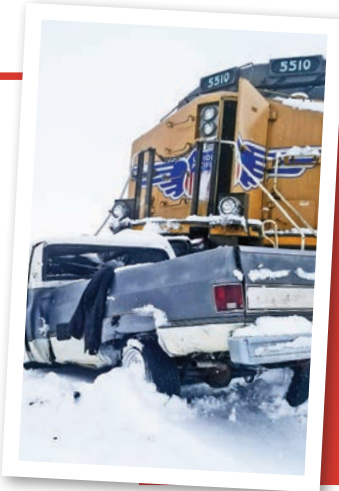


Inside

Sheriff's deputies investigate fatal truck and train collision



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WEDNESDAY, JANUARY 24, 2018

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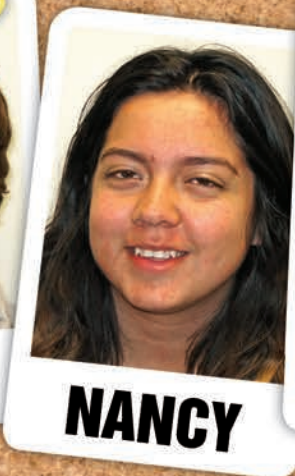
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- 4 Opinion
- 12 Showcase
- 16 Life
- 23 Sports
- 27 Classifieds
- 29 Comics/Puzzles

IRON COUNTY

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WEDNESDAY, JANUARY 24, 2018

VOL. 10 NO. 8

Best of Cedar City Awards honor residents

by Kelsey KEENER
Iron County Today

CEDAR CITY — The 67th annual Best of Cedar City Awards Banquet took place last Thursday evening in the SUU Sharwan Smith Center Ballroom. This year's theme for the banquet was "On Top of the World," with hot air balloon table centerpieces and decorations.

Awards Banquet Chair Donna Johnson welcomed guests and award winners before introducing Master of Ceremonies Mike Green of Iron Forge Media. Green introduced the Rosin Duo, Daniel Gaisford and Jessika Soli, who provided entertainment for the event.

After dinner and the Pledge of Allegiance, led by Mayor Maile Wilson, Green introduced Chad Westwood, past chair of the Chamber of Commerce Board of Directors.

"It's amazing the benefits that we can provide for each of our members," Westwood said. "The Chamber is for business, for expansion, for helping and for supporting and sustaining businesses here, locally in Cedar City."

Danny Stewart, 2018 Chair, welcomed new

see **AWARDS** | 6



A LARGE CROWD ATTENDED THE BEST OF CEDAR Awards Banquet Thursday night

KELSEY KEENER

FATAL COLLISION UNDER INVESTIGATION



A 50-YEAR-OLD DRIVER WAS KILLED SATURDAY MORNING when a train collided with a pickup truck near Beryl.

COURTESY OF IRON COUNTY SHERIFF'S OFFICE

One man was reportedly killed Saturday morning when a train collided with a pickup truck near Beryl.

Cedar Communications received a 911 call at about 8:30 a.m. reporting the accident. A 50-year-old male driver of the truck was pronounced dead at the scene once an ambulance arrived. Due to the remote location and the weather conditions, it reportedly

took deputies about an hour to get to the scene. Beryl Fire Department was called to assist with extraction.

The train did not derail nor spill any of the cargo being transported. Upon talking with Union Pacific officials, a train had passed through the area at approximately 4:30 a.m. and they did not see the vehicle. The conductor of the train is cooperating with the investigation.

Sheriff's deputies are currently investigating if the vehicle was stuck on the tracks at the time of the accident. At this time, there are indications of possible alcohol and drug use by the driver of the pickup truck. The name of the driver has not been released pending notification of next of kin.

The investigation is continuing into the cause and contributing factors of the accident.

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MEMBER FDIC

SUU housing challenges discussed by council

by Kelsey **KEENER**
Iron County Today

CEDAR CITY — The Cedar City Council discussed a plan to deal with the current housing difficulties facing SUU, which would create the SUU Housing District zone, during the City Council meeting on Jan. 17. They may take a vote on a new General Land Use Plan tonight.

The plan was listed on the agenda for the Jan. 17 meeting in two items. The first part of this plan involves amending the city's General Land Use Plan in order to make an SUU Housing area. The second part would create the SHD zone, amending city ordinance Chapter 26 Article III. The area in consideration begins at 200 North, going south to 400 South, and from I-15 going west to 300 West.

The purpose of the amendment to the General Land Use Plan is to create student-housing opportunities within walking distance of SUU.

SUU, the Iron County Home Builders Association and various developers have proposed changes to building requirements for the area around SUU so that local builders may be better able to meet the demands of the growing student



KELSEY KEENER

MANY CEDAR CITY RESIDENTS FILLED THE COUNCIL CHAMBERS WEDNESDAY NIGHT. The council may make a decision regarding the SUU Housing District zone tonight.

population. The plan discussed is the City Staff's suggestion in response to these proposals.

The only requested change the city is not in agreement with is the lowering of the parking requirement. The city had a study conducted on current housing structures and felt the request .65 stalls per occupant is not sufficient. The suggestion from the city is instead .70 stalls per occupants.

The ordinance amendment would not change any current property rights or property zones, and is intended to allow developers to purchase land then apply for zone changes as necessary through the existing procedure for zone changes.

Many residents addressed the council with concerns about the possible changes. Some were worried about being relocated from their homes or that potential new housing would create more parking

"I'm fine with other apartment buildings, but a 50-foot building that can butt right up against my property is kind of frustrating"

— **Bryan Thompson**

problems rather than help resolve them. Others were concerned with what the changes might mean for neighborhood conservation and quality and potential safety issues with the allowance of increased density. Several residents were also concerned with the possibility of larger buildings near or next to their homes.

.....
see **HOUSING** | 6

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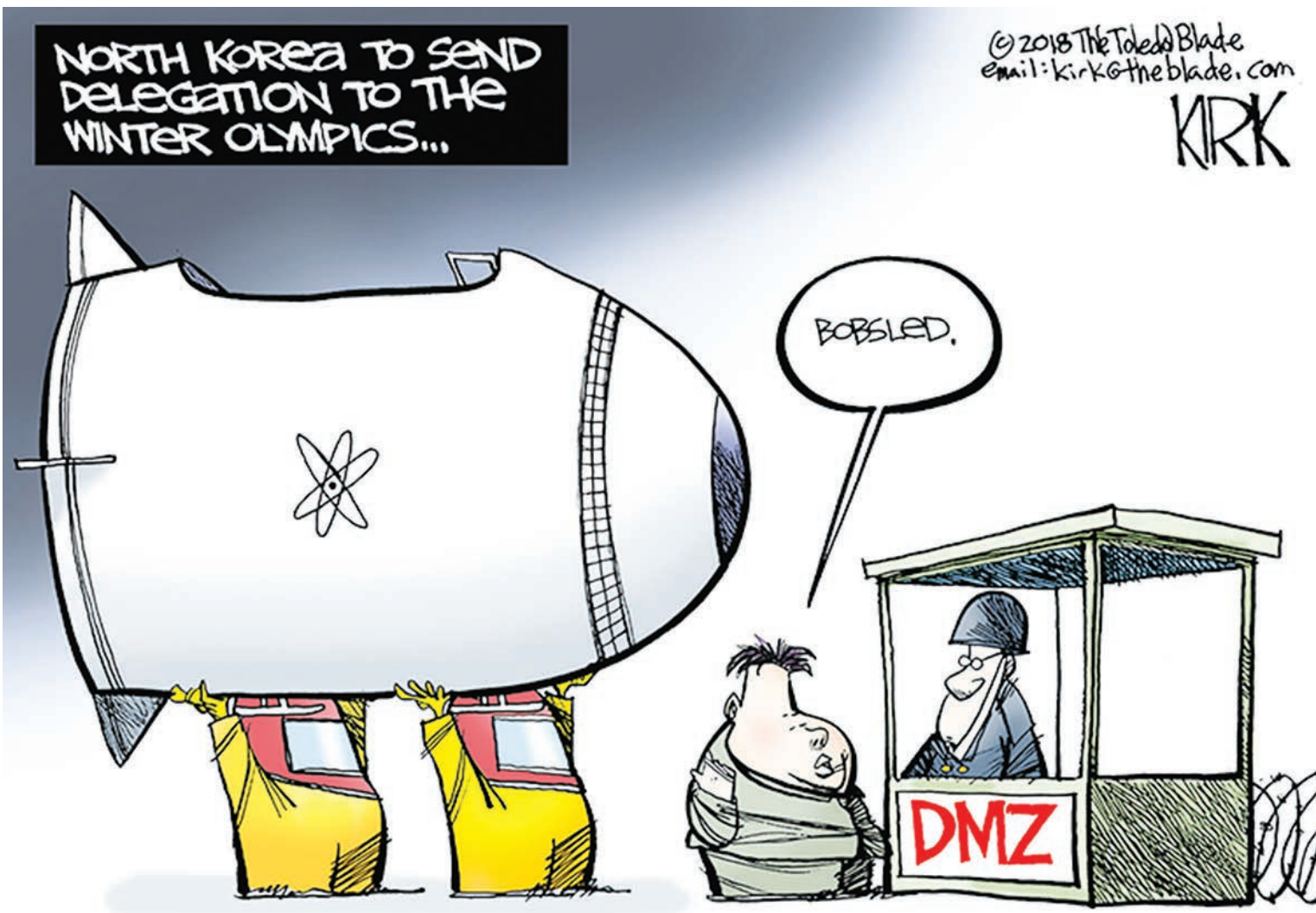
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Opinion



Merchants need to give us a reason to spend

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

As most of you have heard, the newspaper industry has struggled due to a downturn in traditional advertising. However, the print media is not the only one facing the challenge. Radio advertising has succumbed too, and television advertising is not robust. Less people watch television in “real time”, with local news and non-cable channels being especially hard hit. Advertisers, of course, want to put their money where it does the most good. On-line advertising is the most current nymph waving the magic wand, but with the exception of classified advertising (KSL.com), many merchants report poor results from their on-line expenditures. If websites are so successful by themselves in selling clothing, why is my mailbox stuffed with printed catalogues urging me to search the website?

The media market is obviously fragmented. Getting my attention takes a different approach than opening the eyes of a 24-year old millennial. Selling Coca-Cola to a 55-year old woman is different than selling the beverage to a 17-year old male.

However, I also believe advertisers – especially locally-owned businesses – miss

the mark by having a “business is lousy” attitude. Many years ago I wrote a column for a newsletter, noting monthly excuses for not marketing a product or service.

JANUARY – After Christmas, nobody has any money left to spend.

FEBRUARY – Bad weather keeps everyone at home.



Cyclops

by Bryan GRAY
 Columnist

MARCH – Everyone is worrying about paying income tax.

APRIL – After finally posting their tax payment in the mail, no one has any money left.

MAY – Everyone has “spring fever” or saving up for high school graduation gifts.

JUNE – Everyone is saving their money for vacation.

JULY – Everyone is on vacation.

AUGUST – It’s too hot to go out and shop.

SEPTEMBER – Everyone’s money goes for school tuition, supplies, and school clothes, leaving nothing left for other items.

OCTOBER – The World Series and football keeps people home.

NOVEMBER – The weather can turn nasty, and everyone is pre-occupied with Thanksgiving plans and the coming Christmas season.

DECEMBER – Duh, it’s Christmas. After buying needed gifts, no one has any money left!

See, there you have it! There isn’t a single month of the year that doesn’t include some excuse for not marketing. Since there is no perfect time, merchants need to market their products and services year-round. They must hustle 12 months of the year and employ various forms of advertising to different media outlets to reach the largest audience.

Like most of my readers, I have the money. Merchants must give us a reason to spend it, and it doesn’t work just to open up their doors and hope we walk in.

New animal shelter close to being approved by Cedar City Council

by Kelsey KEENER
Iron County Today

CEDAR CITY — The Cedar City Council is considering an agreement with the Community Impact Board and the Cedar City Municipal Building Authority to fund a new animal shelter for Cedar City.

The estimated cost for the new animal shelter is \$1,200,000.

The current animal shelter is over 50 years old, was not built for housing animals and has been determined to be insufficient to meet the city's needs. The outlined agreement states that the Community Impact Board will issue bonds in the amount needed to fund the new shelter and issued to the MBA. The MBA will then enter into a lease revenue agreement with the city, and the city will pay the lease in the amount necessary to pay back the debt obligation.

Councilwoman Terri Hartley asked about the price of the facility, and Police Chief Darin Adams addressed the council to answer her question.

"We went on a tour last year to look similar

shelters in the Utah Valley," he said. "There were a couple that were about nine years old, price tagged at about \$900,000 and they were slightly smaller than ours. So I think honestly that this is not a bad price tag for this type of shelter that will accommodate what we need now and many years into the future."

Mayor Maile Wilson added that part of the cost is due to the necessary ventilation system and that fundraising efforts are being made as well.

