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A LOOK BACK

» THE TOP NEWS
STORIES OF «

2017

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Local Marines bring joy through Toys for Tots program



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SUU TO EVERYWHERE



COURTESY OF SUU

TRAVELERS ON SUU'S COMMUNITY ON THE GO "OPERATION OVERLORD: The D-Day Experience" stand on Utah Beach in Normandy in November.

Community on the Go program takes flight

from SUU's Office of **COMMUNITY AND ACADEMIC ENRICHMENT**
For Iron County Today

CEDAR CITY — Southern Utah University's new Community on the Go program has been taking community members on some memorable vacations recently, and those returning participants have been bringing back praises for the program.

One group of travelers just returned from England on a trip themed "Christmas in London," where they took in holiday plays, music and toured Oxford University, Westminster Abbey, St. Paul's Cathedral, and more.

Launched in 2017, Community on the Go offers travel experiences to adult members of the community in groups of 20-30. Trip leaders are SUU experts that have previously traveled to host destinations and share their expertise with participants during their journey, although there is also plenty of free time scheduled, said Melynda Thorpe,

Director of the Office of Community and Academic Enrichment at SUU.

"We are educators, and our expertise in leading excursions lies in the fact that our trip leaders also direct short-term study abroad trips for SUU students, and many have completed

"...participants enjoy our trips because of our educational focus"

— Melynda Thorpe, SUU

research in foreign countries" she said. "We're finding that our Community on the Go participants enjoy our trips because of our educational focus."

Jeb Branin, Executive Director of Experiential Learning at SUU, and

a trip leader to London, said faculty members propose trips throughout the year, and successful voyages are chosen based on educational component, broad appeal and cultural relevance.

"In England, we selected sites that are quintessentially British," he said. "London is especially magical at Christmastime. From the lights in Covent Garden and on Regents Street, to the many markets dotting the city, to the Christmas concerts and sing-a-longs at Royal Albert Hall — there really is a feeling of Christmas in the air."

On Veterans Day, 28 Community on the Go travelers toured the sites where more than 160,000 Allied troops came by boat, parachuted from the sky, and more than 9,000 lost their lives in a battle memorialized as D-Day. The trip to France in November, themed "Operation Overlord: The D-Day Experience," brought community mem-

Consumer attitudes in Utah dipped in December

After consecutive record-setting highs in October and November, the Zions Bank Utah Consumer Attitude Index (CAI) dipped slightly, decreasing from 124.4 in November to 118.7 in December. The overall Utah CAI currently sits 1.1 points lower than its level 12 months ago. Although the Utah Consumer Attitude Index posted a slight decrease in the month of December, an index level of 118.7 indicates extremely positive consumer attitudes regarding the economy.

The Utah Present Situation Index, a measure of confidence in current statewide economic conditions increased 3.4 points, from 128.7 in November to 132.1 in December. This is the highest level that the Present Situation Index has ever recorded since its inception six years ago. This signals strong positive consumer market perception during the holiday shopping season.

Although perceptions of the current state of the economy are at an all-time high, expectations for the future trajectory of the economy decreased 11.8 points to 109.7 in December. Perceptions of future labor market trends, fueled by Utah's 2.7 percent year-over-year labor market growth, were highly elevated during the months of October and November and appear to be heading back to more sustainable levels.

"The elevated levels of consumer confidence that we are seeing currently are especially important during the holiday season," said Scott Anderson, Zions Bank president and CEO, in a release. "Almost 70 percent of the Gross Domestic Product nationwide comes from consumption and consumer spending. As consumers are more confident in the Utah economy, I believe that GDP statewide will continue to increase."

Although positive consumer attitudes likely have increased spending this holiday season, many Utahns are feeling the effects of economic growth in their everyday purchases. According to the Wasatch Front Consumer Price Index, prices are up 3.3 percent since December of last year. In the most recent CAI survey, nearly a quarter of Utahns stated that they anticipate spending

SUU's \$113K grant engages students in microbiology research

by Nikki KOONTZ
SUU Marketing Communications

CEDAR CITY — A National Science Foundation grant will include Southern Utah University students in a nationwide collaboration aimed at training future biologists to be scientists through an interdisciplinary, integrative, learning experience.

SUU's Biology Program will receive \$113,000 over the next five years, funding new laboratory equipment to train students in important lab skills and improving analysis accuracy.

Dr. Roger Gold, SUU biology professor, collaborated with Rupa Iyer, principal investigator on the grant and founding director of the biotechnology program and the University of Houston College of Technology, on the project. The full grant will spread \$2.1 million to five colleges and universities around the country, all to implement the key components of the UH biotech program.

"Over the years I have worked with Dr. Iyer in the development and testing of the various aspects of these instructional modules," said Gold. "When I joined SUU last year, it seemed natural to integrate these ideas into our classes to give our students the high quality research experience that our future scientists and innovators will need for success in their careers."

The grant is named "From Discovery to Market - Integrating Interdisciplinary Skills through a Collaborative Research based Lab Curriculum." Gold will integrate the microbiology research into his Biology 2015 General

Microbiology Laboratory courses. Students will carry out actual scientific research by collecting soil samples and processing them for bacterial strains, logging the results on a map. They will be given the opportunity to mine the growing dataset to analyze trends and to draw conclusions. Gold's students will then write papers and give reports to communicate their findings. The expanded database they are contributing to will provide a platform for national and global research collaborations between students, faculty, governmental agencies and biotech companies.



COURTESY PHOTO

SUU STUDENT BOBBI PARKER AND FELLOW STUDENTS in microbiology will benefit from a grant the university has received.

"The instructional program funded by this grant will help improve the process of becoming scientists because it allows students to engage in the discovery process from start to finish," said Gold. "By engaging in the actual process of discovery, students will learn the skills that they need to become successful scientific researchers."

Besides the benefits to current microbiology students, access to this nationwide database will create research opportunities to all biology majors and has the potential to be multi-disciplinary. Interested students from across campus including computer science and mathematics majors will be able to gain access to the data for the purpose of analyzing trends and to make discoveries that go far beyond the scope of the microbiology laboratory.

Gold started at SUU fall of 2016 after working for 12 years at BYU-Hawaii. He's always taught his lab courses as comprehensive research experiences, engaging students in locally-relevant research.

CONSUMERS

Continued from page 1

Bookings

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

December 22

Garrick Hafen, Newcastle
Receive Stolen Property

December 26

Adlai P. Fallsdown, Pryor, Mont.
DUI

Katrinashela S. Schultz, St. George
Custodial Interference

Dean A. Shallenberger, Cedar City
Retail Theft

Kenneth R. Wilkins, Cedar City
DV-Presence of Child, Assault of Pregnant Person, Damage/Interruption Comm. Device, Controlled Substance

December 27

Heather M. Wilkins, Cedar City
Possession, Drug Paraphernalia, Controlled Substance

Sean C. Hatcher, Cedar City
Retail Theft

Garet D. Madsen, Enterprise
Probation/Parole Violation, Driving w/o Insurance, DUI, Fail to Remain Accident-Damage only

December 28

Sabastian G. Armes, Cedar City
Criminal Trespass, FTA-Warrant, Poss/Purchase Tobacco by Minor

David G. Ballard, Cedar City
Controlled Substance, Drug Paraphernalia, Rec. Stolen Property

Chanel L. Moon, Cedar City
DV-Presence of Child, Tampering w/Evidence

Jared R. Rhoton, Cedar City
Forcible Sex Abuse

Buck D. Beacham, Enoch
Theft

Adalai A. Finch, Orem
Obstructing Justice, Controlled Substance

Sandra A. Hamel, Enoch
Retail Theft

more on holiday gifts this year compared to last year. Another quarter of Utahns stated that they anticipate spending more on winter sports activities this year compared to last year.

"Utah's sustained economic growth this year has caused inflationary pressures to increase the cost-of-living statewide," said Randy Shumway, chairman and partner of Cicero Group. "Although high rates of inflation across the state may seem daunting, I believe that wages within Utah's robust job market will continue to increase, offsetting many of the negative side-effects associated with inflationary pressures related to economic growth."

The unemployment rate in Iron County fell from 4.0 percent in September to 3.9 percent in October according to the Utah Department of Workforce Services. In the October report by RealtyTrac®, approximately 5 in every 10,000 homes were in foreclosure in Iron County representing no change from the month prior.

Various national parks throughout Southern Utah have witnessed record levels of visitation this year. As of November, Zion National Park had counted nearly 4.4 million visitors, representing a 5 percent increase over last year's numbers. Officials within the National Park Service have proposed an entrance rate hike from \$30 to \$70 within Zion and Bryce Canyon during the busy period from spring to fall. This entrance fee increase will attempt to curb the number of visitors entering the parks during the busy season as well as pay for park restoration, which nationally has been estimated at \$12 billion. Utah's state parks are a massive economic driver statewide; in 2015 the Office of Tourism reported that tourism brought in \$8.7 billion to the state, however high entrance fee prices may discriminate against many Utahns who currently enjoy all the natural wonder that Southern Utah has to offer. Regardless of the outcome of the National Park Services entrance fee rate hike decision, it looks as though Southern Utah's national parks will remain a key economic driver to statewide prosperity.

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Business Tip of the Month:
HOLIDAY MARKETING TIPS

With a busy holiday season upon us, it's time to remember the importance of marketing in order to maximize your profits this holiday season.

- **Look at sales and marketing data** from last year and focus efforts (and dollars!) on what worked best.
- **First impressions matter** — this includes store appearance (inside and out), online presence, telephone greetings, and employee interaction with customers.
- **Market often** — multiple emails, social media posts, direct mailers, etc.
- **Use social media** and make sure your website is optimized for mobile shopping.
- **Use discounts and limited time offers** — create a sense of urgency for your customers.
- **Highlight unique and/or specialty items.**
- **Partner with other businesses** to co-market. Example, offer discounts at local stores if customers buy from you.
- **Make your customer's shopping experience memorable** by having trained employees who provide great customer service.

Cedar City Chamber of Commerce (435) 586-4484 www.CedarCityChamber.org

IHC offering needleless blood draws

by Nikki KOONTZ
SUU Marketing Communications

Intermountain Healthcare is the first health system in the U.S. to embark on a commitment to provide more humane inpatient blood draws across its 22 hospitals, including Cedar City Hospital.

Intermountain has adopted a needle free technology from San Francisco-based Velano Vascular called PIVO™. PIVO connects to an indwelling peripheral IV catheter, commonly used in hospitalized patients, and enables practitioners to extract blood from the vein. Following more than two years of clinical collaboration piloted at Dixie Regional Medical Center and Primary Children's Hospital, the technology is now being used system wide.

