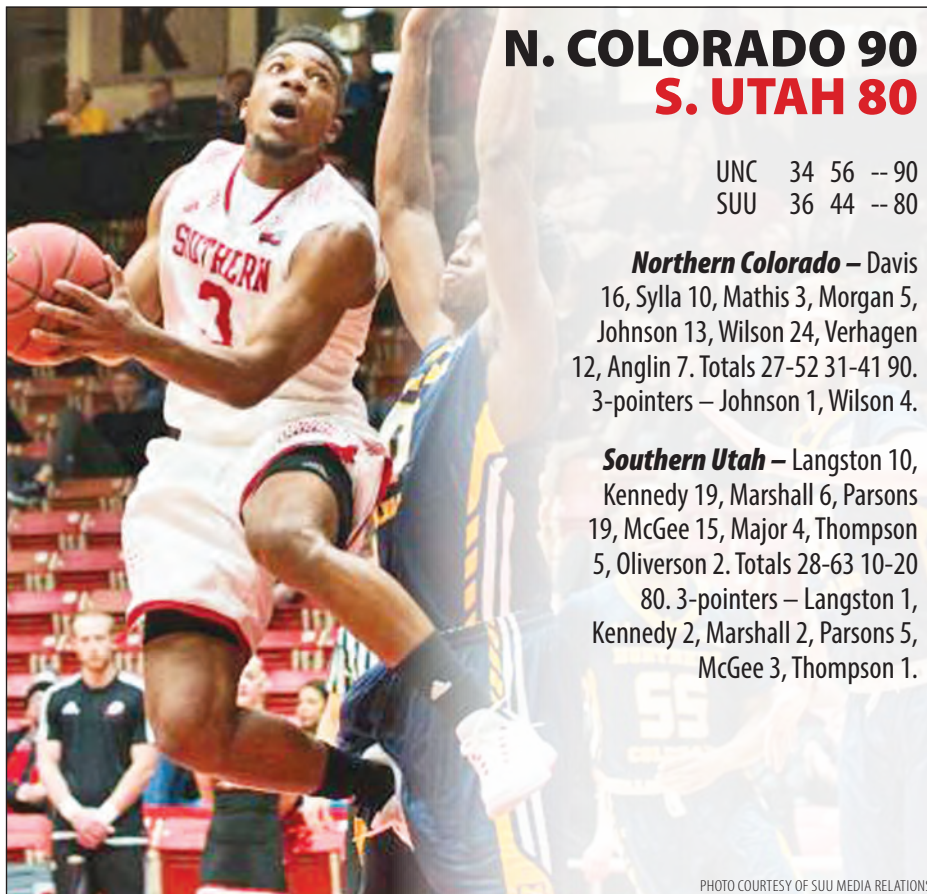
of second chances. That's what did us in in the end."

The T-Birds had a 36-34 halftime lead, but saw the visiting Bears hit nine of their first 12 shots to go with a 27-10 rebounding edge over the final 20 minutes to take control. UNC took the lead for good at 41-40 after a 3-point play by Jordan Davis (16 points) with 17 minutes, 5 seconds remaining.

Adding to the SUU woes, they went over the team foul limit at the 12:32 mark of the second half and Northern Colorado took full advantage. The Bears were 24-of-32 from the free-throw line to the T-Birds' 8-of-12.

SUU, the Big Sky's best free-throw shooting team (.724), struggled from the stripe in the first half, hitting just 2 of 8 to finish at 50 percent for the game (10-of-20), while UNC was 31-of-41 (75.6 percent).

"In the second half, there was a big momentum shift. Unfortunately, we weren't able to recover," SUU coach Nick Robinson said. "Almost half their



N. COLORADO 90
S. UTAH 80

UNC	34	56	--	90
SUU	36	44	--	80

Northern Colorado – Davis 16, Sylla 10, Mathis 3, Morgan 5, Johnson 13, Wilson 24, Verhagen 12, Anglin 7. Totals 27-52 31-41 90. 3-pointers – Johnson 1, Wilson 4.

Southern Utah – Langston 10, Kennedy 19, Marshall 6, Parsons 19, McGee 15, Major 4, Thompson 5, Oliverson 2. Totals 28-63 10-20 80. 3-pointers – Langston 1, Kennedy 2, Marshall 2, Parsons 5, McGee 3, Thompson 1.