"There is a group of citizens that is working on a fundraising campaign to try and raise the money that would pay off the debt," Mayor Wilson said.

City Manager Paul Bittmenn added that the CIB is willing to adjust the amount of the bonds if funds are raised.

"We're incredibly optimistic that we can raise some of this money and the

CIB is set up in such a way that if we raise money and don't need to take the full amount of the debt, they don't mind," he said.

Groundbreaking for the new facility is set for March 5 if approved. The Council will vote on this agreement during tonight's meeting.

"...this type of shelter...will accommodate what we need now and many years into the future"

— Darin Adams,
Cedar City Police Chief



IRON COUNTY FORECAST

A WEAK SYSTEM BRINGS A BRIEF COOL DOWN BUT LITTLE PRECIPITATION. WARMER OVER THE WEEKEND BEFORE ANOTHER STRONG STORM MID-WEEK. NOT AS STRONG AS THE LAST STORM.



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THURSDAY	Partly Cloudy 47°/25° PRECIP: 10% WINDS: SW 15-25 MPH	
FRIDAY	Partly Cloudy 35°/20° PRECIP: 0% WINDS: NW 5-10 MPH	
SATURDAY	Sunny 43°/17° PRECIP: 0% WINDS: E 5-10 MPH	
SUNDAY	Sunny/Warmer 48°/19° PRECIP: 0% WINDS: E 5-10 MPH	
MONDAY	Mostly Sunny 52°/22° PRECIP: 0% WINDS: S 5-10 MPH	
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COURTESY PHOTO

CEDAR'S YOUTH VOLUNTEER CORPS, shown gathering donations for Thanksgiving last year, is collecting items for the Iron County School District's Homeless Liaison program.

YVC collecting items for hygiene kits

CEDAR CITY — When the Iron County School District Homeless Liaison attended the monthly meeting of the Youth Volunteer Corps, they explained

how important it to be nice to everyone, because you never know what their home life may be like. In fact, there are over 400 homeless youth right here in Iron County. That statement got the attention of all the youth volunteers and they decided they not only wanted but needed to do something right now to make a difference.

“Our goal is to assemble at least 200 hygiene kits to donate to the school district for appropriate distribution,” said Cindy Rose, director of the YVC. “Donations need to be travel size or small as everything has to fit in a gallon zip lock baggie. The students receiving these kits usually carry them in their school backpacks or store them in their lockers.”

She said many of us travel and stay at hotels. All those shampoos, little soaps, etc. are just what they need for the kits.

“If you stay somewhere and don't use those items, we would be thrilled to have you donate them to YVC, knowing they will be donated to someone in need. When your dentist gives you a sample toothbrush and toothpaste, those are perfect for the kits we are assembling.”

She said everything has to fit in a gallon size zip lock baggie, so either small or travel size items are good. Donations can be dropped off at Five County Association of Governments/ Youth Volunteer Corps office; 585 N Main Street, Suite #1. If you aren't able to drop off and need

items picked up, please call Cindy Rose at (435) 867-8384 to arrange pick up. Any questions can also be directed to Cindy at crose@fivecounty.utah.gov.

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- » Chapstick
- » Hand/Body Lotion
- » Deodorant
- » Q-tips
- » Tampons (not pads)
- » Tube Socks
- » Wash Clothes
- » Laundry Soap Pods
- » Travel size first aid kits
- » Good quality zip-lock baggies: Gallon, Quart & Snack Sizes

HOUSING

Continued from page 2

Bryan Thompson said buying a home was a big investment for him and he is concerned about the potential changes.

“I'm fine with other apartment buildings, but a 50-foot building that can butt right up against my property is kind of frustrating,” Thompson said. “I want people to be able to do things with their property that they're allowed to do, but changing what can be done after people have already invested... I'm just not so sure I want a big building right next door.”

Andy Funderburk, President Iron County Home Builders Association,

offered the HBA's thoughts on the matter.

“I just want to say that we're in favor of this proposed zone availability,” he said. “I think most of the room here can agree that we all have someone tied to this industry, we all have a family member or a friend who makes their living off construction or as a supplier or subcontractor. We want to encourage jobs, we want to encourage opportunities and we feel like this does that. We can't stop the growth, we can only provide for our future and we feel like this is a good opportunity for our children and members of our association.”

The council will likely vote on the amendment to the General Land Use Plan and the ordinance during tonight's meeting.

AWARDS

Continued from page 1

board members and offered remarks on expectations for the coming year.

Chris McCormick presented the Ambassador Spirit Award to Tyler Melling, the chair elect for 2019, and then the awards ceremony began. A short video of the award winner and his or her sponsor was played before each award was presented.

Cedar City Motor Company was awarded 2017 Business of the Year; 2017 Employer of the Year was given to Intermountain Cedar City Hospital; Holmes Barber Shop received the 2017 Customer Service and Hospitality Business of the Year Award; and 2017 Innovative Business of the Year was awarded to Staheli West.

Allen Lee received the 2017 Educator of the Year Award; Kaliegh Bronson was award 2017 Young Citizen of the Year; 2017 Restaurant of the Year was given to Milt's Stage Shop; The Orchestra of Southern Utah was awarded 2017 Organization of the Year; and 2017 Man of the Year was awarded to Police Chief Darin Adams.

The 2017 Woman of the Year was given to Shannon Dulaney; Jeff Dansie received the 2017 Citizen of the Year Award; 2017 Medical Professional of the Year was awarded to Dr. Tyler Brinkerhoff; Harold Shirley received the 2017 Legacy Award for Lifetime Achievement; and AMPAC Specialty Chemicals was awarded the 2017 Chamber of Commerce Award.



CEDAR POLICE CHIEF DARIN ADAMS, TOP, AND KALIEGH BRONSON were among those honored at the banquet.



PHOTOS BY KELSEY KEENER

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Vickers seeks reelection to Utah state senate

CEDAR CITY — Senator Evan Vickers of Cedar City will run for reelection for Utah Senate District 28, which includes the eastern part of Washington County, Iron County and Beaver County.

Vickers has served for the last six years in the Utah Senate, and currently serves as Chairman of the Higher Education Appropriations Committee in the Utah Legislature, a powerful position in which he and his committee provide oversight, budget, and direction for all of Utah's colleges, universities, and technical colleges. He also serves on the National Resources, Agriculture, and Environmental Committee, Senate Health and Human Services Committee (formerly as the Chair), and the Senate Appropriations Committee.

A release from him campaign says that during his time in the Utah Legislature, "Vickers has sponsored and passed bills that have dramatically improved the safety of our communities, the economic strength of Utah's economy, and championed rural southern Utah. This legislation includes: improved agency coordination and mitigation against wildland fires to protect land, structures, and ultimately lives; increased personal property right protection and better local control with the Utah Prairie Dog Management Plan, reducing the size and scope of state government with the repeal of state-required reports and programs; and championing small business with helping remove unnecessary requirements for solar installers."

Of his reelection campaign, Vickers

said "Those of us who live and work in rural Utah know just how critical it is that we have someone representing us who thoroughly understands the complex and unique needs of our area of the state, including water rights, grazing rights, and land issues. We also need someone who truly understands small business: the value of small businesses to a local economy and how important it is government get out of their way, as they are the lifeblood of communities. Just as importantly, our area needs someone that knows how to get things done. I feel my track record speaks for itself, not only in my profession and small

businesses, but also in the relationships I have with those on a local and state level. I will continue to bring about important change and successfully pass legislation that best represents southern Utah. One example of many: as Chairman of the Higher Education Committee, I've been able to ensure that SUU and Dixie State receive strong support from the Utah Legislature."

Vickers continued, "I love southern Utah. I was born and raised here, I chose to raise my own family here, and now many of my grandchildren are being raised here too. I know what matters to Washington, Beaver and Iron Counties. What is important to this area is what is important to me."

Vickers has indicated he plans to use the "dual-path" route to the primary ballot by both gathering 2,000 signatures of locally registered Republicans, and working to gain the support of Republican delegates who will be attending the Utah Republican convention.

"What is important to this area is what is important to me"

— Sen. Evan Vickers



COURTESY PHOTO

SEN. VICKERS FILED PAPERS FOR A REELECTION RUN at the Iron County Clerk's office with Iron County Clerk Jon Whittaker.

SUU everywhere

ENTREPRENEUR

A university with knowledgeable professors and a backyard filled with outdoor activities influenced Tayson Whittaker's decisions to attend Southern Utah University. Seeing a need in the community for affordable and reliable outdoor gear, Tayson decided to open Outdoor Vitals. The many opportunities for experience-based education at SUU helped prepare Tayson for early success as an entrepreneur.

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Halterman honored by conservation district

by Ashley **LANGSTON**
For Iron County Today

Glen Halterman has served on the Enterprise & Iron Conservation District Board of Directors for 34 years, and his fellow board members honored him for his contributions at a banquet Jan. 3.

Halterman is 91 years old, and has served in many capacities throughout his lifetime, including as mayor of Parowan, a county commissioner, a school board member, and on many, many other committees and boards. He has also been very active in leadership positions in The Church of Jesus Christ of Latter-day Saints. In addition to currently serving on the Enterprise & Iron Conservation District board, he is a member of the SUU Agriculture advisory board and has been for 35 years.

He served in the United States Navy during World War II, landing troops on beaches, and ultimately getting sent home after receiving a large dose of radiation. He was told he would likely be an invalid the rest of his life and would certainly not be able to have any more children, and he spent 18 months in a Veterans' hospital.

Defying the odds, he and his wife, Renee, gave their son, Clare, three little sisters. He went on to work for eight years at the iron mines, running the steam shovel that is now in front of the Frontier Homestead State Park, and build a successful sheep business in the Parowan Valley.

"I've had a good life," Halterman said. "I haven't had a job that I didn't like. I just made the best of everything that came my way and I tried to learn from it and get involved in it and I tried to be the best that I could."

This is not the first time he has been recognized for his lifetime of service. At the banquet earlier this month he gratefully accepted the plaque that declared him the recipient of the E&I Conservation District's Lifetime Achievement Award, and he said he would hang it on his wall at home with other awards he has received over the years.

"There's not any more precious to me than this," he said. "It's a great honor. This is very meaningful to me."

Halterman's daughter, Paulette, and her husband attended the banquet with

him. It was also attended by the other board members--Nancy Clark, Brent Hunter, Mark Halterman and Cody Staheli--as well as Sen. Evan Vickers, County Commissioners Alma Adams and Dale Brinkerhoff, and many others who have worked with Halterman over the years.

During Halterman's time on the board, he and other district board mem-

lower from pivots and conserve water.

He said the Agricultural Resource Development Loan Program has probably been the most progressive thing the district has done – it has helped farmers in the area tremendously. This program provides low interest loans for new pivots, drilling wells, and other needs farmers have. It is offered throughout the state, and applicants work with their local

The district also helps support the suppression of noxious weeds, and last year helped the local canal companies secure state funding for a required safety plan. It offers a yearly tree program through which residents can purchase bareroot trees and shrubs for \$5 to \$6 each (in bundles of 5), and landowners take advantage of this for windbreaks and shelter belts.

While Halterman has helped advance agricultural technology in the area through his work on the board, he has also implemented new things on his own farm.

"My farm had the first sprinkler on it in Parowan Valley," he said, adding that he gets a lot of satisfaction by "bringing about more efficient ways to do things."

Mark Halterman said that at 91 years old, Glen Halterman still cuts his own hay with his rotary swather, and Glen Halterman said he is grateful for his son, who runs the sheep business, and his grandson, who runs the farm. Without them he would have had to give it up 25 or 30 years ago, he said.

While he enjoys his farm and sheep operation, he said the most rewarding thing in his life has been when he has had the opportunity to help people. He said he can't take land, sheep or money with him when he dies, but he can take his experiences.

"I can take what I've done for people and what people have done for me," he said.

Glen Halterman said 20 years ago he and his wife set up a small scholarship fund at Southern Utah University to benefit students in the agriculture program who were working hard and struggling and needed a little help to finish their degree. That fund has helped about 105 students so far, and the thank you notes and visits he has received from the students have been very valuable to him.

"I get more satisfaction out of that than about anything I've ever done in my life," he said. "It does a lot for me to see people advance and progress and make something of themselves."

Palmer said he has learned a lot from Glen Halterman so far.

"What a legacy for our conservation district to have a guy like Glen," he said.

"It does a lot for me to see people advance and progress and make something of themselves"

— Glen Halterman



ASHLEY LANGSTON

GLEN HALTERMAN HOLDS THE PLAQUE HE HAS BEEN PRESENTED BY NANCY CLARK, E&I Conservation District board chair, at a banquet Jan. 3. Halterman was recognized with the Lifetime Achievement Award for his 34 years of service to the district so far.

bers have helped local farmers through many technological advances, especially in watering their fields. It has moved from all flood irrigation, to some cement ditches, to wheel lines, to better wheel lines, then pivots, and now the board is involved in discussions about cover crops and no-till planting for soil health, and switching to newer nozzles that hang

conservation districts.