"Blood draws are critical, common elements in modern medicine, but they cause an unnecessary amount of anxiety, pain and risk due to the use of century-old technology and practice," said Kim Henrichsen, Intermountain senior vice president and chief nursing executive, in a release. "We are thrilled to offer a new standard of care that, over time, will

help obviate the need for needles used for hospital blood collection. This commitment to standardizing draws will enhance quality for both patients and practitioners."

Inpatient blood draws occur nearly 500 million times a year in the U.S. and inform more than 70 percent of all medical decisions. At the same time, 30 percent of the U.S. hospital patient population are considered Difficult Venous Access due to obesity, age and disease, making it even more challenging to collect blood samples.

"It is baffling that in an era of smartphones and space travel, clinicians draw blood by penetrating a vein with a needle – oftentimes in the early morning hours," said Todd Dunn, director of Innovation in Intermountain's Transformation Lab. "Through our Design for People program, we resolved to find a better way for our phlebotomists and nurses to more humanely and consistently draw blood. Following 15,000 PIVO draws on adults and children with no adverse events and overwhelmingly positive feedback from patients and caregivers alike, it is clear that we are together establishing a new standard of care."

ON THE GO

Continued from page 1

bers together in a group environment for an unforgettable vacation experience.

SUU Director of Ethics and Compliance Ann Marie Allen made the journey with her father, former Utah House Rep. Kay McIff, to retrace the steps of her grandfather, Eldon McIff, who crossed the English Channel at the same place on the beaches of Normandy during WWII, but not on D-Day, Allen said.

From the Churchill War Rooms where WWII missions were planned, to the beaches where Allied troops came by sea, and the shops offering French pastries that cannot be found in the U.S., Allen said the best part of the trip was the quality time spent with her father.

"The staff at Community on the Go did an excellent job planning," she said. "In terms of travel arrangements, transportation, the sites that were selected — it was so seamless that it allowed us to really enjoy each other's company without the burden of those logistical details."

SUU graduate Katie Groves went to Normandy because she found a love for traveling while attending several SUU study abroad trips for students. After graduating in 2016, Groves resolved to see as much of the world as she could while young.

"I was a history major so this trip was a dream come true — it's like study abroad for adults," she said. "There are places in the world that you can read



COURTESY OF SUU

COMMUNITY ON THE GO TRAVELERS ENJOYED TOURING LONDON during free time despite the rain.

about and fall in love with, but nothing can compare to actually visiting that place."

Southern Utah University Community on the Go has three trips planned for 2018, including the Inca Empire of Peru in May, a Dracula Halloween in Transylvania and Christmas in the Alps of Germany and Austria. For more information, or to reserve your spot with a deposit, visit suu.edu/onthego, call (435) 865-8259 or stop by the office at 136 W. University Blvd, Suite 003, Cedar City, Utah.

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Administration

R. Gail Stahle

Publisher
gail@ironcountytoday.com

Deborah Martineau

Office Manager
officemanager@ironcountytoday.com

Advertising

Scott Stahle

Sales Manager
scott@ironcountytoday.com
801.755.5999

Patti Bostick

Sales Representative
patti@ironcountytoday.com
435.592.1030

Editorial

Tom Haraldsen

Managing Editor
news@ironcountytoday.com

Corey Baumgartner

Reporter/Photographer

Craig Bennett

Reporter

Kelsey Keener

Reporter

Dawn Aerts

Reporter

Klarissa Williams

Reporter

Tom Zulewski

Sports Writer

Rachelle Hughes

Arts/Entertainment Writer

Layout/Design

Devin Christ

Creative Director
design@ironcountytoday.com

Circulation

Brittany Westwood

S. Cedar City
brittanyw@ironcountytoday.com
435.590.6012

Stormee Anderson

N. Cedar City/Enoch
stormee@ironcountytoday.com
435.592.5724

Wendy Hanson

Parowan/Paragonah
wendy@ironcountytoday.com
435.477.9100

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389 N 100 W, Suite 12

Cedar City, Utah 84721

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Opinion

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My wishes for 2018

The opinions stated in this article are solely those of the author and not of Iron County Today.

In the new year, Cyclops can only wish for...

Less political partisanship. There are good ideas and bad ideas, not Republican and Democrat ideas.

Working with opponents in a compromise is better than dismissing and demeaning those who hold less power.

More movies like 2017's "The Big Sick" (comedy), "Lady Bird" (comedy-drama), "Wind River" (drama), and "The Post" (historical drama). Less "superhero" movies.

Less Orrin Hatch "kiss-ups" to Pres. Trump. ("He's a great president - maybe the best ever!") Sorry, Orrin, but even Ivanka doesn't believe that nonsense!

Less Nancy Pelosi. C'mon Democrats, you will never win a national election if she is seen as the helm of the party.

A more realistic, effective approach to

Utah's liquor laws. Legislators, stop putting your heads in the sand and face reality, and actually listen to the ideas of those who use the product.

More emphasis on vocational education while realizing that tomorrow's workforce doesn't

Parents, stop buying cell phones for 10-year olds. Give them a library card and lead them into literacy

demand that everyone has a Bachelor's Degree.

Along with the above, making society accept that all work and trades are honorable. In reality, the guy who picks up our garbage performs as much service as the CPA, and the barista works as hard as the software developer.

Let's put an end to the silly idea that being gay is a choice; accept that it is simply a human condition akin to someone having blue eyes rather than brown.

Sign the initiative petition promoting Better Boundaries, an attempt to ensure that Utahns living in metropolitan area and rural communities are fairly represented.

Bring back "customer service" instead



Cyclops

by Bryan GRAY
Columnist

of the reliance on distant technology. Parents, stop buying cell phones for 10-year olds. Give them a library card and lead them into literacy. Understand that good parenting is not allowing a child to learn life through a video game.

Bring the "country" back into country music.

Protect local merchants (and commercial property values) by enacting a sales tax on purchases made on-line. Business owners investing in brick and mortar should not be placed at an economic disadvantage.

Replace disgust with compassion when addressing the challenges of the homeless population.

Regardless of your opinion on "Obamacare", recognize that health care should be a right, not a privilege.

Stiffen the legal penalties and incarceration for "white collar" criminals who swindle the savings of their neighbors.

And, though self-serving, continue to support newspapers and their advertisers - even when you disagree with the opinions in this column.

Happy 2018 to all of you!

Opinion

Serve when and where others won't

"If we have no peace, it is because we have forgotten that we belong to each other." --Mother Teresa

The world, at times, can seem very divisive and very contentious. It often feels like peace is a far off, unattainable dream. But nothing could be further from the truth. For every "bad news" story we hear, there are hundreds of "good news" stories that never make the evening news.

Individuals and organizations across the country dedicate their lives to providing service to the underserved, the sick, the forgotten and the desperate. Especially at this time of year, our hearts turn to the service of our fellow man.

People living significant lives do more than the minimum requirement. They know that the lives of both the giver and the receiver of service are positively and simultaneously transformed. Whoever renders service puts himself in line for greatness—great wealth, great return, great satisfaction and great love.

When she was 18, Agnes Gonxha Bojaxhiu began missionary service in India. In 1929, she took her vows as a nun and changed her name to Sister Mary Teresa. After teaching the children of wealthy families, she was sent to Calcutta where most of the students were from the middle class. The school where she taught was located near the slums of Calcutta which were filled with the poor, the sick, the starving, the outcasts and the unwanted.

Her heart went out to those people and she spent her free time helping the suffering people in the slums. In 1948, Pope Pius XII granted Sister Teresa permission to leave her convent and dedicate herself to serving the poor of Calcutta. She worked tirelessly to provide

food, shelter, education, health services and respect for these people who had been forgotten by society.

The people of India began calling her Mother Teresa and she established the Missionaries of Charity in 1950 which has grown to include thousands of missionaries from around the world. The organization has created places of refuge for orphaned children, people dying from leprosy and AIDS--and Mother Teresa's name has become synonymous with selfless service.

She was one woman who created a tidal wave of service. Her life was not only significant, but she influenced the great leaders of our world today with her dedication to the poor and helpless.

We don't have to look any further than our own neighborhoods and communities to find those who have been cast aside; people who struggle with poverty, illness, addiction and homelessness. We don't have to change the world through our service, but our acts of kindness will definitely change the world for the people we help.

The secret lies in realizing that what goes around, comes around. Through service, both the giver's life and the receiver's life transforms forever. We should all rise to the occasion to serve a cause larger than ourselves with duty, honor and gratitude.

"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

Utah resident Dan Clark is one of the most sought-after motivational speakers in the world. He teaches leadership and safety courses, conducts public speaking workshops and hosts a talk radio show, The Art of Significance, on VoiceAmerica.com on Tuesdays from 1 to 3 p.m. Mountain Time



DAN CLARK
Columnist

Word ON THE Street

What is your number one New Years Resolution for 2018?

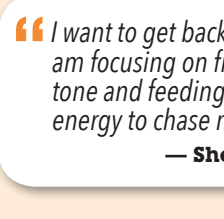
"I wish to GAIN 15 pound this year, just to have a resolution that I know I can do...pass the gravy please!!"

— Shawn Denevan, St. George



"I actually do not make resolutions because why pick one day to better yourself. I feel like it's setting yourself up for failure so I better myself daily not once a year."

— Kenzie Cunningham, Cedar City



"I want to get back to my pre-pregnancy toned body. I am focusing on fitness, not weight loss. Just getting tone and feeding good again! I want to have the energy to chase my kids around for a long time!"

— Sherry McKee Berryessa, Hurricane



"I usually don't do the 'resolution thing', but this year I want to hold my family closer and enjoy them more. I want to enjoy ordinary moments and laugh often. Last year was very hard, after losing my brother. What helped me was knowing where my brother was. Beyond a shadow of a doubt I know that he was with God. I want to share the love of the Lord with others."

— Debra Marvin, San Diego



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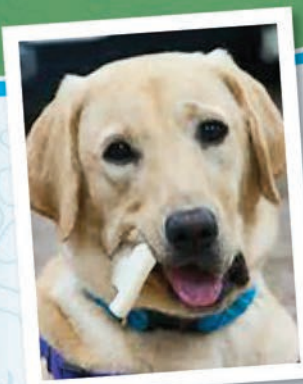


Photo courtesy of Humane Society

If you have room in your heart to give an adoptable pet a safe and caring home, visit the Enoch City Shelter, 900 East Midvalley Road, or call Chris at 435-586-9445.

Adorable dogs and cats can also be adopted by visiting the Cedar City Animal Shelter, 1150 W. Kittyhawk Drive, or for adoption information call, 435-586-2960.

A LOOK Back...