PHOTO COURTESY OF SUU MEDIA RELATIONS

points came from the free-throw line, and there's not much I can do about that. We want to do a better

job of defending without fouling.

"Our guys competed well throughout the night,

but some things changed with how we rebounded and defended. We weren't able to make those adjust-

ments tonight on the floor," he added.

With the help of its size and free-throw success, the Bears started to separate from the T-Birds with an 8-0 run over two minutes that put them up 51-41 with 10:09 remaining. Northern Colorado led by as many as 15 points in the second half.

"Defensively, we competed the entire night," Robinson said. "Guys didn't give up until the final buzzer sounded."

NOTES: SUU finished with 21 assists on its 28 made field goals ... Northern Colorado enjoyed a 44-26 rebounding edge, the 10th straight game the T-Birds have lost the battle on the boards. SUU last outrebounded an opponent when it beat Utah Valley on Dec. 5 ... James McGee added 15 points for the T-Birds and Travon Langston chipped in with 10 ... SUU made 14 3-pointers in the game ... The announced crowd was 1,356, down more than half from the T-Birds last home game against Northern Arizona.

Cedar girls break skid, beat Panthers

BY TOM ZULEWSKI

Sports Writer

The Cedar Lady Reds had fallen from the perch they were accustomed to last season after two straight road losses to start Region 9 play. Home cooking and a senior's special milestone helped them snap out of the doldrums.

Hannah Williams and Jessica Whetman scored 12 points apiece, and the Lady Reds used a 22-4 run that wiped out a second-quarter deficit to beat the Pine View Panthers 57-32 on Jan. 19 to earn its first region win after losses at Snow Canyon and Desert Hills last week.

Courtney Morley added eight points, including a layup with 3 minutes, 27 seconds remaining that gave her 1,000 points for her career with the Lady Reds.

"Early on, we were trying a few different things defensively," Cedar coach John Elison said. "We had some pretty

CEDAR 57
PINE VIEW 32

Pine View	13	4	7	8	--	32
Cedar	9	13	17	18	--	57

Pine View – Pierce 4, Ah Quin 6, Gleave 9, Fiams 6, Moeai 3, Schone 4. Totals 11 6-12 32. 3-pointers – Gleave 3, Fiams 1.

Cedar – Weaver 7, Williams 12, Ziegler 5, Morley 8, Davis 8, Myers 2, Elison 3, Whetman 12. Totals 22 10-13 57. 3-pointers – Weaver 1, Williams 1, Whetman 1.

Thursday's Game

CEDAR 44
HURRICANE 34

CINDY TEGGE



good looks in the first quarter, but we were a little bit tight. We settled in better in the second quarter, got a few steals, changed our defense, and that got us going. We kept it going from there."

Pine View led 13-9 after a quarter and 15-11 following a Tayvia Ah Quin basket early in the second, but the Lady Reds closed the period on an 11-2 run to take a 22-17 lead at the half. When Whetman hit a 3-pointer to start the third quarter, it sparked another 11-2 run that stretched the Cedar lead to 33-19, and the rout was officially on.

"We did really good today, and we were working together as a team," Whetman said. "It was really nice to finally get into a groove ... There was some pressure to live up to what we did last year, but we've brought up new girls to play with us. It was hard to mesh at first, but we're starting to get the hang of it now."

Morley hit her second hoop of the night to put

Cedar in front 39-24 after three quarters, but the Panthers got within 10 at 41-31 with six minutes left. After two free throws from Dream Weaver, Morley hit her historic hoop to push the lead back to 14, and the Lady Reds closed the game with a 16-1 run.

"Against Desert Hills, I was in foul trouble. I didn't want to be in this one," Morley said of her slow start. "We won, though, so it's OK. Pine View's a great team and it's fun to beat a team like that."

The Lady Reds completed a sweep of the week and evened their Region 9 record at 2-2 with a 44-34 win at home over Hurricane on Jan. 21. Cedar led 22-13 at the half and improved to 11-5 overall.

Williams was the leading scorer for the Lady Reds for the second straight game with 11 points. They played at Dixie on Jan. 24, and results were unavailable at press deadline.

Cedar boys get their first region win of the season

CEDAR 73, HURRICANE 72

BY TOM ZULEWSKI

Sports Writer

The Cedar Redmen had every reason to be frustrated with their struggles in the early portion of the Region 9 schedule. Shots weren't falling, opponents were hitting theirs, and losses were starting to pile up.