In 2017, the E&I Conservation District partnered with the Central Iron County Water Conservancy District, obtaining a grant from the state to help with the CICWCD's Aquifer Recharge Project. It has been granted another \$100,000 toward the project to be paid out this fiscal year.

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Anti-Human Trafficking Summit today

The Human Rights Advocates Club at Southern Utah University is putting on an Anti-Human Trafficking Summit today from 5-8 p.m. in the SUU Sterling Church Auditorium and Starlight Room.

January is Human Trafficking Awareness and Prevention Month. Human Trafficking is a prevalent issue in our state and it does affect Utah citizens. There will be representatives from the Attorney General's Office, the Refugee and Immigrant Center- Asian Association of Utah (AAU), the Canyon Creek Women's Crisis Center and possibly the Saint George Dove Center.

All are invited to come and participate..

WILSON

Continued from page 3

water-tables low, or falling over the past several years. "Of course, we'll look at priorities, ways on how to conserve water, ways to re-charge, better efficiency and efforts to get that resource back into the ground."

The water-resource issue will require a multi-pronged approach for residents who want to see solutions.

"Experts with the ground water management plan for Cedar Valley, in conjunction with the State (water) engineer and others – will be exploring whatever technology can be applied, and how we can ensure this resource is available for the (agricultural) community and for residents."

She will also turn her attention to a dated animal shelter.

"Right now, we are using a 60-year-old cold storage building that was never designed, or intended as a primary animal shelter. It basically lacks space, so there are standards that need to be met, and as a community, we've just outgrown the structure."

"This year, the water (usage) issue will be on everyone's mind"

— **Maile Wilson, Cedar City Mayor**

While the new year is a time of cleaning up loose ends, both old and new issues will claim her attention.

"The Iron County mayors hold monthly meetings which cover a range of topics," said Wilson, who works with a mix of collaborative agencies and counterparts who tackle local and regional issues. "Sometimes, instead of 'reinventing the wheel' we can look to what is working in other communities and then, how to best approach the situation."

Wilson says she is thankful to serve a community rooted in volunteerism, the ability to work together, and with people who are willing to give the personal time, or resources to others. Volunteers can find a niche in a variety of community-based projects or on committees.

"I love working with the youth here... encouraging them to achieve their own hopes and dreams," says Wilson of her experience with the Cedar Youth Corps. "There is something for everyone to be involved with, to support, to engage in – with organizations that make this an amazing place to live. Just a call can make all the difference."

To assist in ongoing community projects, participate on committees, or volunteer call the Five Counties Association.

Living Well with Diabetes workshop starts Feb. 14

CEDAR CITY — Living Well with Diabetes is a free six-week workshop and teaches participants skills to manage their diabetes and other chronic conditions. In addition to addressing the physical and emotional symptoms of diabetes, this program also aims to help participants better communicate with their health care providers and make healthy day-to-day decisions.

The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their diabetes. Participants who have completed a workshop demonstrate:

- » Increased exercise
- » Increased ability to do social and household activities
- » Less depression, fear, frustration, and worry about their health
- » Reduction in symptoms like pain
- » Increased confidence in their ability to manage their condition
- » Decreased emergency department visits and hospitalizations
- » Increased knowledge for dealing with diabetes specific symptoms



THINKSTOCKPHOTOS

Anyone, including caregivers, is welcome to attend our next Living Well with Diabetes Workshop.

The workshop starts Feb. 14 and runs for six weeks on Wednesdays from 1 to 3:30 p.m. at the Cedar City Senior Center, 489 E. 200 South. Sign up by calling 435-586-0832.

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Cedar City residents join voter registration march in Las Vegas

from Jean **BJERKE**
For Iron County Today

A group of 22 men and women, both Republicans and Democrats, from the Cedar City area traveled to Las Vegas on Sunday to participate in one of hundreds of marches around the world on the one-year anniversary of last year's presidential

and candidates that reflect the movement's values, and to collaborate to elect more women and progressive candidates to office.

Congresswoman Dina Titus of Nevada captured the intent of the "Power to the Polls" theme when she said in a video statement, "Today, we march in the streets, then we march to vote, then we march into

included Cher, Planned Parenthood president Cecile Richards, and civil rights icon Rep. John Lewis (D-Ga.).

There were more than 250 marches and rallies around the world over the weekend, including rallies throughout the United States and in Rome, London, and Melbourne, Australia, as well as Nigeria and Iraq.

"Today, we march in the streets, then we march to vote, then we march into the halls of government"

— **Congresswoman Dina Titus, Nevada**



COURTESY OF JEAN BJERKE

A LARGE CROWD GATHERED AT SAN BOYD STADIUM IN LAS VEGAS during the demonstration to hear from guest speakers. Local participants were organized by WMW of Cedar City.

inauguration. National organizers chose the theme "Power to the Polls," saying they want to register a million voters across the nation, especially in swing states, for November's midterm elections.

In addition to registering new voters, organizers intended the rally in Las Vegas to launch a drive to advocate for policies

the halls of government - into statehouses, school boards and the U.S. Congress." Arlene Braithwaite, who attended the rally from Cedar City, said the overall message of the rally was, "Now let's act. Now let's get going."

UNLV Police estimated the crowd in Sam Boyd Stadium at 8,000. Speakers

The local group that organized participation in the Las Vegas event is WMW Cedar City, formed after last year's Women's March on Washington. The group has approximately 250 members, who say they "stand for inclusion, diversity, arts, science, public education, environment, democracy, women's rights, and human rights."

BLM seeking public comment on Virgin Acres development

ST. GEORGE — The Bureau of Land Management (BLM), Arizona Strip Field Office (ASFO) is inviting the public to comment on an application from Mohave County to amend a right-of-way in an effort to widen Front Street, a road along the Virgin Acres subdivision in unincorporated Beaver Dam, Arizona.

The BLM has prepared an environmental assessment (EA) to analyze any potential impacts from approving the amendment. The 30-day public comment period ends

February 3, 2018.

A copy of the EA is available on the BLM's National Environmental Policy Act website, ePlanning, at <https://go.usa.gov/xnP4c>. A hardcopy of the EA may be obtained at the Arizona Strip Field Office or by contacting Amber Hughes, ahughes@blm.gov or at (435) 688-2388.

Comments can be emailed to blm_az_asdo_comments@blm.gov or mailed to the Arizona Strip Field Office located at 345 East Riverside Dr. St. George, Utah

84790. Please include "Front Street EA" in the subject. Comments can also be faxed to (435) 688-3258

Before including an address, phone number, e-mail, or other personal identifying information in any comment, please note that the entire comment, including personal identifying information, may be made publicly available at any time. Requests to withhold personal identifying information from public review can be requested, but cannot be guaranteed.

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.

January 15

Skylar Jay Pace, Duck Creek
Resist/Inter w/arrest, Disorderly Conduct, Intoxication
Andre Durham Bell, St. George
Theft, Poss. Stolen credit cards, failure to disclose identity

January 16

Austin C. Stockard, St. George
Possession, Wrong Plates on Vehicles
Marco Lodigiani, Cedar City
Parking violation
Jonathan E. Nelson, Cedar City
Possession, Drug Paraphernalia, Drive w/o insurance, Drive on Revocation
Joseph M. Sandoval, Cedar City
DUI, Drug Paraphernalia, Driving on Suspension

January 17

Leon M. Braget, Cedar City
Drug Court violation
Clifton R. Bishop, Enoch
Obstructing Justice, Possession, Weapons charge, Probation/Parole Violation
Taylor M. Button, Cedar City
Probation/Parole Violation, Possession, Weapons charge
Karina P. Lares, Cedar City
Assault
Christopher L. Lescoe, Cedar City
Telephone Harassment
Allan C. Thorn, Cedar City
Fugitive from Justice

January 18

Joe J. Gomez, Orem
Failure to Reg. or Exp. Veh.
Richard A. Larsen, Olympia, Wash.
Controlled Substance, Drug Paraphernalia
Luis R. Vazquez-Lopez, Magna
Federal Contract Prisoner
Alec A. Wagner, Chicago
Federal Contract Prisoner

January 19

Randy B. Cheek Jr., Logan
Federal Contract Prisoner
Cristian J. Gonzalez, Hirleah Gardens, Flor.
Federal Contract Prisoner
Elio Moreno-Gonzalez, Miami, Flor.
Federal Contract Prisoner
Kaden Spakespear, Cedar City
DUI w/passengers under 18
Michael A. Carpenter, Cedar City
Poss. of Dangerous Weapon, Drug charges, Probation/Parole violation
Brittany J. Hall, Cedar City
Driving violations, Possession
Christina M. Navarro, Cedar City
Fugitive from Justice

January 20

Donovan A. Sharp, Cedar City
Aggravated Assault
Jody M. Sharp, Cedar City
Aggravated Assault, Retail Theft
Molly J. Gricius, Cedar City
DV-presence of child, DUI, intoxication
Amanda M. Long, Beryl
Drug Paraphernalia, Retail Theft

January 22

Heather A. Baird, Cedar City
Possession, Child Abuse Injury/Reckless, Unauthorized Control of Vehicle
William B. Dejuncker, Enoch
Driving on Suspension, Littering, Controlled Substance, DUI-Metabolite

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Ceramics artist **SAM CHUNG** comes to SUMA

by Tracy **SOLIMENO**

SUU College of Performing and Visual Arts

CEDAR CITY — SUU's Department of Art & Design welcomes ceramic artist, Sam Chung, as an Art Insights speaker on Thursday, January 25, at 7 p.m. He'll speak at the Southern Utah Museum of Art (SUMA). His ceramic pottery incorporates design, aesthetics, and function to translate natural motifs into works of art. Admission is free and open to the public.

For Chung, the historical framework of a piece provides a visual and cultural source of inspiration. His vessels incorporate stylized shapes, line work, and unique glazes. Chung utilizes both wheel-thrown and hand-formed elements to create organic vessels with a touch of historical fantasy. While pieces are functional, their clean, abstract design becomes the dominating element.

Chung received his Master of Fine Arts from Arizona State University and a Bachelor of Art from St. Olaf College. He has taught at Northern Michigan University and Arizona State University. His work has been featured at Greenwich House Pottery-Jane Harstook Gallery, Lawrence Arts Center, AKAR, Plinth Gallery, and Lacoste Gallery as well as numerous group exhibitions both nationally and internationally.

"I am interested in the way that



pots have the unique ability to serve a multitude of roles and functions," Chung said. "They can create nostalgia, reference history or places, bring attention to more tactile or ergonomic concerns, and of course, serve a utilitarian role." Chung's most recent work features clouds, a symbol depicted in traditional Korean art. He said, "I am interested in the way in which clouds represent a phenomenon that is constantly in flux. Their nature to morph and adapt is similar

to the way in which I relate to my own floating sense of identity. These cultural references are intended to serve as an anchor to point towards my own ethnic lineage, but also question my perception of belonging within or outside of it."

Susan Harris, Professor of Art at Southern Utah University, said, "Chung's unique, beautifully crafted and conceived art work, which references cloud imagery and pottery forms, originates from traditional Korean art and design. Because of this, his vessels are sculptural in form and are of interest to both ceramic vessel makers and ceramic sculpture students."

Art Insights is hosted during the fall and spring semesters by SUU's Art & Design faculty. Students and community members meet to partake in presentations and discussions by visiting artists and art educators from around the nation who share their work and insights.

Come enjoy the transitory beauty of clouds through Sam Chung's designs and contemporary ceramics. For more information, please visit www.suu.edu/pva.



Ballet studio offering new dance classes

CEDAR CITY — Cedar City Junior Ballet, located at 173 N. 100 West. in Cedar City, has announced new dance classes starting in February. In addition to current classical ballet classes for ages four to young adult, CCJB will now be offering new classes for toddlers, school-aged children, and teens and adults, and will focus on both ballet and tap styles.

“CCJB offers the advantage of being the only dance studio in Cedar City that focuses strictly on classical ballet training as the cornerstone of our instruction,” said artistic director Lise Mills in a release. It is also the only studio in the area that produces an annual full-length ballet, this year marking the 15th anniversary of these productions.

Weekly classes are open to dancers of all abilities and CCJB is excited to expand their offerings beginning February 5. Tuition is paid on a month-by-month basis, and there are no registration fees, though pre-registration is required before winter classes begin (details below). Ages associated with the following classes are suggestions and placement is based on experience and the discretion of the instructors.

There are two new pre-ballet classes designed for young children. The Wee Dance class will be a 30-minute class on Wednesday mornings for children ages two to three with an accompanying adult. Together they will focus on pre-ballet, rhythm, and creative movement. It is \$35 per month, taught by instructor Christine Mills.