TOP STORIES FOR 2017

compiled by Tom **HARALDSEN**
Managing Editor

To say that 2017 brought with it a vast variety of news stories would be an understatement. Three stories dominated the attention of Iron County residents this past year, with several others also being significant events. Here's our look at this past year's top stories.

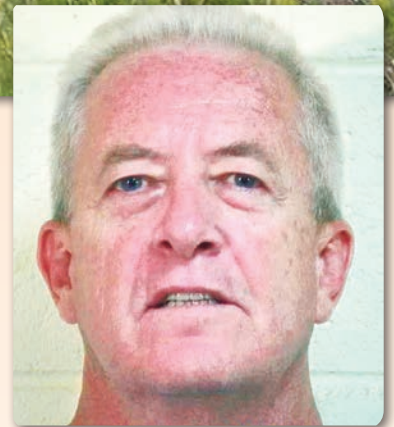
Brian Head Fire



On June 17, the largest wildfire in the area's history broke out near the Brian Head Resort. Within days, what started as a small brush fire swelled to 43,000 acres, and eventually to more than 70,000 acres. Fire crews from throughout the west battled the fire for a month before it was fully contained in mid-July.

Robert Ray Lyman, a resident of Taylorsville, was later charged with starting the fire while burning weeds on his property, and a jury trial is scheduled to begin in January.

In August, parts of Parowan suffered some flood damage after heavy rains washed down over the fire's burn scar. Officials are still evaluating the cost of fighting the fire in addition to the damages it caused to structures.



ROBERT RAY LYMAN



LDS Temple Dedicated

On Sunday, Dec. 9, the Cedar City Temple of The Church of Jesus Christ of Latter-day Saints was dedicated by President Henry B. Eyring, First Counselor in the First Presidency, and Elder Jeffrey R. Holland of the Council of the Twelve Apostles. The event followed several weeks of public open houses for the temple, as well as a Cultural Celebration held at SUU on Dec. 8. The temple had been under construction for just over two years and was announced at the Church's General Conference in April 2013.



A LOOK Back...

Las Vegas Shooting

The assault by a lone gunman during the Route 91 Harvest Festival Concert on Oct. 1 in Las Vegas struck close to home, when Cedar City resident Heather Alvarado was among the 58 victims killed. Tributes poured into the community from friends and neighbors of Heather, and her funeral services on Oct. 12 were well attended. Students at SUU and community members also held a candlelight vigil in her honor shortly after the incident.

3



HEATHER ALVARADO

Parowan City was named one of the top 25 best towns in America by carrentals.com, an Expedia company. The blog posted in April said Parowan is “a bounty of fun,” citing in part its proximity to national parks and forests.

Three months before that, Parowan residents turned out in force on Jan. 13 to celebrate the community’s 166th birthday. Students from grade school through high school performed in the Parowan High gym, and local speakers touted the history of the city.

4 Parowan Honored, Saluted



Court Cases

There were several prominent court cases in 2017. Here are three of them:

A Cedar City midwife was sentenced in 5th District Court with second-degree manslaughter after a twin baby she delivered died in 2012 shortly after its birth. Vickie Dawn Sorensen, 54, was sentenced to 36 months of adult supervised probation and some jail time.

Former Cedar City Events Director Byron Linford was sentenced on Feb. 22 for misuse of public funds while employed by the city. He was charged with misuse of public money and attempted forgery. His sentence was 364 days in jail to be completed in two separate sentences.

Eight Cedar Middle School employees received a \$340,000 settlement from the Iron County School District in a lawsuit they filed in federal court on claims of sexual harassment. The employees—six teachers, a teacher’s aide and a secretary—filed the suit against the school district and three school employees.

5



VICKIE DAWN SORENSEN

6

Police/Firefighter Action

On Jan. 10, firefighters responded to a vehicle fire in Cedar City, which was part of a string of vehicle arsons that occurred in the early morning hours of that day. A Beaver man was apprehended after victims identified him as a likely suspect. He was charged with six counts of arson, a second-degree felony. No one was injured.

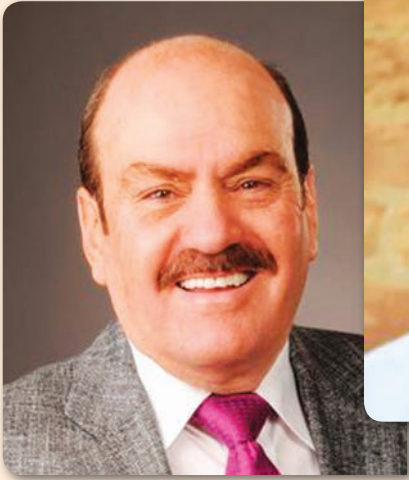
Two armed suspects with outstanding warrants from Colorado were captured after a high-speed car chase through the county in late August. The suspects were caught in Parowan after a joint pursuit by ICSO and CCPD.

Iron County officers were also involved discovery of munitions under a burned out cabin near the Brian Head fire site.

They also assisted in the search and recovery of victims of a single-engine plane crash that killed a father and two children from Sandy near Panguitch. Randy Wells and his two children were flying from Phoenix to Salt Lake City when their plane went off radar. A gofundme account raised over \$125,000 for Well’s wife Kristin, who was 20 weeks pregnant at the time of the plane accident.



A LOOK Back...



7

Elections

Municipal elections were held on Nov. 7 in Brian Head, Cedar Highlands, Cedar City, Kanarraville, Paragonah and Parowan. A combination of incumbents and newly-elected officials will begin new terms in offices this month. R. Scott Phillips, far left, was newly elected to Cedar City Council and Preston Griffiths was elected as Parowan's new mayor.

Cedar North Elementary

It was a combination of excitement and nostalgia as an open house on Aug. 10 preceded the opening of the new Cedar North Elementary School, on a site adjacent to the original North Elementary.

8



9

Chamber Honors

Mike Phillips was honored as Man of the Year, and Becki Bronson as Woman of the Year, by the Cedar City Chamber of Commerce on Jan. 19, at the Chamber's annual awards dinner.

Prominent Visitors

Many distinguished guests enjoyed coming to Iron County this past year. Two of the distinguished were Emmy-award winning CBS journalist Bob Schieffer, who was commencement speaker at SUU's graduation ceremony on April 28, and Grammy-Award winning singer Gladys Knight, who performed at SUU on Dec. 7.

The Iron County Today family also mourned the passing of Shirley Stahle, wife of Publisher R. Gail Stahle, on July 13. She was 79.

10



WEDNESDAY, JANUARY 3, 2018

PRESTIGIOUS PERFORMERS



COURTESY PHOTO

SOUTHERN UTAH UNIVERSITY'S WIND SYMPHONY will be part of the performance at the Honor Band Concert on Jan. 13.

Region wide Honor Band to perform on Jan. 13

by Tracy **SOLIMENO**
SUU College of Performing and Visual Arts

CEDAR CITY — Southern Utah University's Department of Music spotlights outstanding regional high school students in their annual SUU High School Honor Band Concert on Saturday, January 13, at 6 p.m. in the Heritage Center Theater. This prestigious group of performers auditioned and were selected for their performance quality, skill, and talent. Admission is free and open to the public.

The performance, given by the high school students with an introduction by the SUU Wind Symphony, will include Vesuvius, by Frank Ticheli, October by Eric Whitacre, Ecstatic Fanfare by Steven Bryant, and Liberty Bell March by John Philip Sousa. This diverse musical repertoire of driving rhythms and complex changes will both

challenge the students and delight the audience.

Dr. Keith Bradshaw, College of Performing and Visual Arts Associate Dean, composed the audition excerpt this year. Students then recorded

themselves and submitted the recording to be evaluated. Over 180 students from 18 schools applied this year with 126 students accepted. A variety of new schools will be represented including, Valley High School in Las Vegas,

Layton High School, and Northridge High School from North Davis County.

In preparation for the concert, the students will arrive early on Friday, January 12, to begin rehearsals. This all-day event includes a rehearsal led

and Director of Bands, will be conducting the Saturday concert. Dr. Lambert is an experienced trumpet soloist who has performed throughout the Midwest and has over 20 years of directing experience. He holds degrees in music education from Brigham Young University and a doctorate in trumpet performance from the University of North Texas. He is an active trumpet educator, performer, and clinician in both classical and jazz.

Dr. Lambert says, "This is the single largest recruiting event for instrumental music at SUU. Many of our incoming freshmen each year have participated in past honor bands. This performance will challenge these high school students, but after listening to their auditions, I'm sure they can handle it."

For more information on SUU's Department of Music, please visit www.suu.edu/pva/music.

"This is the single largest recruiting event for instrumental music at SUU"

— Adam Lambert, SUU

by faculty from SUU. Honor students are invited to an evening dance and an event called College 101 where they can panel existing SUU students about college life.

Adam Lambert, Associate Professor

Our second 'Nutcracker'

by Mary Anne **ANDERSEN**
Cedar City Arts Council



Some things are so singular that you know you will never forget them or have them become confused with other memories. Take our recent enjoyment of a production of the Nutcracker

Ballet. Not the Russian dance company that recently performed so exquisitely in the Heritage Theater, but one that occurred in the little community of Beryl.

The newly-minted Escalante Valley Arts Council set the formidable goal of producing the Nutcracker this Christmas season and then saw to it. The result was so heartwarming and charming that I will never forget it.

The venue was a small community center where the audience sat on folding metal chairs. The ceiling was hung with crepe paper streamers and a large sheet of blue plastic along the side of the room provided a sort of backstage area where the performers could wait their turns to go on, hidden from the audience view.

Tchaikovsky is Tchaikovsky, whether from a full symphony orchestra or a boom box set up in front of the stage. The music, then, was gloriously familiar, and I thought right away about the children being introduced to some of the great music of the world—a desirable result in its own right.

Herr Drosselmeyer was the producer's husband and the opening party scene consisted of the community children dressed in their Sunday best. Two young, handsome Hispanic boys kept peering



COURTESY PHOTOS

DELIGHTFUL COSTUMING, SETS AND PERFORMANCES highlighted the Escalante Valley Arts Council's production of 'Nutcracker.'

anxiously into the audience to try to spot their families, which distraction caused their partners to repeatedly guide them to their appropriate places. Clara and her brother quarreled over the nutcracker until he broke and had to be repaired.

Clara's dream began as the nutcracker's soldiers fought and defeated the mouse king's army. The king was dragged off the stage in a manner befitting his ignoble loss. The nutcracker, in a great hand-made mask, became a prince, and he escorted

Clara to a kingdom of candy.