Thanks to one furious second-half comeback, Cedar erased all the bad memories and found its way into the win column.

Keenan Nielson scored 31 points, including the game-winning basket in the final second, as Cedar wiped out an 11-point halftime deficit to beat Hurricane on Jan. 22 in a 73-72 thriller at the Tigers' home floor to break a three-game losing streak.

Trailing 35-24 at the break, the Redmen (1-3 in Region 9, 6-8 overall) doubled their first-half total in the third quarter and trailed only 51-48 heading to the final eight minutes before Nielson, who hit four 3-pointers, finished off the comeback with his game-winning shot.

Mason Fakahua added 15 points for the Redmen in the win.

Two nights earlier, Cedar dropped a 64-45 decision to the Pine View Panthers. The Redmen trailed by 11 at the half (30-19), but couldn't slow Pine View's Cody Ruesch, who led three players in double figures with 21 points.

Nielson led Cedar with 17 points and Fakahua added 12.

Cedar will return home Jan. 27 to face undefeated Region 9 leader Dixie in a 7 p.m. tipoff.



JR ROBINSON



JR ROBINSON

Falcons stretch win streak to six games

BY TOM ZULEWSKI

Sports Writer

With the first half of its Region 12 schedule being played on the road, the Canyon View Falcons

Canyon View pulled away after the opening quarter and beat Richfield 61-52 on the Wildcats' floor Jan. 22. The Falcons pushed their Region 12 record to 3-0 and moved into the

ing Richfield (2-1) 19-10 in the third before cruising to the victory.

Seven different players scored for the Falcons, and they hit five 3-pointers against the

CANYON VIEW 61, RICHFIELD 52

have asserted themselves as the team to beat. In its only game played last week, the team showed its mettle and extended its winning streak.

Xavier Stoker scored 17 points and Lorenzo Camba added 16 as

sole possession of first place in the standings.

CV (12-6 overall) led 13-12 after a quarter and extended the advantage to 29-21 at the half. They put the game firmly in their corner by outscor-

Wildcats.

Canyon View will wrap up the first half of Region 12 play at North Sanpete tonight, then return home for the final four games starting Jan. 29 against Juab.



JR ROBINSON

CV girls beat Richfield, snap losing skid

BY TOM ZULEWSKI
Sports Writer

Shontae Clark had 22 points, including six 3-pointers, and Canyon View rallied in the second half to beat Richfield 48-42 in its only game of the week on Jan. 21 and break an 11-game losing streak.

CV trailed 24-23 at the half, but had just enough in the tank

**CYN. VIEW 48,
RICHFIELD 42**

to rally and win for the first time since beating Dixie at home Dec. 5. Abbie Corry added 13 points for the Falcons, who are 1-2 in Region 12.

Canyon View returns home to play North Sanpete tonight at 7 p.m., then will play at Juab to start the second half of Region 12 play on Jan. 29.

SUU HOOPS

Continued from page 23

North Dakota used a 12-0 run over the final 4:58 to build a 43-21 lead at the half and basically put the game away.

“That was definitely a problem,” Robinson said of the scoring drought that pushed a 10-point deficit to 22. “We wanted to do everything we could to get to the free-throw line.”

Southern Utah used a five-guard lineup to try and counter UND’s size, but couldn’t close the deficit under double figures in the second half.

“We knew their size would pose some problems for us, especially rebounding-wise,” Robinson said. “We wanted to limit their opportunities pounding it inside.”

The Fighting Hawks (5-3, 10-9), who were the Big Sky’s worst free-throw shooting team at 64 percent coming into the game, enjoyed a 42-24 edge in points in the paint and made 27 of 30 (90 percent) from the line, helping to keep the T-Birds from mounting a comeback.

SUU used its first surge to cut the Fighting Hawks’ lead in half at 52-41 with 12:21 left, but Hooker and Cortez Seales made conventional 3-point plays on consecutive possessions to run the lead back to 17. After a Paris Davis layup pulled the T-Birds back within 10 at 70-60 with 5:36 left, North Dakota put the game away with a 10-2 run to rebuild the advantage to 80-62 with 2:13 to play.

“Right now, we’re disappointed with our first-half effort, but happy with our second-half fight,” Robinson said. “I’d like to think our leadership will be frustrated with this loss and move forward.”