The other new class for young children is the 45-min-



REGISTRATION IS UNDERWAY FOR DANCE CLASSES at the Cedar City Junior Ballet, starting in February.

COURTESY PHOTO

ute Tiny Toes class on Thursday mornings, designed for boys and girls ages three to five. It introduces pre-ballet, creative movement, acting skills, artistic expression, and self-confidence. This class is \$45 per month, taught by Christine Mills.

Teens and adults also have new class options. A 60-minute beginning/intermediate tap class is offered twice a week. This fun class is for the very beginner to someone with some tap experience. It is \$50 per month, taught by Christine Mills.

Teens and adults wanting to learn ballet basics can enroll in a new hour-long beginning/intermediate ballet class. It is open to those with or without prior ballet experience and will focus on ballet barre and center work, stressing proper technique and placement. It is offered twice a week and is also \$50 per month, unless combined with the adult tap class, in which case both together are \$70 a month. Christine Mills is the instructor.

A new Kinder Combo class for girls and boys ages four to eight is a great introduction to both ballet and

tap. It is taught once a week for an hour and is great for children with high energy or who would like to try two forms of dance. Tuition is \$50 a month and the class is taught by Christine Mills.

CCJB's current ballet classes, taught by Lise Mills, include Pre-primary (ages four to seven, once a week), Primary (ages seven to nine, twice a week), Pre-Pointe (ages nine to thirteen twice a week), Beginning Pointe (twice a week), and Intermediate/Advanced Pointe (once or twice a week).

Lise Mills, CCJB artistic director and instructor, and Christine Mills, CCJB founder and instructor, have lifelong histories of dance performance, instruction, and choreography all around the country. These sisters are also the vision behind CCJB's annual full-length ballet, performed each spring. This year's production is a brand-new version of *The Secret Garden* and will be performed on March 16 and 17 at Cedar City's Heritage Center.

For more details about classes and tuition or to preregister before February 5, please visit cedarcityjuniorballet.com or call 435-867-4719.

Nothing fun going on? Think again

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

So as every teacher knows, we are settling into the time of year when the real work gets done. No more big breaks for a while, the sports tournaments haven't started up yet, and the music concerts are over for a while. There is really nothing to do but buckle down and hit the books—er, laptops. Right?

Wrong. Even with the holidays over and football watching almost a thing of the past, there is still a lot to get out of bed for. One thing that we really missed last semester was a USF Playmakers' production. With hundreds of youth in town involved in the temple celebration, the Playmakers took a season off to maintain everyone's sanity. But I am happy to report that they are back in business this spring. Auditions for *Tom Sawyer* will be held the end of January and rehearsals will start soon after.

The show is a musical setting of Mark Twain's familiar telling of the adventures of a book-reading, school-hating, work-avoiding, mischief-making Tom. It has adorable kids, exasperated grown-

ups, twitter-pated young people, and a really scary villain chasing innocents in a dark and scary cave. The music and dancing are memorable and the ending is an applause-inducing winner. What's not to love? Watch for the production of this show sometime late in March.

Another event in progress in our town is the refurbishment of



Main Street Books. Heather Stein, the owner of Poser's next door, has acquired the bookstore and is in the throes of cleaning and reorganizing, hoping to make a dent in Amazon's business. Well, not likely, but I, for one, have always believed in supporting the small local businesses when possible. What she doesn't have in stock she will gladly order, and you will

have the satisfaction of knowing that your money circulates here, instead of in some ginormous warehouse in Las Vegas. Besides, you have to go there to pick it up, and you know what joy it is to browse in some slightly dark, slightly musty — I'm making that part up — bookstore with the smell of coffee wafting up from a couple of doors down. I for one can't wait to add that to my Friday reward-at-the-end-of-week list.

Saturday, February 10, 2 p.m., is the time to attend the Children's Jubilee presented by the Orchestra of Southern Utah. About 10 years ago, I took my grandchildren to what would have been the first of these great afternoons of live orchestral music and projects designed for the children in our community. The next day, our pictures were in the paper trying out various orchestra instruments. My kids felt like stars!

This year the theme is *World Wonders*; it will feature music and activities referencing the Great Wall, the pyramids, the Taj Mahal, and other famous features of this amazing world.

This time of winter isn't all work and no joy. We have lots to look forward to.

SUU COLLEGE OF
PERFORMING & VISUAL ARTS
SOUTHERN UTAH UNIVERSITY

UPCOMING EVENTS

ART & DESIGN FACULTY EXHIBITION
Southern Utah Museum of Art
Tuesday - Saturday
11 a.m. - 5 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.

EURYDICE
Eileen and Allen Anes Studio Theatre
February 2,3,5,9 at 7:30 p.m.
February 3,10 at 2:00 p.m.

ABENDMUSIK ADJUNCT FACULTY RECITAL
Southern Utah Museum of Art
February 6 at 7:00 p.m.

ART INSIGHTS: KIMBERLY SHELBY
Southern Utah Museum of Art
February 8 at 7:00 p.m.

**GREAT AMERICAN SONGBOOK SERIES
featuring music of JOHNNY MERCER**
Southern Utah Museum of Art
February 13 at 7:30 p.m.

www.suu.edu/pva

Utah Shakespeare Festival kicks off touring production

CEDAR CITY — The Utah Shakespeare Festival is once again hitting the road with its Shakespeare-in-the-Schools touring production, and its first stop will be in Cedar City. This year's production of the classic comedy *The Tempest* will debut Jan. 24 at 7:30 p.m. in the Randall L. Jones Theatre.

General admission tickets are \$5 and can be purchased at the Festival ticket office at 800-PLAYTIX (800-752-9849) or online at www.bard.org. Tickets purchased ahead of time will be available at will call in the Randall L. Jones Theatre. On the night of the performance, only cash and checks will be accepted at the Randall Theatre door, whereas credit and debit cards will be accepted at the main ticket office next to the Anes Theatre. Admission is free for SUU students.

After performing in Cedar City, the tour will be performing 67 shows for over 120 schools and 25,000 students throughout the states of Arizona, Colorado, Nevada, Utah, and Wyoming. The cast and crew will be on the road for 14 weeks from January through April to bring this classic comedy to schools, community centers, and correctional facilities. Students will have the chance to watch the show and then participate in a post-show discussion and workshops in Stage Combat, Performing Shakespeare's Text, Technical Theatre and Developing Character through Improvisation.

Christopher DuVal is returning to the

Festival, this year as director of the touring production. He worked at the Festival as an actor in numerous roles in the 1990s and as the fight director in various shows from 2012 to 2015. He is currently the head of the Actor Training Program at the University Utah and has worked extensively in many theatres across the country, including eighteen years at the Oregon Shakespeare Festival.

There are some familiar faces this season who have worked at the Festival before. Trent Dahlin (Prospero) is a Cedar City native and has appeared at the Festival the past two years, most recently as Dennis in *As You Like It* and Abraham Grey/Musician in *Treasure Island* in 2017.

He received his BFA in musical theatre from Southern Utah University. Josh Durfey (Ferdinand/Antonio) is a Salt Lake City-born actor who has performed at the Festival since 2014. He studied classical acting at SUU and has appeared at Pickleville Playhouse, the Neil Simon Festival, Hale Center Theatre, and more. Stefanie Resnick, originally from New York, appeared in the 2017 Festival tour of *A Midsummer Night's Dream* as Hermia/Quince/Peaseblossom. She received her M.F.A. in performance from

the University of Nevada–Las Vegas and has worked regionally and in New York City. Tony Sloan (Stephano/Sebastian) has worked in the Festival Ticket Office the past couple of years and received his B.S. degree in theatre and political science from SUU where he is currently a candidate for his M.A. in arts administration. Previous work includes *The Laramie Project*, *Twelfth Night*, and directing *Really Really*.

The other actors in the cast have brought their talents to *The Tempest* from many different theatres and productions across the country. Erica Alexandra Carvalho (Miranda/Boatswain) received her BFA in theatre from the University of Utah. She has acted for Pinnacle Acting Company,

The Grand Theatre, Plan B Theatre, and Salt Lake Acting Company, and Pioneer Theatre Company. Ava Kostia (Ariel) is a graduate of the Royal Conservatoire of Scotland with a B.A. in musical theatre. Most recently having played Laertes at the Colorado Shakespeare Festival, she is also a certified Apprentice Teacher of Dueling Arts International. Christobal Iniguez Perez (Caliban/Gonzalo), a California native, received a B.F.A. in acting from Utah State University. He has previously

worked with Pacific Conservatory Theater (PCPA), Kingsmen Shakespeare Festival, and Lyric Repertory Company.

The three crew members on the tour come from various backgrounds and experience. They work behind the scenes to make this Shakespeare-in-the-Schools production possible. Emma Horvath (Stage Manager) hails from the Chicago area and graduated from Northwestern University. She recently completed an internship with Cirque du Soleil's Zumanity and is returning to the Utah Shakespeare Festival after working on *The Tavern* last fall. Devery North is a Kansas City native and graduate of Stephens College. She worked previously with the Festival for the 2015 season and the 2016 and 2017 educational tours. She has also worked with the Heart of America Shakespeare Festival. Ryan Turpin (technical director) is a graduate of SUU and has worked at the Festival for a number of years, most recently as audio supervisor for the 2017 season.

In addition to support from the Shakespeare for a New Generation program which is sponsored by the National Endowment for the Arts, this tour's school performance partners are the Utah State Office of Education: Professional Outreach Programs in the Schools, Mountain West Small Business Finance, Ally Bank, and Southern Utah University. For more information, visit www.bard.org/tour



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SUMA to host new Family Days activities

by Brooke **VLASICH**
SUU College of Performing and Visual Arts

CEDAR CITY — After hosting many popular family activities during the 2017 holiday season, the Southern Utah Museum of Art and artsFUSION

are bringing back visual art activities for southern Utah families with Family Days. These free programs will be held on the final Saturday of each month at the Southern Utah Museum of Art from 2 p.m. to 4 p.m. and will be taught by Southern Utah University students.



COURTESY PHOTO

FAMILY DAYS ACTIVITIES ARE RETURNING TO THE SOUTHERN UTAH MUSEUM OF ART on the final Saturday of every month.

Family Days, formerly known as Family Arts Night Series (FANS), has provided numerous opportunities for parents, children, and grandparents to create together. Alisa Petersen, Beverley Taylor Sorenson Endowed Chair of Elementary Arts, said, “The new activities for Family Days will be self-guided. This lets participants learn at their own pace and spend as much time as they want on each project. We also hope that participants will be able to replicate these art activities at home on their own and continue experimenting with them after they leave the museum.”

This past semester, families created artwork together with many activities including African block printing, paper art, and watercolor snowflakes. Thanks to the continued support of artsFUSION, the Southern Utah Museum of Art’s Learn + Experience team look forward to continuing this program for families throughout the southern Utah area.

SUMA School and Family Programs Associate, Nikki Lewis, said, “Family Days are an opportunity for community members of all ages to experience hands-on activities and learn more about the exhibits currently on display at SUMA. Watching children engage with their family and friends as they discover new ideas about both art and

“Family Days are an opportunity for community members of all ages to experience hands-on activities”

— **Nikki Lewis, SUMA**

themselves is not only rewarding but shows just how meaningful our new museum has become within the Iron County community.”

Family Days are free and open to the public. Families are welcome to drop in anytime between 2 and 4 p.m. The activities will be held on January 27, February 24, March 24, and April 28.

See how you can create with the whole family during Family Days at SUMA. For more information, please visit www.suu.edu/pva/suma/experience/family-programs.html.

Exhibition proposals accepted for state-owned art galleries

SALT LAKE CITY — Utah Arts & Museums’ Rio and Alice galleries are now accepting proposals for visual art exhibitions in July 2018-July 2019. Applications are open through Feb. 1, 2018.

The Rio & Alice Galleries, in Salt Lake City, were created as a service to Utah artists. They provide free venues for emerging and established artists to collaborate on exhibits and engage the community through art making and dialogue. Both galleries participate in the monthly Salt Lake Gallery Stroll and host public receptions on Gallery Stroll evenings.

“The work of the Utah Division of Arts & Museums plays a valuable role highlighting the diversity of our state,” Utah Artist Cara Schwindt said. “Artists from all areas of Utah, working in various mediums are represented through the work of Utah Arts & Museums. Through these programs, a broad representation of Utah artists can be appreciated by Utah residents as well as visitors to Utah.”

Proposals from artists, arts organizations, and independent curators are welcomed. These include both solo exhibitions, small group shows, or larger curated/juried exhibits. Artists from cities and counties statewide are

encouraged to apply.

“These programs provide opportunities for artists and supporters of the arts to develop, grow, and learn from each other,” artist Jane Christensen said.

“We think this culture of exchanging ideas and creates an open dialogue that can help strengthen a community, even a community of individuals with differing backgrounds, beliefs, and ideas.”

Exhibitions have been a program of the state since 1899. Utah Arts & Museums’ will have exhibited the work of over 150 Utah artists in 2017 as a part of this program.