They passed through a winter wonderland on the way, with pretty girls in white tutus dancing to the music with chorus. Clara and the prince took their thrones and the entertainment began. They watched a pretty Spanish dancer, two Russian dancers in great costumes, and a lithe Arabian dancer. The

Chinese dance was soldiers dispatching a Chinese dragon, a concept I've not seen before. And Mother Ginger was there!, with four little gingersnaps under her skirt. They cavorted about in typical 5-year-old fashion and I was charmed, especially with the little boy, who clearly knew he was a star. The Sugarplum Fairy role was danced en pointe by a beautiful young woman who had clearly received some training. She was every inch the star ballerina, tall and graceful.

We clapped to recognize the dancers at the curtain call, where the male gingersnap stood stage center and misbehaved until hauled off by a young girl (an embarrassed sister, maybe?) When the curtain was closed, a shout of jubilation came from the performers. They had actually pulled it off! We weren't the only ones who would never forget that evening.

Looking forward to my must-see movies of 2018

When you love movies as much as I do, opening weekends get written on next year's calendar alongside all the other important dates.

Of course, some opening weekends are more special than others. I'm particularly excited for a handful of the movies set to open in 2018, either because they're tied to something I already adore or just because they look really, really good. Though I'm sure you have your own, here's my list of movies I'm most looking forward to in the coming year.

"Black Panther"

Though I'm not looking forward to every Marvel movie on -- "Avengers: Infinity War" pt. 1 looks like its going to be an epic trainwreck -- but this one is shaping up to be a treat. Superhero movies work best when they're mostly about something else, and "Black Panther" is really a story of family, power and responsibility set against a royal backdrop. Add a fantastic cast -- including Chadwick Boseman himself, who was easily the best part of "Captain America: Civil War" -- and you have what may be the best superhero movie Marvel's pulled together yet.

"A Wrinkle in Time"

If you were a girl into science fiction (such as myself), "A Wrinkle in Time" was probably an incredibly important book for you growing up. It's pretty much the only title I can think of where a young girl is actually the one who saves the day, and it's incredibly

exciting that the novel's first big-screen adaptation will be helmed by one of the most exciting women in the business. The glimpses of Ava Duvernay's vision we've gotten in the trailers have been fantastic, and with Mindy Kaling, Reese Witherspoon and the indom-



**MOVIE
Beat**

by Jenniffer **WARDELL**
Entertainment Writer

It's impossible for me to overstate how much I adore heist movies

itable Oprah Winfrey as Mrs. Who, Mrs. Whatsit, and Mrs. Which, we can be sure we'll have excellent company on the adventure.

"Incredibles 2"

Kids are going to have a fight on their hands to get these tickets, because those of us who have been waiting since the original came out are seeing it first. Bob and Helen Parr, along with their kids, were the first superheroes for a lot of us. Though many more followed behind, neither Marvel or DC have ever been able to outclass the first family of superherodom.

The movie has been pushed up a year from its originally scheduled 2019 release, and though we don't know much about it filmmakers have said that it's set immediately after the original movie ended and it will be Helen's (aka Elastigirl's) turn in the spotlight. The trailers have also shown that the family finds out about Jack Jack's powers (which include a little bit of everything), which should make things even more fun.

Oceans 8

It's impossible for me to overstate how much I adore heist movies. I love every single thing about watching a group of talented criminals come up with an intricate, multi-part plan to steal either a ton of money or something shiny from a suitably arrogant rich person. This time it's Debbie Ocean, Danny Ocean's sister, leading a team planning to steal a very expensive diamond necklace from around an actress's neck at the Met Gala. There aren't nearly enough female cons in fiction, and with a cast this fantastic it looks like the heist will be a ton of fun as long as they can keep it sufficiently complicated.

WEDNESDAY, JANUARY 3, 2018

TOY SOLDIERS



THE MARINES BROUGHT CHRISTMAS TO A FAMILY IN NEED AGAIN THIS YEAR, with their annual Toys for Tots program, coordinated by Jeff Lennert. Two young boys from Cedar City were happily surprised when presents were delivered on Dec. 23.



PHOTOS BY COREY BAUMGARTNER



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Calendar

Wed, January 3

CEDAR CITY COUNCIL, 5:30 p.m., council chambers
AMERICAN SIGN LANGUAGE II CLASS, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughbred Way in Enoch, free, for more information call (435) 867-5558 ext. 113, or email instructor Larry Laskowski at larrylas@gmail.com.
TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN'S CRISIS CENTER, 7 to 8:30 p.m., Cedar City Aquatic Center, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.
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 at 2569 Freeway Drive between Rally Stop and the Travelodge. Rides available at no charge, leaving the Main Street Pavilion by the library at 11:30 a.m. and returning to same location after the meal. Look for the Sonrise Christian Fellowship van.
COLOR COUNTRY PICKLEBALL, 7-10 a.m., 155 East 400 South in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.
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.
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.
ENOCH CITY COUNCIL, 6 p.m., city offices.
THE ESSENCE OF PRESENCE. ECKHART TOLLE. ECKHART ENCOURAGES THE DEEPENING OF PRESENCE, just being here now, without unnecessary thinking. Let thoughts pass on their own. 7 p.m., a 25 minute video then casual discussion. Cedar City Library in the Park (Rare Books room), The Literary Club. More info from Manny at 435-559-3333.

ALCOHOLICS ANONYMOUS, 11 a.m. women-only meeting, noon Speaking from the Heart AA, 6 p.m. AA Misfits. The Meeting Hall, 1067 S. Main Street, Cedar City. More info at 877-865-5890.
ALCOHOLICS ANONYMOUS LUNCH BUNCH GROUP, noon, Cedar Bowling Center, 421 E. Highway 91.
AL-ANON HOPE FOR TODAY (FOR FAMILIES OF ALCOHOLICS), 7 p.m., the KKCB Meeting Hall, 1067 S. Main. More info at 435-531-1045.
NARCOTICS ANONYMOUS, 8 p.m., The Meeting Hall, 1067 S. Main. More info at 877-865-5890.
WATER AEROBICS CLASS, 9 a.m., SUU pool. Fun, uptempo workout to current pop hits. The class is medium to high intensity and includes full body toning. Can be modified to any fitness level. Perfect for those with knee, hit or joint injuries. Cost is \$2 which includes pool admission. Free trial class. More info from Allison at 435-327-2091.
CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m. Call 435-865-1387 for an appointment. Accepts Medicaid, Medicare and all private insurances.
SAGEBRUSH FIBER ARTISANS, the Cedar City area weavers and spinners group, 6:30 p.m., Visitor's Center, 581 N. Main Street, Cedar City. Free--no dues or fees
IRON COUNTY CONSTITUTION PARTY MONTHLY MEETING, 7 p.m., Cedar City Library in the Park.
CEDAR CITY MASONIC LODGE #35 MEETING, 7 p.m., 2120 W. Skyview Road.
COLOR COUNTRY NIGHTWRITERS MONTHLY MEETING, 7 p.m., Cedar City Library in the Park.
SOUTHERN UTAH ROCK CLUB MEETING, 6 p.m., Kimber Academy, 105 E. Altamira Drive, Cedar City. A club that brings together people who share a common passion for rocks, minerals, and jewelry making from Southern Utah and surrounding areas. For more information, visit www.southernutahrockclub.org

Sun, January 7

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.
COMMUNITY MINDFULNESS MEDITATION, 4 p.m., St. Judes Episcopal Church, 89 North 200 West, Cedar City. This is facilitated by Amber Gower. This is a guided meditation open to the public. It is non denominational and free to all looking for guidance in group meditation. Phone 435-590-4092 for more information.

Mon, January 8

COLOR COUNTRY PICKLEBALL, 7-10 a.m., 155 East 400 South in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.
IMMUNIZATIONS/WIC/VITAL RECORDS, 8 a.m. to 5 p.m., Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437.
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.
IRON COUNTY COMMISSION MEETING, 9 a.m., commission offices.
AMERICAN LEGION POST 74 IN CEDAR CITY, 6 p.m., Cedar City Library in the Park. Veterans of all services are welcome to attend.

Tues, January 9

AMERICAN SIGN LANGUAGE I CLASS, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughbred Way in Enoch, free, for more information call (435) 867-5558 ext. 113, or email instructor Larry Laskowski at larrylas@gmail.com.
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.
IMMUNIZATIONS/WIC/VITAL RECORDS, 1 to 5:30 p.m., 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.
COLOR COUNTRY PICKLEBALL, 7-10 a.m., 155 East 400 South in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.
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.
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.
WATER AEROBICS CLASS, 9 a.m., SUU pool. Fun, uptempo workout to current pop hits. The class is medium to high intensity and includes full body toning. Can be modified to any fitness level. Perfect for those with knee, hit or joint injuries. Cost is \$2 which includes pool admission. Free trial class. More info from Allison at 435-327-2091.
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.
CAREGIVER SUPPORT GROUP LUNCH, noon-2 p.m., Five County Aging Office, 585 N. Main St, Ste. 1, Cedar City.
CEDAR CITY TOP BAR HIVE BEE KEEPING ASSOCIATION MEETING, 7 p.m., Cedar City Library in the Park

Wed, January 10

CEDAR CITY COUNCIL, 5:30 p.m., council chambers
AMERICAN SIGN LANGUAGE II CLASS, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughbred Way in Enoch, free, for more information call (435) 867-5558 ext. 113, or email instructor Larry Laskowski at larrylas@gmail.com.
TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN'S CRISIS CENTER, 7 to 8:30 p.m., Cedar City Aquatic Center, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.
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ALCOHOLICS ANONYMOUS, 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.
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.
SOLUTIONS FOR LASTING SECURITY. VERNON HOWARD, Do you WANT to find life a certainly in 2018? Abandon OLD unworkable ways and be receptive to THE NEW! A 25 minute video then casual discussion. 7 p.m., Cedar City Library in the Park (Rare Books room). The Literary Club. More info from Manny at 435-559-3333.

Thurs, January 4

AMERICAN SIGN LANGUAGE III CLASS, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughbred Way, Enoch.
NAMI BRIDGES & FAMILY TO FAMILY CLASSES (FREE), 7 P.M., Southwest Behavioral Health Center, 245 East 680 South, Cedar City. To enroll, call Robert (435) 590-7749 or Rosie (435) 590-0880.
CEDAR CHEST QUILTERS' GUILD, 10 a.m., Cedar City Senior Center, 489 East 200 South.
COLOR COUNTRY COMMUNICATORS, Cedar City Toastmasters, 7 a.m. 86 W. University Blvd. Find your voice. Shape your future. Be the leader and speaker you want to be.
IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Dept., 260 E. DL Sargent Drive, Cedar City. Call 435-586-2437 with questions.
COLOR COUNTRY PICKLEBALL, 7-10 a.m., 155 East 400 South in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

Fri, January 5

COLOR COUNTRY PICKLEBALL, 7-10 a.m., 155 East 400 South in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.
IMMUNIZATIONS/WIC/VITAL RECORDS, 8 a.m. to 5 p.m., 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.
INFORMED WOMEN OF AMERICA, 11 a.m., Cedar City Library in the Park.