NOTES: North Dakota finished with a 38-27 rebounding edge and scored 26 points off 18 SUU turnovers ... Hooker scored 20 of his 28 points in the second half ... The T-Birds struggled at the free-throw line for the second straight game, finishing 16-of-25 (64 percent) ... Travon Langston was the only other T-Bird to score in double figures with 15 points, 14 in the second half.

Rams teams struggle in region play

BY TOM ZULEWSKI
Sports Writer

The Parowan boys’ basketball team hit a rough stretch in its Region 20 games last week, dropping both contests.

The Rams lost at Wayne by a 66-35 count on Jan. 20, then came home and fell 49-43 to Bryce Valley. They are 3-7 in region play on the season.

Against the Badgers, Parowan trailed 28-16 at halftime, but was outscored 25-7 in the fourth quarter. Brenen Rowley was the only Rams player

**PAROWAN 35,
WAYNE 66**

in double figures, finishing with 14 points.

Wayne had three players finish in double figures, led by Zane Taylor’s 13 points.

Two nights later, the Mustangs broke away from a 24-24 halftime tie by holding the Rams to just two points in the third quarter before holding on down the stretch. Brett Hunter led Parowan with 18 points in the loss and Rowley added 13.

Results from the girls’ games against Piute and Bryce Valley were not available at press deadline.



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MOVING SALE: CEDAR CITY. Piano, Computer, Miscellaneous. January 30th-31st from 9am-? 258 N. 800 W. Questions 435-559-1271.



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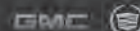
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Amber Waves

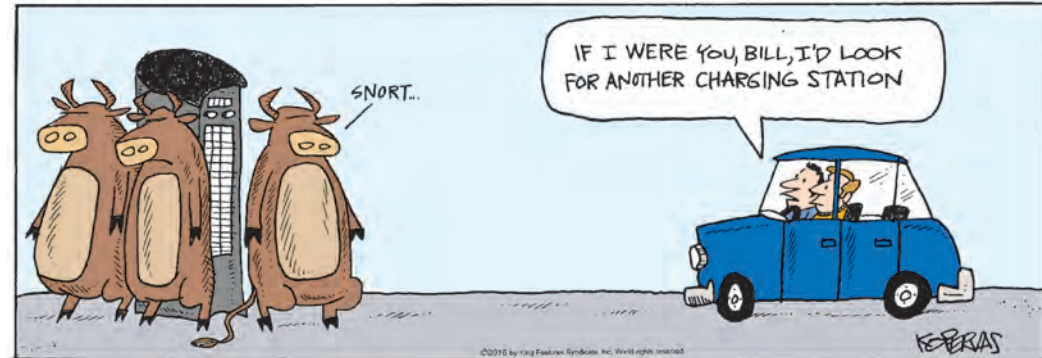
by Dave T. Phipps



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Out on a Limb

by Gary Kopervas



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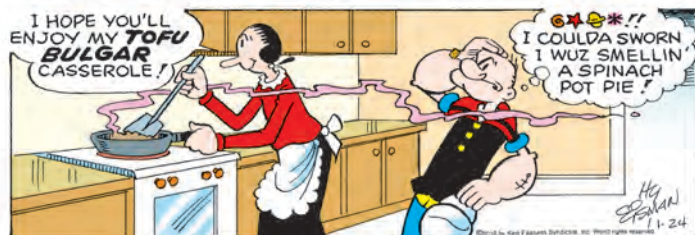
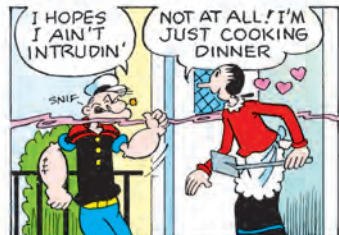
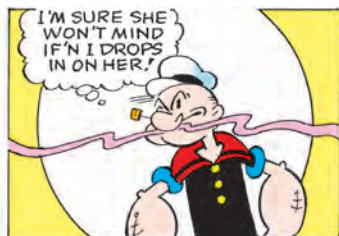
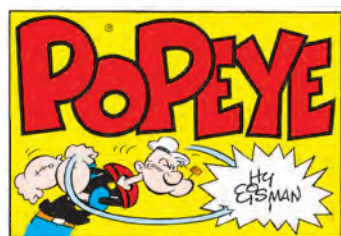
R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