Artist Rebecca Klundt, who has exhibited her work at the Alice Gallery, said the gallery provides knowledgeable staff and engaged audiences.

“The show turned out to be a great success and I sold all but 2 of the 20 pieces,” Klundt said. “At the opening I had the opportunity to meet a handful of local artists and patrons of the arts who were very helpful and generous in their advice. It was a big break for me and I can’t say how much I appreciate the help and opportunity.”

To submit a proposal for exhibition visit visualarts.utah.gov and download guidelines in the Galleries section.

TICKETS ARE SELLING FAST!

THE PIANO GUYS

IN CONCERT AT
SOUTHERN UTAH UNIVERSITY
FEB. 8, 2018 | 8PM
AMERICA FIRST EVENT CENTER



PURCHASE TICKETS AT TBIRDTICKETS.COM

SUU ALUMNI & COMMUNITY RELATIONS
SOUTHERN UTAH UNIVERSITY



A great meal
is about

**HOW
YOU
EAT**

not what
you eat

THINKSTOCKPHOTOS

Everyone knows it's important to eat the right foods to live a long and healthy life, but many of us fall short of that ideal.

We eat on the run, pulling into a drive-through and scarfing down a hamburger on the way to the next appointment. We grab a candy bar at the grocery checkout and munch it on the way to the car.

And somewhere along the line we realize that just as you can't judge a book by its cover, you can't judge food by its taste, says Jane Bernard, an educator and author of *Lucid Living in the Virtual Age* (www.sensualthinking.com).

"We know that taste can be misleading, at least when it comes to what's best for us," she says. "People love donuts, but they don't make a nutritious breakfast. Spinach isn't popular with many people – especially children – but it's beneficial to our health in many ways."

But for Bernard, a great meal is less about what you eat than how you eat it. She advocates something she calls "intuitive eating" that's aimed at improving every dining experience – and perhaps making for a healthier diet along the way.

"Intuitive eating is deceptively

simple," Bernard says. "Focus on one meal at a time to get the most pleasure and nutrition from your food. Notice what you see, smell and taste. Check in with your body to see if you're really hungry – because sometimes we keep eating when it's actually time to stop."

Although you might find yourself shedding a few pounds, intuitive eating isn't necessarily about losing weight, she says. It's about getting more pleasure out

of your meals – and getting more pleasure from the people you have meals with.

Bernard suggests a few exercises that can help turn you into an intuitive eater:

» **Smell food before putting it in your mouth.** Nearly everyone has memories tied to the aroma of food. Perhaps it's your mother baking cookies on Christmas Eve. Perhaps it's hamburgers sizzling on a backyard grill. With

most meals, people don't take the time to savor the aroma, Bernard says. Does it smell inviting? Greasy? Fresh? Bad? "If the food doesn't smell right, it isn't," Bernard says. "Let your nose protect you and help guide choices."

» **Taste food as you chew.** You may think you already do this, but too often people don't really take time to enjoy the taste, Bernard says. They wolf

down their food so they can move on to whatever is next on their agenda. Tasting food helps your body relax and digest more efficiently, she says. Tasting and savoring what you eat also is good for overall health.

» **Be thankful for your meal.** Giving thanks doesn't have to be limited to Thanksgiving. "Think about what food is giving you: energy, strength,

health, nourishment and pleasure," Bernard says. "If you take a little time to meditate on that, your body will relax and you will get more nourishment from your food."

» **Give your stomach time to inform your brain.** It takes 15 minutes before your brain gets the message from your stomach that you've eaten. That's no doubt one reason people over eat. They don't give their body time to get the message that they are getting full before gulping down even more food. "Take time to have conversations when you eat and you will eat less – and enjoy the meal more," Bernard says.

"Eating is a necessity of life," Bernard says. "But there's no need to rush things. Eat just enough to feel good and trust that hunger will return and another meal will be found."

Jane Bernard, author of *Lucid Living in the Virtual Age* (www.sensualthinking.com) and other books, is a philosopher and educator who writes and teaches about intuition and sensual thinking. She has appeared on TV and international radio, talking from the intuitive perspective.

Lightening emotional loads important to good health

by Dawn M. AERTS
Iron County Today

CEDAR CITY — If you're looking to lighten your emotional load, there are things that any average person can do, according to Cindy Jones, a long-time licensed clinical practicing therapist (LCSW) based in Cedar City.

In fact, the basics are basic – which includes everything from take a 'pause' by landing both feet on the ground, that is, finding a reflective 'moment' of well-being, to simple breathing techniques or, who knew, savor a drink of water to sooth your slightly rattled nerves.

Yes, there are ways to lower everyday stress--exercise, gardens, meditation, walking--and it all helps in general, says Jones of the most common suggestions. But more serious mental health issues can emerge that need your attention and the intervention of a professional.

While experts admit that no one knows exactly how any form of psychotherapy works (on a neuro-biological level in the brain), they do know that when a person is very upset, experiences trauma, or develops overwhelming anxiety, the brain cannot process the information as it does normally.

In fact, say experts, one moment of trauma can become one 'frozen in time.'

For more serious issues of anxiety, depression or sometimes the debilitating effects of post-traumatic-stress-syndrome, a therapist like Jones can assist with a wide range of resolution therapies – from standard talking therapy, or healing art techniques, to the essentials on how to regulate ourselves.



COURTESY PHOTO

CINDY JONES, LICENSED CLINICAL SOCIAL WORKER (LCSW) and a Cedar City-based therapist, is one of dozens of professionals who offer a spectrum of trauma and resolution therapies to individuals who experience, depression, anxiety or other mental health issues that can be addressed through EMDR or by practicing a range of simple, self-help methods.

"We do know that having a 'support system' is likewise important in mental-health issues," says Jones from her living-room-like office that offers clients a quiet mix of easy chairs and tranquil talk. According to mental health experts, support can be anything from family, or friends, to friendly neighbors or a companion pet.

But if something seems heavy and you just can't lower the stress, go and get help, Jones says of her experience in helping people with such things as genetic loading and emotional resiliency.

Jones, who graduated from Southern Utah University in 1991, and earned her Master's degree in Social Work at the University of Utah in 1996, has since worked with a wide range of issues and a spectrum of therapies over the years. Exercise, sleep patterns and understanding just how the brain works is key to stability and regulation.

"There are many factors at work with anxiety and depression. We know that there may be genetic-loading factors, that exercise and sleep are still important to one's sense of well-being, said Jones. "But it also comes down to our ability to 'regulate' ourselves, (emotions) to set limits, to be more present, and there are calming mechanisms that work."

Regulation and control of the nervous system is part of self-help.

She is most encouraged with the innovative methods and techniques using Eye Movement Desensitization and Reprocessing (EMDR) therapy – a psychotherapy approach that she believes is surprisingly effective for relieving more serious psychological distress.

Jones, who uses a variety of methods in the world of trauma and anxiety, explains that EMDR is a unique approach.

"Basically, EMDR uses bilateral or dual-attention stimulation which involves alternating, right-left tracking." That therapy can be delivered through eye movement, audio tones, music, or even the use of alternate hand taps.

According to Jones, the body, mind, central nervous systems are all part of our regulating process that keeps a person from 'following the wrong train.'

"I would liken EMDR therapy as progressing from yesterday's surgical method to the latest Laparoscopic process," said Jones. "It's clear that we all need to have a pause button available to us; and the calming mechanisms in place. Unfortunately, we are spread way too thin, so I think we find ourselves struggling with that issue."

Jones explains that there are three storytellers at work and people will always find a way to express their reality. Integrative therapies such as story-telling through art, music, or other creative processes can provide a sense of control, which therapists say will enhance self-esteem and get people on the road to better insight and self-regulation.

"EMDR is one very effective way to get us going down the right path," says Jones of her practice, "and when we feel that and experience that direction, we can build on the success."

While Jones has been a therapist for over 20 years, she is most optimistic about the ability to help people resolve many forms and experiences with trauma.

"We have all been taught to sleep well, to exercise more, that having a good support system and feeling connected is important," said Jones of her work. "It's a beautiful thing when we find ways to help ourselves pause, regulate and move forward."

"It's a beautiful thing when we find ways to help ourselves pause, regulate and move forward"

— Cindy Jones

People

50th Anniversary

Burke & Marcene Hamilton

Burke and Marcene (Briggs) Hamilton will celebrate their 50th wedding anniversary on January 26. Their lives have been full of family, work, and service. They met at BYU and married in the Idaho Falls LDS temple. They raised their family in California and involved their three children in music and sports. Burke was a school principal, city planning commissioner, and school board member. Marcene, a CPA, was a CFO and elected



city treasurer. After successful careers, they retired and served an LDS mission. They moved to Cedar City, Utah, and serve in the LDS temple. They have five grandchildren.

Birth

Forest Silva Feller

Forest Silva Feller, son of Barbara and Gavin Feller of Enoch, was born on Jan. 6, 2018, at 9:59 p.m. He weighed 7 lbs. 9 ozs. and was 20 inches long. He joins his older siblings: Milo (5), Eva (3), and Dawes (1). We love him!

Mission



Sister Eggett

Cumorah Eggett has been called to serve in the Texas Lubbock Mission of the Church of Jesus Christ of Latter-day Saints. She reports to the Provo Missionary Training Center on February 21. She will be giving a talk at 1 p.m. on Sunday, January 28, at the church building at 370 N 4050 West, Cedar City.

There is no charge for birth, first birthday, mission, Eagle Scout, 50th anniversary (and up), wedding and 80th birthday (and up) announcements. Announcements can be submitted online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. The deadline is Friday at noon for the following week's issue. Announcements should be 100 words or less. Please call 435-867-1865 ext. 5 for pricing for all other announcements.

JANUARY SPECIALS

— PRE-ORDERS ONLY —

— Certified Grass-Fed —
NEW YORK STRIP STEAKS **\$15/lb**

— Mary's Free-Range —
WHOLE CHICKENS **\$3⁵⁰/lb**

CHICKEN BREAST BONE FRAMES **\$12⁵⁰/10lb bag**
— Perfect for Soup Stock —

MORE DETAILS ON OUR D9 FACEBOOK PAGE OR SEE US EVERY SATURDAY AT



10AM-2PM • INSIDE IFA COUNTRY STORE

D9 Custom Cuts
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**D9 Custom Cuts, LLC • Mon-Fri 9am-3pm
240 N 200 E • Paragonah, UT • 435-463-3735**

Calendar

Wed, Jan 24

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 Sunrise 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, 7 to 8 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.

VEDANTA, A MEANS OF KNOWLEDGE, James Swartz. Learn who you REALLY are. This knowledge can remove all your doubts. 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, Jan 25

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.

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 KKCBC 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, up tempo 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.

PAROWAN CITY COUNCIL, 6 p.m., Parowan city offices.
CEDAR CITY RADIO CONTROL CLUB, 7 p.m., Cedar City Library in the Park.

Fri, Jan 26

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.

Sat, Jan 27

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.

Sun, Jan 28

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, Jan 29

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.

WOMEN'S ALCOHOLIC ANONYMOUS OPEN MEETING, Every Monday 5 to 6 p.m. at the KKCBC Clubhouse, 1067 S. Main Street, Cedar City. For more info., call 435-559-7777.

Tues, Jan 30

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, up tempo 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.

Wed, Jan 31

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, 7 to 8 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.

Want Your Event on Our Calendar?

There is no charge for calendar items. Your submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. The deadline is Friday at noon. The calendar is not to be used for advertising. Items will be printed at our discretion.

*****NOTICE SOUTHERN UTAH RESIDENTS*****

Southern Utah University Nursing Faculty & Students
 Request your help by nominating Registered Nurses (RNs) to be recognized at the

Tenth Annual Celebration of Southern Utah Nursing

The event is held to honor outstanding registered nurses.
Please help us by nominating a deserving registered nurse.
 We will honor one nurse in each of the following categories:
Medical/Surgical, Home Health/Hospice, Small Hospital, Labor/Delivery/Nursery, Long Term Care, Community/Public Health, and Critical Care/Emergency.

Please include the information below to nominate a deserving Registered Nurse.

Nominee Name: _____ Category: _____
 Phone # or E-Mail: _____
 Address: _____
 Reason for Nomination: (please submit on a separate sheet)
 Nominated by: _____
 Phone # or E-Mail: _____

Please submit nomination information by February 9, 2018, to:
 e-mail: nursing@suu.edu or USPS to:
 Southern Utah University Department of Nursing
 Attn: Celebration Committee, 351 W. University Blvd.,
 Cedar City, Utah 84720
 Call 435-586-1906 or 435-586-7915 with any questions.

Dog cues...that work

I can talk to my dog for hours, tell him my greatest aspirations, and suspect that he won't get a word of it. But changing the tone of my voice, pointing to a door, or using a basic hand signal with a command that generally 'gets' his attention.