Sat, January 6

YEAR ROUND FARMERS MARKET, every Saturday rain or shine, 9 a.m. to noon in the parking lot across from Pastry Pub. Local vegetables, greens, fruit, herbs, baked goods, artisan cheese, live plants, flowers, jams, raw honey, farm fresh eggs, and more. Also every Wednesday, same location, 4 to 7 p.m.
SATURDAY MARKET, 9am-1pm every Sat. @ IFA, 905 S. Main. Good weather outside - bad weather inside. Farmers with vegetables, fruits, eggs, honey, baked goods & breads, meats, tamales, food vendors, hand-crafted items including soaps, lotions, jewelry, clothing, home décor and gifts for all ages. For more info call 435-463-3735.
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.



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People

80th Birthday



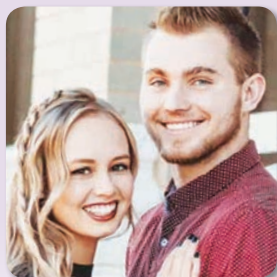
Jess Prisbrey

The Prisbrey girls are pleased to host a surprise 80th birthday party for Jess Prisbrey on Saturday, January 6 at the Kanarrville Town Hall from 1 to 3 p.m. We invite you to join us in celebrating Jess' first 80 years!

Wedding

Peterson-Ware

Craig and Holly Peterson are pleased to announce the marriage of their daughter, Caitlin McKell to Kaleb Quentin Ware, son of Curtis and Melissa Ware and Melissa Johanson. The couple will be married January 5th in the St George LDS Temple. A reception will be held that night in Cedar City from 6-8 p.m. at the Heritage Park LDS church building 290 West 1045 North. Kaleb and



Caitlin will reside in Cedar City where they will continue their studies at SUU.

Mission



Elder Judd

Elder Tyler Zadok Judd has been called to serve in the Chile, Vina Del Mar mission. He spoke on December 31 in the Homestead 1st Ward. He will be reporting to the Mexico MTC on January 9, 2018. He is the son of Jesse and Tamara Judd.

Virtual Competition

We all have that one friend whose life could be a Hallmark movie. She spends her days organizing family sing-a-longs, has slow-motion snowball fights, and she snuggles with her family by the fireplace, drinking cocoa and wearing matching pajamas. The Golden Retriever has a matching neckerchief. And the toddler doesn't spill hot chocolate on the white, plush velvet couch.

This woman is too amazing to hate. I imagine she cries one beautiful tear that rolls slowly down her cheek as she ponders her incredible existence. The soundtrack to her life would be all violins and cellos.

My life's soundtrack is basically a record scratch. So how do I know this perfect woman with her perfect hair and her perfect family and her perfect life? I follow her on social media. (Stalking is such a harsh word.)

She posts pictures of her family cheerfully eating dinner that didn't come from a freezer box, or shares a video as she dances out the door in a slinky red dress that she's wearing to a charity event where she'll donate her time to help orphaned goats in Uzbekistan.

I've never owned a slinky red dress. I've never saved orphaned goats.

This woman has a circle of friends that travel to spa retreats and spiritual workshops. I imagine them talking on the phone, laughing at the extraordinary circumstances that allowed them to live on this planet with such good fortune.

My friends need to ramp up their game.

Her Instagram feed is an advertisement for excellence. Her children willingly pose for family photos, her redecorated bathroom (that she did for less than \$50) is chic and stylish.

My family photoshoots turn into a fistfight, and my effort at redecorating my bathroom consisted of a sloppy repaint in a color that was supposed to be "seafoam green," but looks more like "hospital lunchroom."



Life & LAUGHTER

by Peri **KINDER**
Columnist

Her LinkedIn profile. . . (Okay, I admit it. This sounds suspiciously like stalking.) Her LinkedIn profile is a list of accomplishments that makes me wonder if she has a body double. She sits on charity boards (hence, the Uzbek goats), founded her own company and has won several awards.

It took me three weeks to write a LinkedIn profile because I had nothing to say. Good thing I have experience in creative writing.

One day, by sheer coincidence, I met this woman. Well, I didn't meet her. I eavesdropped on a conversation she was having. (Stop judging me. Everyone eavesdrops. Right?)

I heard her say her divorce was almost final. I heard her express concern about her teenage son. I heard her say she was struggling. What I really heard was that her life was messy.

Finally. Something I could relate to. My life is messy, too!

I was instantly ashamed. I realized I'd made up a completely inaccurate story about this woman based on snapshots of

happy moments; single instances in time that she shared with the world.

How much do we not share with the world?

Social media has destroyed the self-esteem and confidence of more women than the Sports Illustrated Swimsuit Issue and Beyonce combined. We spend hours scrolling through posts, videos, photos and updates that make our heads swim with inadequacy.

We often succumb to the "Why bother?" attitude and medicate ourselves with bags of hot Cheetos.

I challenge someone to create a social media page where no filters are allowed. Everything must be real and honest and messy. Our lives don't have to be Hallmark movies, but it's about damn time we realized we're already enough.

Senior Driver Safety: Reducing Risks for Over-65s

There's no doubt that as we get older, our deteriorating health makes us a risk to ourselves and others on the road. In 2010, senior drivers were involved in 6,060 motor vehicle crashes which resulted in 2,926 injured persons and 42 deaths, according to the Utah Department for Public Safety. And nationally, the CDC states that the risk of being injured or killed in a motor vehicle crash increases as people age. However, driving becomes an ever-more valuable means to retain independence in later life. By maintaining our mobility, we can keep active and preserve life-long routines.

So what can be done to reduce the risks of driving for seniors? Let's look at the support available in Iron County.

Laws of the Land

Utah state law has the following precautions in place:

» Regardless of age, licenses must be renewed every five years

» Starting at the age of 65, drivers must take a vision test with each renewal

» A medical evaluation may be required at the time of renewal if there is concern over a medical condition that may interfere with driving

» A DMV reexamination is undertaken when a person's driving skills are called into question due to the driver's physical or mental condition, or their driving record

» A restricted driver license may be imposed e.g. eyeglasses must be worn at certain times, or driving is restricted between sunrise and sunset

Extra Measures

There are extra things we can do to ensure the safety of senior drivers. If you are a senior driver, be aware of

the possible warning signs that may make driving more difficult, such as getting lost in areas you once knew or an inability to read traffic signs. You may need to be more cautious when driving: plan your route well ahead and only drive in good conditions. And it may be prudent to refresh your skills by attending a driving course, such as that provided especially for seniors by AARP in Cedar City.

If you are concerned about an elderly relative or friend who drives, it's important to discuss the issue with them. Alternatively, you can confidentially report an unsafe driver under Utah state law.

Read the tips in this insightful article to ensure you are fully aware of what to look out for and how to handle the issues of driving for seniors, whether for yourself or for a loved one.



The New Year Shuffle



The Rut LESS TRAVELED

by Corey BAUMGARTNER

It's 2018 and the New Year's resolution dance has begun. Some will leap and soar, while some may hop and flop to the floor. Others may seem to be more content simply shuffling through the new year than attempting the tango. Perhaps because 2017 seemed more like a disaster than a dance—where more than toes got stepped on. Maybe it was a war, or a chariot race of choices; played out in epic Ben-Hur style—only instead of thrilling victory, you feel like you got ran over by the chariots; perhaps your own.

Have any of us decided not to make any resolutions for 2018 because past perils have taught us that they never work or last long enough to see real results anyway? Why do great choices and changes seem easier to make than to keep? Why do the choices to better ourselves usually fall by the wayside, often before January even ends? Is there no inspiration in our resolutions? Is there no perspiration or devoted desperation in our goal-getting gumption?

I would suggest that if this is your case, it's not your lack of gumption, but your assumption that you are not capable of becoming, or achieving greater things in life. Your resolutions should lead to revolutions—to causes that make you better than you are now. If they don't then you will lack the necessary power, patience and persistence to push yourself beyond the initial inception to

Goals and resolutions are about direction, not perfection

the victorious conception. You may become too content with life and choose to fall in line with other New Year's martyrs who couldn't muster the mustard to commit and change their heart and lifestyle beyond 12:01 A.M., January 1st, 2018.

Here's the good news. You don't have to be perfect on January 1st or on December 31st, 2018. Goals and resolutions are about direction, not perfection. Continue striving to lengthen your stride. Give yourself credit for getting out of bed each day and then trying to do your best in accomplishing one thing that makes the world a better place because you got up instead of giving up.

No, maybe you can't run as far, or fast as you did in years past. Maybe you don't have to still be happy and successful. Maybe you can't reach as high, or accomplish everything on your to-do list. Don't let it cause a kerfuffle and ruffle your feathers if you stumble, or fall now and then.

Should you stumble and fall in 2018, be nicer to yourself. Pick yourself up and dust yourself off and try again. Don't kick yourself while you're down thinking that you must wallow on the ground in misery until January 1st, 2019. Don't wait for a new year, or a new day. Begin making the commitments and changes right now. If you stumble and tumble tomorrow, then rigorously repeat the above process. Keep reaching. Keep doing. Keep becoming. Because 2018 is your time to tango with destiny.

Schools

NEWS Nuggets

Compiled by Le Ann WOOLSTENHULME
Iron County School District

Editor's note: Due to our early production schedule last week, News Nuggets came in to our paper after we'd gone to press. So here's a recap of last week's Nuggets, which should resume next issue once school is back in session

Canyon View Middle

On Wednesday (Dec. 20), CVMS celebrated the end of 3rd quarter with a Teacher vs. Student basketball game. Teachers brought their A game and it paid off. They beat the student team by 2 points. A huge thank you to all of the teachers who participated and Mrs. Mary Saylor who organized the game.

8th grade students ended the quarter with a Cougar Café. Students created a restaurant menu using specific parts of speech then made an item from their menu to present to a group of their peers. Students went all out on their dishes and had some pretty spectacular presentations. Good job to all who overcame their speaking fear and presented!

3rd quarter began on January 2nd and ends on March 7th. Looking forward to a successful 2018.