King Crossword

ACROSS

- 1 Hairstyle
- 5 Fond du —, Wisc.
- 8 Wan
- 12 Pitch
- 13 Bachelor's last words
- 14 Old portico
- 15 Largest continent
- 16 — canto
- 17 Get ready, for short
- 18 Catch sight of
- 20 Eye layer
- 22 West Virginia industry
- 26 — nerve
- 29 Japanese sash
- 30 Sticky stuff
- 31 Frog's cousin
- 32 Pair
- 33 Timely question?
- 34 Unwell
- 35 Miler Sebastian
- 36 Name
- 37 "Kiss Me Kate" composer
- 40 Up to
- 41 Discomfort
- 45 Dressed
- 47 Botanical

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
15					16			17			
18				19		20	21				
			22		23				24	25	
26	27	28			29			30			
31					32			33			
34				35			36				
37			38				39				
		40				41			42	43	44
45	46				47	48			49		
50					51				52		
53					54				55		

- sticker
- 49 Walked (on)
- 50 Heap
- 51 "— was saying, ..."
- 52 Enthralled
- 53 PC operator
- 54 Scooted
- 55 Shetland, e.g.
- 5 Egypt's neighbor
- 6 Citric quaff
- 7 Rumpled sleuth of TV
- 8 Colorado ski mecca
- 9 Poker-winning hand
- 10 Weeding tool
- 11 Shrill bark
- 19 Sinbad's flier
- 23 Depress
- 24 Yule refrain
- 25 Missing
- 26 Ear-related
- 27 Horse-play?
- 28 Yarn
- 32 Strip of icons
- 33 Bug
- 35 Sgt.'s subordinate
- 36 Coffee break time
- 38 Duck down
- 39 Shroud city
- 42 Jason's ship
- 43 Any day now
- 44 Nervous
- 45 PC's brain
- 46 Fleur-de—
- 48 "Born in the —"

DOWN

- 1 N'Djamena's country
- 2 Northamptonshire river
- 3 Rainbow
- 4 Limp

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Weekly SUDOKU

by Linda Thistle

9			6		1			
		2	5	4		3		
	8		9					7
	1	6			8			2
		9	2			7		
7			3			4		
8			4				1	
	4				9	6	5	
		5	6					8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

- ★ Moderate
- ★★ Challenging
- ★★★ HOO BOY!

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Trivia test

by Fifi Rodriguez

1. LITERATURE: Who wrote the children's book "Tales of a Fourth Grade Nothing"?
2. MOVIES: Who played the lead female role in "The Silence of the Lambs"?
3. ANIMAL KINGDOM: What kind of bird is the fast-moving roadrunner?
4. GENERAL KNOWLEDGE: What occupation is traditionally associated with leprechauns?
5. LANGUAGE: What is another name for comestibles?
6. MEDICAL: What is the modern-day equivalent of the ailment once known as "grippe"?
7. GEOGRAPHY: The country of Wales was known in Roman times by what name?
8. MEASUREMENTS: What is the unit of measurement for stacked firewood?
9. MUSIC: Which pop star's real name is Reg Dwight?
10. GAMES: Which two letters of the alphabet have the highest values in the game of Scrabble?

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ANSWERS

A	N	O	P	R	S	E	R	
G	O	G	O	G	O	G	O	
C	L	A	D	B	U	R	T	
T	I	L	L	U	N	E	R	
C	O	L	E	T	I	L	E	
O	M	T	O	A	D			
O	P	T	I	C				
C	O	A	L	M	I	N	G	
D	E	S	C	A	L			
A	S	I	A	B	E	L	P	R
H	U	R	L	E				
C	O	L	I	L	A	C		

ANSWER

8	3	6	5	6	1	2	7	4	8
2	4	7	5	4	3	2	1	3	9
8	6	7	8	3	9	5	4	6	1
4	3	9	1	2	6	8	7	5	
5	1	6	4	7	8	3	9	2	
8	4	9	3	1	5	2	7		
1	7	2	8	5	4	9	3	6	
9	5	3	2	6	7	1	8	4	

Solution time: 25 mins.

ANSWERS

- Trivia Test Answers
1. Judy Blume
 2. Jodie Foster
 3. Cuckoo
 4. Shoe-making or mending
 5. Food items
 6. Influenza
 7. Cambria
 8. A cord
 9. Elton John
 10. Q and Z, 10 points apiece

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