According to canine experts -- it's all about cues. Sure a dog can be taught to respond to a single word that means a certain thing, but without a syntax system of thought (processing), they'll likely never respond to the sentence we hope to convey. That said, they are surprisingly good at 'reading' our outer expression.

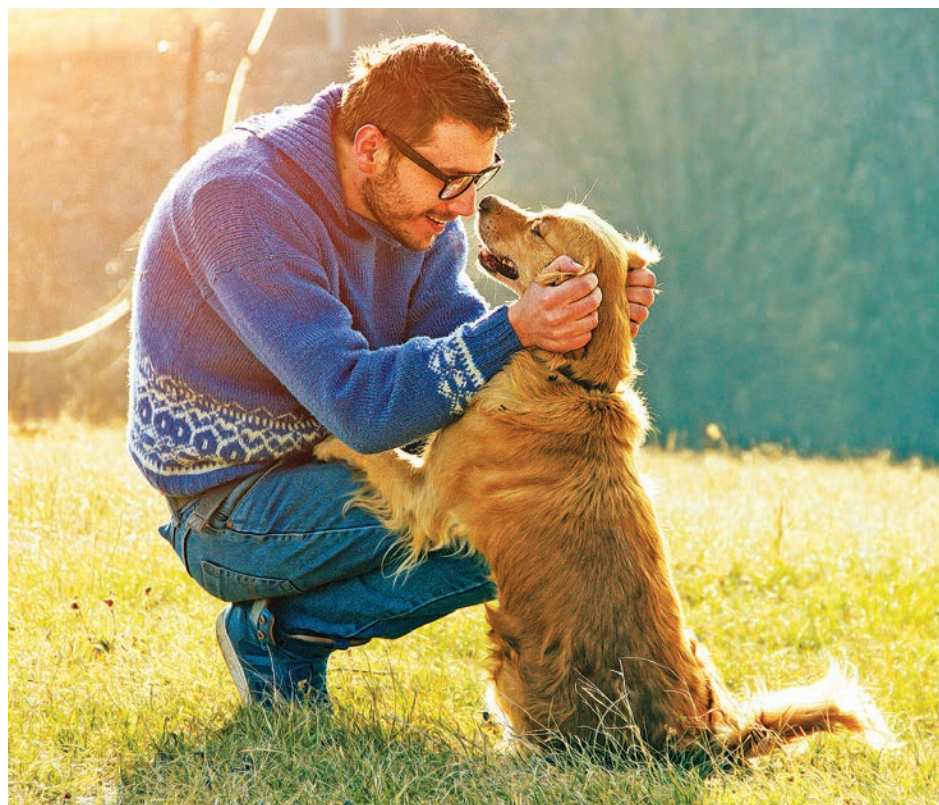
For example, you might ask, "Do you want to go outside?" As you walk towards the door, your dog can likely recognize the word 'door' but it's actually the body language, a cue, or your voice



welcome them into our home.

You could say they are experts at body language, gesture, voice inflection and facial expression. If you change the tone of your voice, or point to the car door, you've conveyed a clear message. Some dog owners have had the experience of simply 'glancing' at the leash only to find their dog already heading for the door full of anticipation for the walk.

While this behavior may ring true for dog owners, it makes behavioral scientists wonder about their social



THINKSTOCKPHOTOS

they follow. In short, it's generally believed that our movements, our posture, and even a subtle glance will tell our canines everything about what we think, feel, or expect of them.

Generally, in the world of dogs, direct or continual eye contact is not always a good thing. A stare may evoke a sense of challenge and is considered a little rude for canines. For us humans, that is (the owners they truly respect), canines are known to both stare and study expressions. In both examples, you might say that dogs learn to read us; they hang out with the human family, and then figure out various cues.

Some experts believe that dogs have co-evolved with their human counterparts and are a bi-product of domestication and natural selection. As we choose the calmer, more attentive animal, those canines also happen to be the ones that are best suited to learn 'our ways' and we

acuity. Can our dogs read body language and anticipate what will happen in their world? Much like humans, yes, we do it automatically. We recognize and understand that when a person we are speaking to starts glancing at their watch. Hey, it's time to get to the point. Can canines likewise interpret our internal thoughts?

In the world of dogs, we can speculate that communication is a compelling blend of smell, visual cues and sound. Yes, you can talk to your dog for hours but it's mostly those human cues and the tone of your voice that will get his loyal attention.

If you would like to 'Be a Hero' and provide a home to adoptable dog or cat, visit your local animal shelters - Cedar City Shelter or Enoch City Shelter, 435-586-8791 or 435-586-2960.

The New Year

Have you made your resolutions yet? Have you set new goals and did you take time to write them down? Are you ladies finally going to lose weight in 2018; if not, are you going to spare your friends and family the agony of talking about it constantly? Have you been realistic about what you want to accomplish in this new year? Me either!

However I sincerely wish you success in all that you have planned.

Christmas came and went in such a hurry I barely had time to send the Christmas cards out before January came in all warm and sunny. At least I think it was warm and sunny. Living in Brookdale just isn't the same as living at your home and for some reason most of us can't remember from one day to the next whether things are going like they should or not! However, there were a lot of activities going on here.

Almost every day or evening during December, groups of carolers came to entertain us. Several bands performed for us and even a group of Belly Dancers shared their talents with us. All in all, December was a fun, joyful month. But you know what? I missed the snow!! Oh, I know we had some of the white stuff, but maybe not enough?? The supervisors and staff here did an amazing job of making the holidays special for us, and for that we say a great big THANK YOU, ya done good!

At first I thought I would write something profound or inspirational as I came in by the back door of January, but maybe I'll just share something that happened a few years ago. I was reading some columns I had written in 1991 for the Iron County Crossroads and came across one I thought really applied to me and maybe it will to some of you. It was titled "And That's The Way It Was!"

We were born before television, before penicillin, before polio shots, contact lenses, Frisbees and the 'Pill'. We were born before radar, credit cards, split atoms, laser beams, and ball point pens. Before panty hose, dishwashers, clothes dryers, electric blankets, air conditioners, and before man walked on the Moon!

We got married first and then lived together! In our time, closets were for clothes, not for "coming out of." (How quaint can you be?) Bunnies were small rabbits and rabbits were not Volkswagens.

Designer Jeans were scheming

girls named Jean or Jeanne and having a meaningful relationship meant getting along well with family members.

We were born before Gay Rights, or computer dating. We never heard of FM radio, tape decks, electric typewriters or word processors. The only men who wore earrings were Pirates and women never got tattoos. Hard ware meant hardware and software was not even a word. A chip was a small piece of wood.

In 1940, "Made in Japan" meant junk and the term "making out" referred to how you did on your last test. We hit the scene when there were 5 and 10-cent stores where you actually bought things for a nickel or a dime. For a nickel you could buy a candy bar, ride a street car, make a phone call, buy a Coke or enough stamps to mail one letter and two penny postcards. You could buy a new Ford Coupe for \$600; that is, if



Around THE CORNER

by Bernice REMBER
Columnist

In our day, grass was mowed, Coke was a soda you drank, and pot was something you cooked in

you could scrounge up \$600, and gas was 11 cents a gallon.

In our day, grass was mowed, Coke was a soda you drank, and pot was something you cooked in. Rock music was a Grandma's lullaby and aids were helpers of some sort. AND we were certainly not born before the difference between the sexes was discovered, but we were born before you could have a sex change.

Oh well, life goes on and we adapt to change or we get too old to remember that yesterday was only 24 hours ago and that tomorrow is still ahead of us, and hopefully we'll be able to remember what it was we forgot that we were going to do today!

I think I'll end this column with a prediction...."I hereby predict that we probably won't have as much snow this year as we really need, but we will have a lot more wind than we really need." May only good things come your way in 2018 and all your troubles be little ones!

Schools

Growing the community through education

by Dawn M. AERTS
Iron County Today

CEDAR CITY — Ray Whittier likes to think of his workplace as home, a family, and as part of a community that is about to grow and expand at Cedar North Elementary School.

Whittier, staff, students, parents and volunteers are part of a personal philosophy that says schools can be much more than a building or a series of classrooms.

“I’ve always wanted to have a school where people feel like they are part a larger goal,” said Whittier, principal, and steward of curriculum. “A caring place, where we can always come together.”

But principals like Whittier have a wide range of duties and plenty of unanticipated things that keep them inspired. In October, he celebrated a school fundraiser by agreeing to become an erupting volcano; on Thursdays he might give a much-needed pep talk to a classroom that has fallen behind, and there are times when he steps in to offer up counseling or resources.

In other words, principals like Whittier must fill big community shoes that require flexibility, kindness and the ability to connect with children and their families.

“Thankfully, I am in a place that is all

about families and I can tell you there’s something new going forward every day,” he said.

Whittier had served as Assistant Principal at Cross Hollow School, and as principal at Fiddler’s Canyon Elementary before stepping into the role of Principal at North Elementary in 2011. His commitment is rooted in his own family experience.

“I was the sixth of seven children, and mom was a teacher,” said Whittier of his decision to pursue a career in education.

“...there’s something new going forward every day”

— Ray Whittier

”So we were a very close family, with a lot of fun and noise going on in the house. But our parents encouraged us to reach outside of the circle at home, to build new friendships and to enlarge life with others.”

Last fall, Whittier and the Iron County community opened the doors at the newest elementary building with a facility

and STEAM program that he believes will carry students into an exciting decade of education and high-tech advancement. It was, said Whittier, during a mission and travel to Asia, when he came to recognize the huge role a school can play in any culture.

“Schools there were pretty much at the center of any social, or career life for a student,” said Whittier. “And it was common for school acquaintances to keep their relationships in tact over a lifetime.” He believes that reinforcing that kind of involvement for children and families are key to future success. “As a school, we can fill a need, help build relationships and strengthen families – while offering a great place for this community to come together.”

The Iron County School District paved the way for Cedar North and others, to launch afterschool clubs and community-education options for students.

“We know there are plenty of sports to participate in out there, and technology is also taking kids in new directions, but there is still a case for engaging children, and giving families an opportunity to connect,” Whittier said.

In 2016, North Elementary School introduced a Lego Club, an Art Studio Series and began to offer



COURTESY PHOTO

PRINCIPAL RAY WHITTIER of Cedar North Elementary.

activities like Chess Club and English as a Second Language (ESL) options. “So we see that parents, and families in general, are looking for new ways to experience education together,” said Whittier of expanding small-group learning for students with diverse interests.

While Whittier admits that he sometimes falls short of accomplishing the big vision, he is encouraged with Science, Technology, Engineering, Art and Math (STEAM) based programs and with

see **WHITTIER** | 21



COURTESY OF GATEWAY ACADEMY

THIS WEEK ADVANCED ART STUDENTS AT GATEWAY ACADEMY have worked hard on their trompe l'oeil paintings, a French term which means “fool the eye.” This painting style, used since the time of the ancient Greeks, is all about capturing something so realistically that it looks like you could touch it or step through the frame.

WE WANT TO MENTION A HUGE THANK YOU THIS WEEK TO B-WAY, a national industrial packaging manufacturer based in cedar city, for their generous donation to our music program. B-Way Corp donated buckets for our classes to use as drums. Our K-1 classes have had so much fun creating percussion music on them this week- we are grateful for the generosity in our community that helps give students these experiences.

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Schools

NEWS Nuggets

Compiled by Le Ann **WOOLSTENHULME**
Iron County School District

East Elementary

Dual Language Program Application Window Coming Soon. With our Dual Language Immersion program application window for incoming first graders coming up, we'd like to pass along some information about the program. What is the DLI program? It is an educational program where students spend ½ of the day being instructed in English and the other ½ being instructed and immersed in the second language. At East, the second language is Spanish. Studies have confirmed that immersion is a much more effective method of learning a language than attending a separate language class for an hour a day. What are the benefits of the DLI program? Students who participate in DLI show an increase in attention, problem solving, and memory. They score as well as or higher than non-participating students on high stakes testing, and they develop a high level of fluency in a second language with little to no accent.

East's students have consistently scored above average on the Spanish proficiency tests. One of the greatest advantages, in our increasingly global community, is that the students gain a highly developed awareness and appreciation of cultures and diversity. The DLI application window runs from February 1 to March 31. Applications are available at the office, and are available to any incoming first grader, regardless of background or ability level. Please note that students with siblings already in the program are given priority. If your student is selected, and you live out of East boundaries, it will be your responsibility to provide transportation. Once the spaces are filled, students who have filled out an application will be placed on a waiting list. If you are interested in the DLI program, we hope that you will stop by and pick up an application!

Enoch Elementary

Enoch's 3rd through 5th graders were visited by author, Frank Cole, on January 19. He travels the country teaching students that with a good imagination, you can solve any problem you face in life. He has published several books, including *The World's Greatest Adventure Machine* and *The Guardians* series. He held a book signing at Deseret Book, where his books can be purchased.