North Elementary

North Elementary's school improvement plan was approved by the Iron County School Board at their regular meeting held on December 20. Here are some highlights of the plan:

Evidence-based instructional strategies will be practiced

and implemented throughout the school. These include the highly-effective strategies of feedback, metacognition, and Tier 1 reading instruction. Teachers will work diligently to help students understand instructional objectives and how they're doing in learning them. Students will also use data notebooks to track their learning progress and set goals (with their teachers and parents) on how to constantly improve their performance.

North Elementary will also work to improve instructional team collaboration and will strive to improve our expectations of and belief in student achievement. We believe that if we follow these guidelines, and with lots of support from our parents and friends, we can make great progress again this year!

South Elementary

We would like to thank Mr. Robinson and Mr. Duncan, from the American Legion, for visiting our 5th grade classes and thanking them for singing at the Veteran's memorial program last month.

We would also like to take this opportunity to wish all the wonderful people in our South Elementary Community a Merry Christmas and a wonderful New Year. Thank you for all that you do for our school.



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Steps for a happier life in 2018



Kathy's CORNER

by Kathleen RIGGS
Utah State University Extension

So, how was your Christmas? Was it stressful to be around family and friends or did you actually enjoy spending time together? The holidays may have been joyful or perhaps you think some help and intervention may be needed before the next gathering. According to family life specialists at Utah State University, following three basic steps can not only lead to a happier life for you personally but can also promote happier relationships as well. The information below is taken directly from the USU Factsheet, "Three Steps for a Happier Life" available at: https://digitalcommons.usu.edu/extension_curall/1779/.



THINKSTOCKPHOTOS

Step 1- Notice the good in every day: Past, Present, and Future.

PAST: Taking a deep look into the past can often bring up painful, depressing, or other uncomfortable emotions. Whatever the feeling attached to these memories, they are the experiences that made you, you. What did you learn from those experiences? How did they shape you into who you are now? How are you a stronger person because of those experiences? Re-labeling is a powerful tool for finding the good in the past. Take a negative experience, think about the above questions, and find the positive in the situation. USU's Dr. David Schramm further suggests forgiving someone who has wronged you can be worth working through the challenge to so. He suggests using the five-step process for forgiving others developed by Dr. Everett Worthington which uses the acronym REACH:

R- Recall the hurt: In order to heal, you need to acknowledge you have been hurt and make the decision to fully forgive.

E- Empathize: Try to understand why whoever hurt you, did what they did.

A- Altruistic gift: Remember a time when you transgressed and were forgiven.

C- Commit: Write a note of forgiveness, or forgive

publicly.

H- Hold onto forgiveness: Remind yourself that you have decided to forgive, reread notes of forgiveness when feeling doubt.

PRESENT: One of the best ways to be optimistic about the present is to keep a journal. Writing down positive experiences often leads to increases in overall happiness. At the end of the day, take time to write down three things you were grateful for that day, or something that went well that day (Goddard & Marshall, 2013). This helps keep the mind focused on the positives of each day.

FUTURE: Be optimistic about the future. Optimism and hope not only buffer against depression when negative events occur, but they are related to higher performance at work, and better overall physical health (Seligman, 2002). A continual optimistic view will help you battle whatever challenges come into your path.

Being optimistic does not come naturally to most of us. It requires courage to face the future, accepting what you can't change and controlling and/or dismissing the urge to think, "But what if" which tends to move our thinking to negative possibilities.

Step 2- Find and use your strengths. We all

have our quirks and personalities that make us unique and valuable people. Recognizing and using our individual strengths will help us live joyfully, be more productive, and continue to progress. One way to identify your strengths is to take a free strengths test, available at www.authentic happiness.org.

Step 3- Make time for service. Serving others is an important part of a happy life. For many of us, we either think we are too busy to serve others or we fail to think about it at all. However, service doesn't need to be a large activity to be meaningful. Even being the recipient of service yourself can allow service in return by simply expressing a "Thank you." If you are having trouble thinking of ways to serve, there is a website designed to help people become involved in service, www.justserve.org was developed to help people find ways to serve in their community according to the amount of time they have to do service.

Best of success to you as you envision a better tomorrow and a brighter, happier 2018.

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

Obituaries

Dillon Emmett Stein



The world became a darker place December 23, 2017 when Dillon Emmett Stein, 25, of Beaver passed away unexpectedly.

Dillon was born July 29, 1992 in Cedar City to Danielle Barr and Mark Stein. From day one he was a joy to all who knew him, a sensitive and caring soul who was easy going and enjoyed making people laugh and laughing with them. He loved to camp, fish, hunt and any other activity involving the outdoors.

Dillon was always very creative. Music was one of his great loves and going to concerts with friends and family brought

him great joy. He believed that music speaks to people on so many levels and it's up to the individual to determine if the effect is positive or negative.

Seeking out a career with Circle 4 Farms, Dillon was hired two days prior to his graduation from Parowan High as a herd technician. His employment continued, aside from a few months in 2015, until his passing.

Two years ago Dillon met Ana, whom he loved with all his heart. He spoke of their future together often and he was smitten by her.

Dillon is survived by his mother Danielle Marshall and father Mark Stein. His sisters, Morgan Sharp and Jayla Stein. Brothers Braeden Stein, Jason Marshall and Mat Marshall. Also survived by grandparents Jessie and John Laggis, Jerry Campbell and Adeline Stein. He is also survived by many loving aunts, uncles and cousins.

Dillon was preceded in death by his grandmother Barbra Campbell. Earlier this month, Dillon's cousin and best friend Cody Marshall also passed suddenly. May they be there together to greet their loved ones on the other side.

Memorial services were held Saturday Dec. 30 in the Grace Christian Church in Parowan beginning at 2 p.m. The service was informal as to align with Dillon's amazing personality. Arrangements were handled under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

SUU COLLEGE OF
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SOUTHERN UTAH UNIVERSITY

UPCOMING EVENTS

ART INSIGHTS: BECCA CLASON
Southern Utah Museum of Art
January 11 at 7:00 p.m.

**SUU HIGH SCHOOL
HONOR BAND CONCERT**
Heritage Center Theatre
January 13 at 6:00 p.m.

**SUU HIGH SCHOOL
HONOR CHOIR CONCERT**
Heritage Center Theatre
January 20 at 2:00 p.m.

ART INSIGHTS: SAM CHUNG
Southern Utah Museum of Art
January 25 at 7:00 p.m.

**TRIOS FOR TWO:
SATELLITE SALON SERIES CONCERT**
Thorley Recital Hall
January 27 at 7:30 p.m.

www.suu.edu/pva

Multiple athletic staff promotions at Southern Utah

by **SUU ATHLETICS STRATEGIC COMMUNICATION**

For Iron County Today

CEDAR CITY — The Southern Utah Department of Intercollegiate Athletics and Athletic Director Debbie Corum have announced a number of promotions made to the administrative staff.

“One of the things that was so wonderful about being Interim Athletic Director for over five months was that I had the opportunity to watch people in the department, watch their work, watch their passion for SUU and so this was an easy choice for me to decide that we wanted to elevate these people,” Corum said. “I look forward to continue working with them. We’re going to continue to be very diligent in trying to make SUU be the best athletic program it can possibly be, and we’re going to strive to do our best everyday, and these are people I know have that same drive and passion.”

After serving as the head of the strategic communication department for well over a year, Chanel Barnes has moved into a role as the department’s Assistant Athletic Director for Student-Athlete Engagement and Senior Woman Administrator. In her new role, Barnes oversees the various women’s sports programs at Southern Utah University, while ensuring the

department complies with Title IX rules and regulations. Barnes also oversees all student-athlete community service, the Student-Athlete Advisory Committee (SAAC), and serves as the sport supervisor for the women’s basketball, softball, track & field, and cross country teams.

Frank Pucher has

been promoted from Associate Athletic Director for External Affairs to Deputy AD for External Affairs. In this role, Pucher will continue to oversee both the development and marketing wings of the SUU athletic department, but will focus more on creating increased sponsorship opportunities.

Dan Moyer has been promoted from Assistant Athletic Director for Administration to Associate AD for Internal Operations/Student-Athlete Welfare. In this role Moyer will have more responsibilities when it comes to monitoring the needs of the student-athletes and making sure their training and nutrition is handled properly. Sports medicine, strength training, nutrition and insurance will all be overseen Moyer.

Replacing Barnes as the head of the strategic communication department will be Bryson Lester, who will fill in the Director of Strategic Communication role. Lester will oversee the communication between the department with local, state and national media. He will also serve as the primary contact and Sports Information Director for Southern Utah’s football, men’s basketball and golf programs.

CLASSIC CRUISE



CANYON VIEW BASKETBALL STAR BRANTZEN BLACKNER led the Falcons to a 69-40 rout of Carbon at the Steve Hodson Cancer Classic.

JR ROBINSON

“I look forward to continue working with them”

— **Debbie Corum, SUU Athletic Dir.**

CV boys rout Dinos in Classic opener



Cyn. View

69



Carbon

40

by Tom **ZULEWSKI**
Iron County Today

After getting bottled up and held to half his average in an opening Region 9 loss to Hurricane, Brantzen Blackner took out his scoring frustrations on the Carbon Dinos in the opening game of the Steve Hodson Cancer Classic.

Blackner rebounded by scoring 35 points and drilling four 3-pointers in Canyon View’s 69-40 rout over the Dinos on Dec. 28

at the Falcons’ Nest. CV outscored Carbon – one of its former Region 12 rivals – 20-6 in the second quarter to take a 28-12 lead at the break.

The Falcons would put the win away with a 22-12 fourth-quarter run and improve to 3-7 overall. Mason Lyman added 10 points for the Falcons, who played the first of three games at the ninth-annual holiday tournament.

Due to an early holiday deadline, a full recap from the Classic will be available in the Jan. 10 print edition.

HIGH SCHOOL Basketball

Redmen hold off Tigers

by Tom ZULEWSKI
Iron County Today

After enduring an 18-point loss on its home floor to start Region 9 play, the Cedar Redmen knew adjustments – and a good break from basketball for the holidays – were necessary.

In its second game of the day at the Steve Hodson Cancer Classic on Dec. 28, the Redmen put together a good mix of long-range shooting and defensive stops down the stretch to put themselves back in the win column.

Freshman Dallin Grant scored 15 points and Ethan Boettcher hit four 3-pointers as part of a 13-point night to help Cedar get past Ogden 52-42 on the home floor to improve to 5-5 on the season.

“We shot too many contested shots, but we finished,” assistant coach Tyler Monks said. “In our region game (against Desert Hills), we got out of what we wanted to do as a team. We’re young and some of the pressure teams

have given us has caused trouble, but we’re learning, and that’s what these preseason games are about.”