Congratulations to November and December's Tigers of the Month, top readers, Box Top Winners, and the More for Four winner, Ella Brown. She won a \$75 gift card for Wal-mart. Look for this contest next year, for the chance to win other great prizes.

The Kite for Flight contest begins in February, hosted by the Cedar City Lion's Club. Students will track the minutes they read every day in the hopes of winning a kite and other prizes. The contest

lasts for three months and ends on April 28, at the Kite for Flight event. Classes with the most participants will earn a pizza party.



North Elementary

North Elementary is delighted to announce that one of our amazing fourth grade teachers, Mrs. Kim Saucedo, has been selected as the Elementary Science Teacher of the Year for Region 9 by the Utah Science Teachers Association. She'll be receiving her award in February. Mrs. Saucedo's passion is science and she is masterful at bringing it to life for her students. She helps them see how science is a part of their everyday lives! Kim is also our Lego Robotics Team coach and our Science Club advisor. We're so glad she's here at North! Thanks, Kim, for your incredible work!

South Elementary

Each class was given spelling tests this week to determine who will be in the school Spelling Bee which will be held on February 13. The top spellers of each class will compete at the school level. The school winners will move onto the district level. Students have been studying the spelling and definitions of hundreds of words in preparation for this event. We appreciate their enthusiasm and hard work. Thank you to South's PTA for sponsoring this fun and educational activity!

Three Peaks Elementary

Three Peaks Elementary will hold SEP conferences February 5-9, 2018. Students will be dismissed at 2:30 p.m. every day, including Wednesday. Teachers will send home appointment times for each student. Please make every effort to attend these meetings so that parents and teachers can discuss and share valuable information about each student. Students do better in school when parents are involved in their academic lives. Attending SEP conferences is a way to be involved and help your child succeed.

Fourth grade students will be presenting a program about "Utah" on January 25 at 2:30 p.m. in the gym. Parents are encouraged to attend.

Canyon View Middle

Last week 64 students participated in the Science Fair. Students had worked on their projects since the beginning of the school year. There were 10 different categories they could enter. Teachers, Mrs. Sandoval and Mrs. Roundy, are very proud and excited to announce that 40 students will move onto the Southern Utah Science and Engineering Fair in March. What an honor it is to represent another team at SUU!

Congratulations to the winners!

Animal Science:

1st: Elise B. 2nd: Niky J. 3rd: Ryen B.

Behavioral and Social Sciences:

1st: Brynlee C. 2nd: Katie M. 3rd: Courtney H.

Chemistry:

1st: Braxton B. 2nd: Lindsey H. 3rd: Kamryn A.

Earth & Environmental Science:

1st: Andrea F. 2nd: Kayleah M. 3rd: Tayra Dittmer

Engineering:

1st: Sam S. 1st: Tyson P. 2nd: Jase W. 3rd: Maccoy A.

Math & Computer Science:

1st: Taytum S. 2nd: Josh W. 3rd: Jackson V.

Medicine & Health:

1st: Heather R. 2nd: Harrison C. 3rd: Carson M.

Physics & Astronomy:

1st: Harlee N. 2nd: Jessica M. 3rd: Cooper M.

Plant Science:

1st: Katelyn R. 2nd: Lily B. 3rd: Regan M.

Product Testing & Consumer Science:

1st: Alex M. 2nd: Elsie C. 3rd: Mark S.



Cedar Middle

SUU STEM is offering free math/science tutoring at CHS Monday through Thursday from 3:00 to 5:00. Bussing is available from CMS to CHS after school. Parents must pick up students at 5:00. Permission slips are in the office. Bus passes will only be given with a parent call or note. We are also excited to announce we will be offering a Cool2Code after school program for students in conjunction with Code Changers. This program is a valuable opportunity for students to learn about coding. Honor Society is ready for another semester of great activities. In December, members participated in a service project making cards for the elderly and blankets for the hospital. They also enjoyed a hot chocolate bar. January will be the pancake social. All new members are invited to attend this event. Any questions - contact teachers Ashlee Simonson, Jennifer Davis, or Candace Rowley.

WHITTIER

Continued from page 20

learning innovations.

"On some days, it feels a little like trying to keep the plates spinning in the air," recalls Whittier of a long-ago juggler who could keep more than 7 plates twirling with a handful of sticks. There are so many things going in the right direction.

"We're happy to see the STEAM program here, the many partnerships we have now with Southern Utah University (SUU) and of course the new facility that will be a great place for this community of families to gather."

Sign-ups are now underway for a new round of afterschool classes - hosting a five-week Chess Club, a Geology series, and Art Studios for children entering grades 3rd, 4th, 5th. Cedar North will offer a series of five-week afterschool classes (Tues., Wed., and Thurs.) between Jan., 23rd and Mar. 8th: Chess Express Club; a Geology Rocks Series, Studio-Art (beginners) and cyber-coding classes. He hopes to offer summer camps in history, creative writing, geology, and theater-arts and to see community education grow. Each series fee is \$ 25 with limited size. To register or for more information, call the school office, 435-586-2845.

"I have to say, there are some challenges with this job, and ones that I look forward to," Whittier said. "But who wouldn't enjoy the enthusiasm that children bring to this school every day?"

Chuck your checklists



The Rut LESS TRAVELED

by Corey BAUMGARTNER

How many checklists do you currently have scribbled in notebooks, on napkins or in your smartphone? Are they prioritized, categorized, and memorized? How often do you look at them? Do they make you feel more confident or condemned because you're only seeing how much there is still left to do? Checklists are more than choices. They are challenging commitments and when they're all put together on one list it can be very daunting!

I understand. As a life coach, I recommend having a checklist with smaller goals you can cross off each day. This will help you maintain your confidence to keep going and give you extra energy to plow through opposition as you seek to accomplish your more long-term and exhaustive excursions. Also, the size of your goals doesn't matter as much as where they are taking you. They can be the mini blueprints to greater achievements and help you turn your to-do's into ta-dahs!

You've heard the expression, stop and smell the roses? This flowery phrase often means to not be so busy to enjoy the world around you. It means not just going through the motions, but stopping to ask yourself why those motions matter and are they making your life better. If you're pausing more than stopping, you

The size of your goals doesn't matter as much as where they are taking you

may need to chuck, or at least check your list for liabilities. I'm only asking that you learn to see and enjoy the beauty beyond the duty.

While we're talking about smelling roses—or any flowers—when was the last time you planted some in your life, or in the life of another? If you needed a friend, would you think it was an insult for them to first consult their checklist before feeling comfortable enough to offer their hand in compassion? Be careful that you don't confuse people with priorities. People should be the highest priorities on our checklists. You can interpret that how you choose, but I mean truly making a difference in someone else's life. This includes your spouse, children, siblings or even strangers. We'll always have to-do lists, but we will not always have the people we wish we could do them with.

That may be just my perspective from my soapbox, but my soapbox and I have been through enough to know that none of us can get through, or enjoy, this rutty life without making the time to smell, plant, and share the flowers with others. Too many are willing to complain about the thorns rather than be thankful for them. They can get lost in their lists and reduce their experiences in life to just going through the motions. Is that enough for you? Are you merely going to smell the roses and move on to the next chore on your checklist being none the better? Maybe it's time to stop checking and start chucking. Living a good life requires consulting your heart more than your checklists. If it's otherwise, chuck your checklists.

coreybaumgartner@hotmail.com

Obituaries

Donna Dalley Davenport



Donna Dalley Davenport, age 97, passed away January 17, 2018 at her home in Summit, Utah. She was born September 14, 1920 to Otto P. and Cora Hulet Dalley. She married James W. Davenport on September 18, 1937. They were blessed with four children.

She was an active member of the Church of Jesus Christ of Latter-day Saints and held numerous positions throughout her life including Primary president, Relief Society teacher for many years, and her most recent calling of sending birthday cards with special messages to the Relief Society sisters.

She was preceded in death by her parents; husband Jay; brother Otto Keith; sister Nedra D. Storey; two sons, J. Wayne and Darryl Keith; daughter Connie D. Whicker; and three grandchildren, Jerrie Lee Whicker, Dannie Scott Condie, and Karrah Lynn Gale.

She is survived by her daughter Sheral (Dannie) Condie; son-in-law Fred L. (Kathy) Whicker; daughter-in-law Vergeania P. Davenport; 15 grandchildren, 59 great-grandchildren and counting; sister Carol Davis; sister-in-law Margaret Hansen, and brother-in-law Boyd Robinson.

The family wishes to thank her special caregivers and all who have made her life enjoyable.

Services were held on Monday, January 22, 2018 at 11 a.m. at the Summit Ward chapel (55 East Main, Summit, UT). There was a viewing prior to the services on Monday January 22, 2018 from 9:30 to 10:30 a.m. at the Summit Ward chapel. Interment was at the Summit Cemetery, under the direction of Southern Utah Mortuary. Online condolences can be sent to www.summortuary.com

Chris Thompson



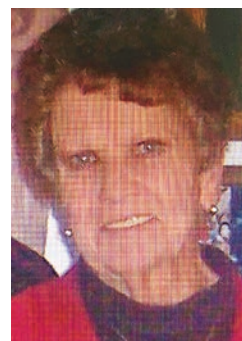
On December 12, 2017, Steamboat Springs, Colo., Southern Utah and family and friends in California lost a good friend. Chris Thompson of Parowan passed away after a battle with brain cancer.

Chris was an avid hiker, skier (both water and snow), expert competitive shooter and well versed in electronics and computers. He especially liked visiting his friends and driving his Corvette convertible. His presence will be sorely missed.

Born in West Los Angeles, Chris is survived by his sister Diana Tomei of Laguna Beach, California, niece Emily Tomei, nephew Jack Tomei, and long time companion Kathy Sack of Steamboat Springs, Colo. He was 60 years old.

A memorial service will be planned in Steamboat Springs, Col. and Brian Head, Utah, at a later date.

Joyce Albrecht Wagner



Joyce Albrecht Wagner passed away peacefully from this life on December 25, 2017 in Yuma, Arizona, with her loving daughter by her side. She, along with her twin sister, was born on August 17, 1951 in Milford, Utah to Sheldon R. and Mary Reese Albrecht. The twins were the first grandchildren of David & Lucy Reese.

In 1956, Dad's employment with the railroad moved the family to California and Joyce attended William Orr Elementary in Norwalk. In September of 1961, the family was able to move back to Milford where Joyce was raised and educated, graduating from Milford High School in 1969. She married Wayne Morrow, later divorced. From that union she was blessed with her daughter, Linda Colene, who she loved and cherished dearly.

Joyce had a long, enjoyable career with the federal government, working at Hill Air Force Base in Utah, then moving to Yuma, Arizona in 1996 to work at the Marine Corps Air Station until her retirement in 2011.

Joyce always had a soft spot in her heart for animals, especially dogs.

She loved country-western music and was always seen wearing her perfectly pressed & creased blue jeans and cowboy boots. Everyone who knew & loved Joyce will miss her dearly.

She is survived by her daughter; mother; twin sister, Janyce (Alan) Syndergaard, Taylorsville, UT; brother, Robert Albrecht, Kingman, AZ; sister, Julie (Dave) Olearain, Cedar City, UT; and sister, Carol (Barney) Thompson, Milford, UT. Preceded in death by her father and grandparents. A service will be held in Milford, Utah at a date yet to be determined.

Religion

Trinity Lutheran Tea on Feb. 10

CEDAR CITY — The Tea Ladies at Trinity Lutheran Church are pleased to announce their annual Tea to be held on Saturday, February 10 at 2 p.m.

This year's Valentine Tea theme will be "Honoring Treasured Friends." While enjoying all the tasty fare that is offered, the ladies will also be entertained by the music of pianist Harry Taylor. A Hat Show is also on the program. Ladies are invited to wear their own favorite hats if they wish.

Tickets may be purchased by contacting Diane Molnar at 435-867-9163. Tickets are \$20 each. It is advised to call early as space is limited.

Trinity Lutheran Church is located at 410 East 1935 North in Cedar City, across from Fiddlers Elementary School. This Tea is an on-going venture to provide fellowship to all ladies in Cedar City and also to donate to various different local charities.



Spring Soccer Registration

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WEDNESDAY, JANUARY 24, 2018

CV CLOSING IN on region wrestling title

by Tom ZULEWSKI
Iron County Today

All along, Canyon View head wrestling coach Dallas Lowry knew he had a team that had more than one potential state champion in the bunch.

Facing cross-town rival Cedar at home Jan. 18, the Falcons got a power boost from an unlikely source and moved one step closer to a Region 9 championship.

Freshman Gunner Hatch produced the first of six pins on the night at 120 pounds, and Canyon View rolled to a 46-27 victory over the Redmen to stay perfect on the season at 5-0.

"We started slow, but we're turning it up to boil now," Lowry said. "We're getting our conditioning into place and getting some boys where we need them. We're going to be in good shape."