After the visiting Tigers (1-7) got a 3-pointer at the first-quarter horn to pull into a 16-16 tie, it would be all Cedar after that. When Boettcher hit a triple just before the halftime horn, the Redmen built their lead to 33-22 at the break.

“To be able to stretch the floor like he has, he’s so hard to guard,” Monks said of Boettcher. “Defenders have to almost front him, and it helps other people get open.”

Ogden got 22 points from Keon Berghout, but never led in the second half. The Tigers got within six at 48-42 with 1 minute, 20 seconds left and made only 4 of 9 attempts at the free-throw line.

In its opening game of the Classic, Cedar fell 50-48 to Panguitch in overtime. Grant led the Redmen with 12 points, and Alec Jacoby just missed a double-double, finishing with nine points and 10 rebounds.



Cedar
52



Ogden
42

Ogden	16	6	8	12	--	42
Cedar	16	17	8	11	--	52

Ogden - Knowles 8, White 2, Berghout 22, Jones 1, Richards 5, Cochran 4. Totals 17 4-9 42. 3-pointers - Knowles 2, Berghout 2.

Cedar - Carpenter 3, Grant 15, Boettcher 13, Jacoby 2, Tebbs 6, Eyre 5, Clark 8. Totals 15 15-19 52. 3-pointers - Boettcher 4, Tebbs 2, Eyre 1.

“...we’re learning, and that’s what these...games are about”

— Tyler Monks, Cedar assistant coach

Redmen with 12 points, and Alec Jacoby just missed a double-double, finishing with nine points and 10 rebounds.

PAROWAN'S PORTER WOOD GOES IN FOR TWO against San Juan on Dec. 28.



JR ROBINSON

Lady Reds shut down Hawks

by Tom ZULEWSKI
Iron County Today

The Cedar Lady Reds had just about everything working for them in their opening game at the Steve Hodson Cancer Classic on Dec. 28. When the defense was wreaking havoc, it led to easy baskets on the offensive end and left the North Sanpete Hawks wondering what hit them.

Freshman Logann Laws led the way with 11 points, and Cedar routed North Sanpete 49-7 for its sixth win in the last seven games. The Lady Reds held the Hawks to just two field goals – one in the first quarter and the other in the fourth – as they improved to 6-2 on the season.

“We were pleased with our defense,” Cedar head coach Corry Nielson said. “We

got a lot of easy baskets and converted quite a few turnovers. All 15 girls played hard, but I wasn’t pleased with the execution of our plays.

“For us to continue to be a good team, we’re going to have to execute better.”

Cedar held North Sanpete off the board completely in the second quarter, stretching the lead to 32-2 at the half and allowing his bench to see plenty of playing time after the break. In total, 10 different players found their way onto the final stat sheet.

For the game, the Lady Reds attempted only two free throws, making both. When asked about his team’s performance, Nielson said “I don’t think I’m

going to watch the film. The things that happened in this game won’t happen in region play.”



Cedar
49



N. Sanpete
7

N. Sanpete	2	0	3	2	--	7
Cedar	14	18	11	6	--	49

N. Sanpete - Sarah Oldroyd 2, Eliason 3, Beckham 2. Totals 2 3-12 7. 3-pointers - None.

Cedar - Brower 2, Davis 7, Fielding 2, Henkel 8, Laws 11, Sage Oldroyd 4, Shoop 4, D. Weaver 5, Williams 2, Pickett 4. Totals 23 2-49. 3-pointers - D. Weaver 1.

Broncos too much for Rams

by Tom ZULEWSKI
Iron County Today

The Parowan Rams were able to keep pace with the San Juan Broncos through much of the first half at the Steve Hodson Cancer Classic on Dec. 28. By the time the second half began, the Broncos had an answer for every Ram challenge and pulled away to the win.

Jaden Torgerson led the way with 11 points and San Juan survived a late surge for a 50-40 victory over Parowan on the opening night of the three-day holiday tournament at the Canyon View gym.

The Broncos (4-3) led 27-17 at the half, but went into a four-minute scoring drought to start the third quarter. Parowan (1-8) scored six points in the stretch to trim the lead to four, but Torgerson helped San Juan counter with a 9-0 run to push the margin back to 13 at 36-23 heading to the fourth quarter.

Parowan would respond again in the final eight minutes, but couldn’t get any closer than four points the



San Juan
50



Parowan
40

San Juan	10	17	9	14	--	50
Parowan	9	8	6	17	--	40

San Juan - Pemberton 4, Ivins 8, J. Torgerson 9, Eldredge 2, Pugh 8, Nielson 6, Perkins 2, Ja. Torgerson 11. Totals 20 4-4 50. 3-pointers - J. Torgerson 1, Pugh 2, Nielson 2, Ja. Torgerson 1.

Parowan - Bassett 12, Stubbs 8, Miller 10, Wood 10. Totals 17 4-6 40. 3-pointers - Bassett 1, Wood 1

rest of the way.

Trevor Bassett led the Rams with 12 points in the loss, while Porter Miller and Porter Wood chipped in with 10 apiece. The two teams combined to shoot just 10 free throws total in the game.

Stallions run past Falcon girls at Classic



by Tom ZULEWSKI
Iron County Today

The Falcons continued play at the Classic through Dec. 30 and due to an early deadline, a full recap will be available in the Jan. 10 print edition.

The Canyon View Falcons got off to a slow start and saw its brief two-game winning streak come to an end as they dropped a 51-32 decision to Stansbury Dec. 28 in the opening game of the Steve Hodson Cancer Classic.

CV (3-6) trailed 18-6 after a quarter to the visiting Stallions and never fully recovered. The Falcons scored just two points in the second quarter and made only 6 of 17 from the free-throw line.

Bryn Banks led Canyon View with 10 points and six rebounds in the loss.

	Cyn. View 32
	Stansbury 51



JORDAN NIELSON OF CANYON VIEW DRIVES THE LANE in the Dec. 28 game against Stansbury.

JR ROBINSON

Trying our best for 2018

Although these words are being written before the calendar turns to 2018, there's always reason to feel optimistic as a new year begins. Here is my personal wish list for ways the sports world can give us all a little more to cheer about.

» **Reducing the number of bowl games in college football is a great start.** There were a total of 41 games (including the "playoff" semifinals that happened New Year's Day) played since Dec. 16. Of course, predicting the winners for anyone involved in a pool is next to impossible.

If the number of bowl games grows any more for this year and beyond, we may reach critical mass. Next stop: sports apocalypse.

» **SUU grad Miles Killebrew is living the dream in the NFL.** Playing football on Sundays is awesome, but playing for the Detroit Lions may not be all it's cracked up to be.

In his rookie year, Killebrew, a fourth-round draft choice, made the playoffs in 2016. With a loss at Cincinnati in Week 16, the Lions failed to qualify for the 2017 playoffs and Jim Caldwell's future as head coach is very much in doubt.

Killebrew has finished the second year of a four-year contract that pays him around \$750,000 a season. He's playing for an organization that's won exactly one playoff game in the last 60 years (1991) and hasn't won a division title since 1993.

On the positive side of things, at least Detroit has made the playoffs 12 times since its last NFL title in 1957. It could always be much worse.

When it comes to the Super Bowl, the Lions are one of only four teams that haven't played in the NFL's ultimate big game. Jacksonville and Houston are on the list, but they have a somewhat-valid excuse in they've been around for less than 25 years – the Jaguars arrived in 1995 and the Texans came into the league in 2002.

But the fourth team on the no-Super-Bowl-for-you group is one that's just plain awful. As of this writing, the Cleveland Browns were on the verge – and very likely since they were scheduled to play their final regular-season game at Pittsburgh against the Steelers on Dec. 31 – of joining the Lions as the second NFL team ever to have a winless 0-16 season.

The futility and all-around ugliness goes back a lot further than that.

Once 0-16 is secured, the Cleveland Browns will have won four games – in the last three years. Since the organi-

zation returned from a three-year exile in 1999 after former owner Art Modell moved the old group to Baltimore, the Browns have had two winning seasons – 9-7 with the only playoff appearance in 2002, and 10-6 in 2007.

When the Lions went 0-16 in 2008, they drafted a quarterback out of Georgia named Matthew Stafford. He's led the team to three playoff trips since he arrived. The Browns don't have an impact player coming down the line, even a rumored one.

And that's a big reason why Miles Killebrew can count his blessings. Good things really do take time and are always worth fighting for.

» **For all the positivity of the preseason, the SUU men's basketball team** got a jolt of reality that smacked them squarely in the face Dec. 28. They got Big Sky play started on the wrong foot with a 104-99 home loss to Montana State, its first of the season in six games.

Yes, the Bobcats got their revenge



RANDOM Thoughts

by Tom ZULEWSKI
Sports Writer

It will be a long road ahead for the faithful, a cautious one for the skeptical.

for the first-round loss at last year's tournament, but a bigger problem may be emerging.

When you can't stop teams on the defensive end, all the scoring in the world won't make any difference. The T-Birds allowed two Montana State players to have 30-point nights – Tyler Hall with 36 and Harald Frey with 30 – and the pair combined to make 12 of the team's 14 3-pointers.

To date, SUU's lowest point total allowed has been 68, and that came against two NAIA programs – Benedictine Mesa and San Diego Christian. With the way things have gone against everyone else, look for more shootouts similar to the one that happened Thursday.

It will be a long road ahead for the faithful, a cautious one for the skeptical.

Follow Tom Zulewski on Twitter @ TommyZee81 or email tominator19@yahoo.com.

FREE Classifieds

WEDNESDAY, JANUARY 3, 2018

Limit of 2 ads per person and phone number, 30 words per ad. Charges apply for any additional words over 30 and for "help wanted" and "services" categories.

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2 Weeks \$.12/word - 30 Words - \$7.20. More than 30 words - \$.12 per word.

3 Weeks \$.10/word - 30 Words - \$9.00. More than 30 words - \$.10/word.
4 Weeks \$.10/word - 30 Words - \$9.00. More than 30 words - \$.10/word

Submit your classified ads at www.ironcountytoday.com or fax them to 867-1866 or call 867-1865 ext. 1.

DEADLINE TO PLACE ADS IS FRIDAY AT NOON

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AUTOMOBILES

1994 MUSTANG WITH 302. Good tires. Black. \$2,300.00/b.o. See on Main St., Enterprise. Call Danny 480-469-3222.

1995 TOYOTA COROLLA RUNS good great MPG (around 40) 4 cyl 5 speed 289,000 miles \$600 obo Call Ken (435)867-0186 or text (435)267-6614

2006 SEBRING CON'V. LOTS of recent work done. Runs great. Passed inspection/ everything works great. Take it to your mechanic. \$4,250/OBO. Many Fwy miles. 805-712-8425 Chuck. See at 409N. 100 E.

2006 TOYOTA TUNDRA SR5 truck. Black with tan interior, 2wd, automatic, 130,000 well maintained miles, very good condition, cruise, tilt, power windows, seat. Asking 10,500 OBO. text for pics 435-319-5928

FOR SALE

1997 RED FORD EXPLORER. Asking \$2,500.00, obo. In good condition, paint/ interior/motor. Runs good. 150,000 miles, V8. Tow package. 435-865-2820 ask for Jerry or leave message.

GOLD JEWELRY: "#1 GRANDMA" - \$10, "Best Mom"- \$15, & a gold Crucifix -\$20. Please call 435-868-8074.

OLD MASON TIE TACK & Old NRA Lapel Pin: \$5/ea. Please Call 435-868-8074.

POTHOS PLANT \$30.00/EACH. BEAUTIFUL! Exotic Angel: \$10. Other plants call to see. 435-590-8063.

PRINTER, ONLY USED ONCE: \$15.00. Woman's Small/Medium Black Leather Jacket/80's. Great Condition! \$20. 435-590-8063.

GE DISHWASHER, ABOUT 22 years old. Works well, Cream color. \$15. 435-590-9792.

CLASSIC FUJI - G690 CAMERA SYSTEM: 120/220 Film-6x9 CM (2-1/4"x3-1/4") Negatives/Transparencies: 2 G690-RF Bodies 2/100MM Lenses +65MM W.A. &180MM. Lenses both w/original Fuji viewfinders, case. All Mint Condition. \$1,350. 435-383-3099

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FIREWOOD - EXCELLENT QUALITY pine firewood. Split and delivered for \$150/cord. Call 435-592-4969

1999 COACHMAN ROYAL TRAVEL trailer. 31 ft. bumper pull w/pop out. Good condition, everything works. \$5,500/obo. Call 435-592-4969

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QUEEN SIZE HYATT GRAND Bed II Euro pillow top mattress. Excellent condition! Purchased 4 years ago for \$1400. Too firm for my back. Asking \$350. OBO! Text Bob 435-319-5928

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CEDAR CITY REALTY LLC Call for a free professional broker opinion and market analysis for your home, business, or property. No fees or obligation. William G. Davidson. Principal Broker. Lic#10554105-PB00 wgdavidson45@gmail.com 435-212-1416.

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LEGAL NOTICES

SUMMONS
IN THE SIXTH JUDICIAL DISTRICT COURT OF KANE COUNTY STATE OF UTAH

SUMMONS
Case No. 174600045
Judge Wallace A. Lee

GORDON RAY MILLIGAN,
Petitioner,
v.
TANYA MARIE MILLIGAN,
Respondent.

THE STATE OF UTAH TO THE ABOVE-NAMED RESPONDENT:
Tanya Marie Milligan

YOU ARE HEREBY SUMMONED and required to file an Answer in writing to the Verified Petition for Divorce filed on October 11, 2017 in the above entitled matter. Your Answer must

LEGAL NOTICES

be filed with the clerk of the above-entitled court at 76 North Main Street, Suite 2, Kanab, Utah 84741, telephone number (435) 644-4600. You must also serve upon or mail to Petitioner's Attorney, Bingham Snow & Caldwell, LLP, at 253 West St. George Blvd, Ste. 100, St. George, Utah 84770, a copy of said Answer within thirty (30) days.

If you fail to do so, judgment by default will be taken against you for the relief demanded in said Verified Petition for Divorce, which has been filed with the clerk of said court.


DATED this 15th day of December, 2017.
/s/ Chantelle M. Petersen
Chantelle M. Petersen, Bar No. 16134

Bingham Snow & Caldwell, LLP
Attorney for Petitioner
253 West St. George Blvd, Ste 100
St. George, UT 84770
Telephone: (435) 656-1900
cpetersen@binghamsnow.com

ICT #0022
Published December 20 & 27, 2017 & January 3, 2018
Iron County Today

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Comics & Puzzles

WEDNESDAY, JANUARY 3, 2018

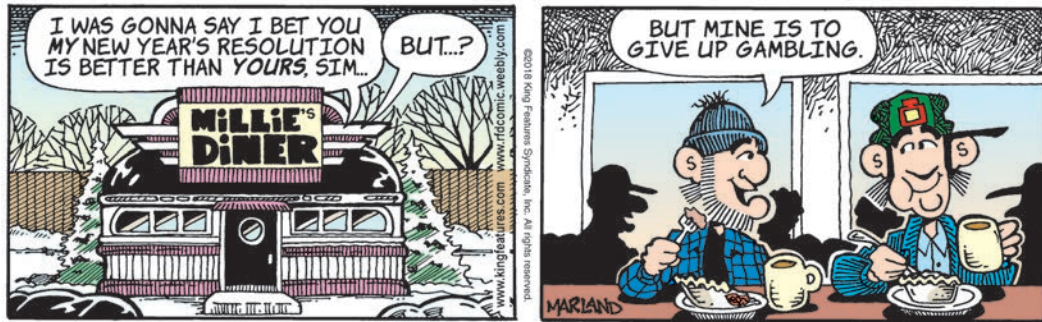
Amber Waves

by Dave T. Phipps



R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

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!

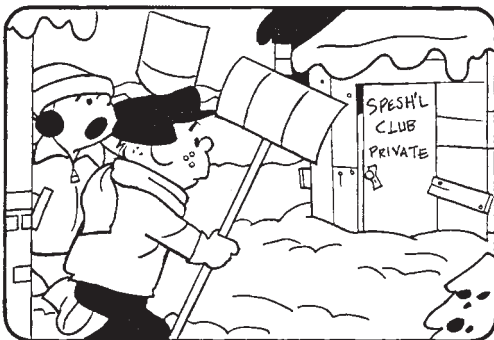
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HOCUS-FOCUS

BY HENRY BOLTIFF



Find at least six differences in details between panels.



Differences: 1. Cap is different. 2. Scarf is missing. 3. Sign is smaller. 4. Shovel is turned. 5. Doghouse is missing. 6. Sign is missing.

New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com

King Crossword

ACROSS

- 1 Winter woe
- 4 Movie fragment
- 8 Restaurant employee
- 12 Deteriorate
- 13 Stash
- 14 Head light?
- 15 Formed rust
- 17 Too
- 18 Felon's flight
- 19 Tasted
- 21 Miss Muffet's bugaboo
- 24 Prune
- 25 Candy in a dispenser
- 26 Deli buy
- 28 Rid of frost
- 32 Sandwich cookie

- 34 Yuletide quaff
- 36 Crucial time
- 37 Re ebb and flow
- 39 Existed
- 41 Individual
- 42 In medias —
- 44 Libra symbol
- 46 Sweet girl in an old song
- 50 Yale student
- 51 Poi base
- 52 Worried greatly
- 56 Ear-related
- 57 Links warning
- 58 Detergent brand

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
56					57				58		
59					60					61	

- 59 Timid
- 60 Applications
- 61 Rep. rival

DOWN

- 1 To and —
- 2 Bagel topping
- 3 Worked with
- 4 Doorbells, often
- 5 Claiborne of fashion
- 6 Mid-month date
- 7 Accelerator, e.g.
- 8 In need of balm, maybe

- 9 Corridor
- 10 Differently
- 11 Comestibles
- 16 Father
- 20 Chic, in the '60s
- 21 Location
- 22 Actress Gilpin
- 23 Take off
- 27 Violinist's need
- 29 Put on a pedestal
- 30 Chaplin prop
- 31 Spud's buds
- 33 U-shaped part of a row-boat
- 35 Petrol
- 38 Hawaiian souvenir
- 40 Parts of an act
- 43 Big glitch
- 45 — Baba
- 46 Teeny bit
- 47 Piece of info on an invitation
- 48 Great Lake
- 49 Ids' counterparts
- 53 Raw rock
- 54 Before
- 55 Beavers' construct

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Trivia test

by Fifi Rodriguez

- SCIENCE: What is the first element on the Periodic Table?
- MUSIC: What is the title of Disney's theme song and who sang it in the movie "Pinocchio"?
- U.S. PRESIDENTS: Who was the first president to live in the White House?
- HISTORY: In what year did England, Scotland and Wales unite to form Great Britain?
- CARTOONS: What type of dog is Scooby Doo in the "Scooby Doo" TV series?
- ANIMAL KINGDOM: How many hearts does an octopus have?
- FOOD & DRINK: What is hummus made of traditionally?
- GEOGRAPHY: Where is Fort Knox located in the United States?
- GENERAL KNOWLEDGE: What well-known pediatrician and author won a gold medal for rowing in the 1924 Olympics?
- MOVIES: What was the name of the whale in the movie "Free Willy"?

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

Answer

Weekly SUDOKU

M	D	S	U	S	K	M	E	E	K	M										
D	E	M	S	U	S	K	M	E	E	K										
A	R	A	F	O	R	E	O	T	I	C										
E	R	A	F	O	R	E	O	T	I	C										
D	E	M	S	U	S	K	M	E	E	K										
D	E	M	S	U	S	K	M	E	E	K										
S	C	A	L	E	S	R	E	S	R	E	S									
S	C	A	L	E	S	R	E	S	R	E	S									
O	N	E	S	A	M	A	L	T	I	D	O									
O	N	E	S	A	M	A	L	T	I	D	O									
Y	D	A	V	A	G	O	N	O	R	E	O									
Y	D	A	V	A	G	O	N	O	R	E	O									
P	E	Z	S	U	B	D	E	I	C	E										
P	E	Z	S	U	B	D	E	I	C	E										
S	P	I	D	E	R	L	O	P	L	O										
S	P	I	D	E	R	L	O	P	L	O										
D	E	M	S	U	S	K	M	E	E	K										
D	E	M	S	U	S	K	M	E	E	K										
L	A	M	S	A	M	P	L	E	D	O										
L	A	M	S	A	M	P	L	E	D	O										
A	L	S	O	I	D	I	Z	E	D	A	L	S								
A	L	S	O	I	D	I	Z	E	D	A	L	S								
O	A	L	S	O	I	D	I	Z	E	D	A	L	S							
O	A	L	S	O	I	D	I	Z	E	D	A	L	S							
F	L	U	C	L	I	P	C	H	E	F	L	U	C	L	I	P	C	H	E	F

Solution time: 25 mins.

Answers

King Crossword

- Trivia Test Answers
- Hydrogen; 2. "When You Wish Upon a Star" sung by Jimmy Cricket;
 - John Adams; 4. 1707; 5. Great Dane; 6. Three; 7. Chickpeas; 8. Kentucky;
 - Dr. Benjamin Spock; 10. Keiko

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