The night began with Cedar's McCrae Spencer beating Garrett Barney at 106 pounds by a 14-7 count. After CV's Jake Smith won by forfeit at 113, Hatch took on Michael Wolfe and put him on his back at the 2 minute, 52 second mark of the match.

"I felt like I stepped up to my ability," Hatch said. "I'm wrestling to my potential right now."

From there, Cole Lake followed with a pin of Carlos Jimenez at 1:56 in the 126-pound match, and the Falcons built the momentum into a wave the rest of the way.

"I thought all of our seniors looked great and I was impressed with their work," Lowry said.

CV's other winners by pin were Colton Shumway (145), Brady Lowry (152), Trenton Stapley (170) and Tyler



JR ROBINSON

CANYON VIEW WRESTLERS REMAIN UNBEATEN IN REGION ACTION and will finish the regular season at Desert Hills this week.



Canyon View
46



Cedar
27

106 - McCrae Spencer (C) def. Garrett Barney (CV), 14-7
113 - Jake Smith (CV) won by forfeit
120 - Gunner Hatch (CV) p. Michael Wolfe (C), 2:52
126 - Cole Lake (CV) p. Carlos Jimenez (C), 1:56
132 - Dyllon Arenivar (C) p. Dawson Stoor (CV), 4:59
138 - Kasey Robinson (CV) def. Dustin Barrick (C), 14-3
145 - Colton Shumway (CV) p. Dallin Benson (C), 1:23
152 - Brady Lowry (CV) p. Mike Anker (C), 1:23
160 - Caleb Weaver (C) def. Braydon Cavaliere (CV), 6-4
170 - Trenton Stapley (CV) p. Trey Payne (C), :39
182 - Hayden Giles (C) p. Gavin Carter (CV), 5:10
195 - Tyler Haley (CV) p. Kioni Alvarez (C), 3:30
220 - Nate Ellis (C), def. Riley Robinson (CV), 8-3
285 - Daniel Jordan (C) won by forfeit

Haley (195). Lowry, CV's defending state champion, had a brief moment where he tweaked his knee early and had to pause against Mike Anker, but didn't take long to recover pin him at 1:23.

Cedar's winners were Dyllon Arenivar (by pin at 132), Caleb Weaver with a late takedown that helped him beat Braydon Cavaliere at 160 (6-4), Hayden Giles (by pin at 182) and Nate

Ellis (8-3 decision over Riley Robinson at 220).

Daniel Jordan won by forfeit at heavyweight for the Redmen to wrap up the night.

The Falcons will finish the regular season Thursday with a road match at Desert Hills and Cedar travels to Dixie for the Battle of the Bell, looking to keep it for the 10th straight year.

Redmen hoops unable to answer strong start from Panthers

by Tom ZULEWSKI
Iron County Today

The Cedar Redmen were waiting for a chance to make a statement in the early stages of the Region 9 season. Thanks to a hot start from the floor, the Pine View Panthers weren't about to let any good vibes take hold.

Gavin Bateman led all scorers with 14 points, including four 3-pointers, and the Panthers took control from the start on the way to a 47-33 victory over Cedar on Jan. 17. Other than the game's opening point at the free-throw line, the Redmen never led after that and fell to 1-3 in Region 9 play.

Cedar produced only one quarter of double-figure scoring and was led by 10 points from Brandon Haskins.

"I haven't seen us struggle like that

offensively all year, but you have to give Pine View a ton of credit," head coach Russ Beck said. "We could never get into a rhythm, and a lot of the shots that we took were kind of ill-advised, quick and they converted."

After Haskins scored the game's opening point, Pine View went on an 8-0 run that included 3-pointers from Tanner Tobler and Bateman to grab all the momentum. The Panthers would go on to hit six 3-pointers in the first half as they took a 25-16 lead at the break.

Cedar never got the deficit closer than eight points in the second half and shot just 8-of-15 from the free-throw line. John O'Donnell added 11 points for Pine View in the winning effort.

"We've got to get better. It's upsetting," Beck said of the team's effort. "We're

a better team than the way we played tonight, but we've got to prove it.

"I feel like we're a top-four team if we play the way we need to play, especially on defense. Everyone picked us to finish seventh, but we're not in seventh and we're not going to end up there."

On Jan. 18, the Redmen went on the road and suffered its third straight loss, a 50-42 decision to the Hurricane Tigers. Cedar scored just two points in the second quarter and fell behind by 17 at 39-22 after three.

Jackson Last led Hurricane with 27 points. Ethan Boettcher had 18 to lead Cedar, all coming via six 3-pointers.

The Redmen will wrap up the first round of region play tonight with a home game against Dixie, with tipoff set for 7 p.m.



Pine View
47



Cedar
33

Pine View 14 11 6 16 -- 47
Cedar 7 9 7 10 -- 33

Pine View - O'Donnell 11, Tobler 7, Moten 5, Bateman 14, Brooksby 8, Moore 2. Totals 15 11-17 47. 3-pointers - O'Donnell 1, Tobler 1, Bateman 4.

Cedar - Carpenter 2, Grant 6, Jacoby 2, Tebbs 3, Peterson 6, Haskins 10, Clark 4. Totals 12 8-15 33. 3-pointers - Tebbs 1.

Lady Reds fall to Panthers in OT

ST. GEORGE — The Cedar Lady Reds had good fortune in its last seven games, building its winning streak by an average of 18 points each time. With time winding down in a Region 9 road game at Pine View on Jan. 16, the Lady Reds' luck finally ran out.

The Panthers erased a five-point deficit in the final 17 seconds of regulation, hitting a tying shot at the horn to force overtime, then hit their free throws in the extra session to beat Cedar 53-49 and take over sole possession of first place in the standings.


"We haven't been in a close game in a month," Cedar head coach Corry Nielson said. "This was a good experience for us. Pine View executed at the end, there were some foul calls that could have gone either way, but those things happen on the road."

Pine View trailed 44-39 after Japrix Weaver — who led all scorers with 20 points — hit two free throws with 16.8 seconds on the clock. On the Panthers' next possession, Sophie Jensen (13 points) drove for a layup, got fouled and completed the three-point play to cut the lead to two.


With 8.7 seconds left, Emma Brower missed two free throws to give Pine View a chance they wouldn't miss. Jensen's initial try fell off, but freshman Averi Papa

got the rebound and converted the shot that sent the game into four extra minutes.

"We hung in there and competed," Nielson said. "Towards the end, we ran into foul trouble, and we're still having a



Pine View
53



Cedar
49

Cedar	6	10	7	21	5--	49
Pine View	14	8	7	15	9--	53

Cedar — D. Weaver 4, J. Weaver 20, Laws 2, Shoop 3, Davis 3, Fielding 3, Henkel 9, Brower 5. Totals 15 19-32 49. 3-pointers — None.

Pine View — Jensen 13, Mead 7, Allen 19, Newby 4, Hayes 4, Papa 2, Graff 2, Tonga 2. Totals 13 24-36 53. 3-pointers — Jensen 1, Mead 1, Newby 1.

hard time understanding fouls."

Saraven Allen led the Panthers with 19 points, all coming from the free-throw line in 22 attempts. The senior guard hit 12 straight at the stripe in the fourth quarter and overtime, including two that

put Pine View up 52-49 in the waning seconds.

Sophomore Haley Graff missed two free throws later, but got her own offensive rebound and hit a free throw with 2.3 seconds left to complete the scoring.

Cedar trailed by as many as 10 in the first half, but got within three at 19-16 after Brower converted a three-point play. Jensen would help Pine View answer with a 3-pointer at the horn that pushed the lead to 22-16 at the break.

Dream Weaver would pull Cedar even at 22-22 early in the third quarter after a steal and layup, but the senior picked up her fourth foul on the next possession. Pine View closed the period with a 7-1 run and took a 29-23 lead to the fourth.

The Lady Reds answered with a 10-2 run to start the final period. Freshman Logann Laws capped the surge with a layup that put them in front for the first time at 33-31, setting the stage for the race to the finish.

Weaver and Carley Davis would foul out in the fourth quarter.

Cedar fell for the second straight time two days later when Hurricane wiped out an eight-point deficit after three quarters and beat the Lady Reds, 43-41. Jayden Langford hit the winning shot with less than a second remaining to give the Tigers

REGION 9 GIRLS BASKETBALL STANDINGS

Through Jan. 18

	REGION	OVERALL
Pine View	5-1	10-2
Cedar	3-2	10-4
Snow Canyon	3-2	7-8
Dixie	2-3	8-9
Hurricane	2-3	7-8
Desert Hills	2-3	3-10
Canyon View	1-4	4-11

Thursday's Games

Desert Hills at Cedar, 7 p.m.
Hurricane at Canyon View, 7 p.m.
Pine View at Snow Canyon, 7 p.m.

the victory.

The Lady Reds closed the first round of region play with a game at Dixie on Tuesday that was too late for press deadline. They will start the second half with a home game against Desert Hills on Thursday.

Across town, Canyon View fell in its only game of the week, dropping a 70-45 decision to Pine View. The Falcons trailed by two at 18-16 after a quarter, but were outscored 23-12 in the second as the Panthers never looked back.

CV played the first of its two home games Tuesday against Desert Hills and will welcome Hurricane to the Falcons' Nest for a 7 p.m. tipoff Thursday.

T-Birds survive cold second half, beat Eagles in OT

by Tom ZULEWSKI
Iron County Today

The spring semester may have just begun, but the Jan. 20 game between Southern Utah and Eastern Washington was a big test in more ways than one.

Despite shooting just 21 percent from the floor in the second half, the T-Birds overcame some heavy emotional baggage and found a way to win.

Brandon Better had 13 points and SUU was able to come away with a 66-62 overtime victory over the Eagles before an announced crowd of 2,229 at America First Event Center. Even as snow fell outside, the T-Birds improved to 2-5 in Big Sky play and hearts were warmed by the return of head coach Todd Simon to the bench.

"We're trying to work defensively to get consistent stops and play clean basketball on both ends," said Simon, who spent time in St. George earlier to deal with health issues surrounding the birth of his new daughter. "We didn't make all of our shots, but it was a superior defensive effort."

Despite the T-Birds' second-half struggles, the visiting Eagles (4-3 Big Sky)

couldn't take advantage. Eastern started the final 20 minutes with a 16-4 run and took a 46-39 lead — its largest of the game — with 11 minutes remaining.

Better would help SUU have an immediate answer, hitting a pair of his four 3-pointers in a 9-2 run that tied the score

at 48-48. Dre Marin, who added a triple of his own in the run, knew he was playing for more than just his team.

"This was for my brother. He's the one who gets me going," said Marin, who has an older brother battling cancer. "He's not doing well, but if there's one person who got me through everything, it was him. I knew he was with me. My brothers (on the team) always have my back. I'm speechless because I felt him with me. Basketball brought us together, and he was with me."

Both teams would struggle to find the shooting range the rest of the way, but Dwayne

Morgan hit two free throws with 2:22 left in regulation that knotted the score again at 54-54. Eastern Washington had the last chance for the winning shot, but Bogdan Bliznyuk — who had 14 of his 18 points in the second half and overtime before fouling out — missed a jumper at

the horn to send the game to the extra period.

After Bliznyuk was whistled for his fifth foul midway through the overtime, Marin added another 3-pointer — the T-Birds' 11th of the game — that put SUU up 62-56 with 1:36 left. Morgan would seal the win with two more free throws with eight seconds to play.

"It was winning time. There was a lot of talk, a lot of defense. Just win the game," said Morgan, who played a large portion of the second half and overtime with four fouls. "We had a quote on the board before the game that said 'if your shot's not falling, do something to help your team win.' We all bought into that."

For the game, Eastern outrebound SUU, 42-33, but the T-Birds forced 12 of the Eagles' 17 turnovers over the final 25 minutes.

BIG SKY STANDINGS

Through Jan. 20

	CONF.	OVERALL
Montana	7-0	14-5
Idaho	5-2	13-6
Weber St.	5-2	12-7
N. Colorado	4-3	13-7
Montana St.	4-3	11-9
Idaho St.	4-3	9-9
E. Washington	4-3	9-11
Portland St.	3-4	13-7
S. Utah	2-5	8-10
N. Dakota	2-5	7-12
Sacramento St.	2-5	5-15
N. Arizona	0-7	3-17



COURTESY OF SUU

DRE MARIN SCORED 8 POINTS in the T-Birds' overtime victory against Eastern Washington on Saturday.

Emotions raw for SUU men's hoops team

Sometimes, it's hard enough for the Southern Utah men's basketball team. They have struggled on the court, more often than not, over the last 11 seasons. Winning more than two games in a row is often a serious challenge. It all pales in comparison to real life, where wins, losses, and game scores don't mean a hill of beans in the bigger picture.

The T-Birds played with heavy hearts through the week that concluded with a well-earned 66-62 overtime win over Eastern Washington on Saturday. It marked the return of head coach Todd Simon, who had to miss the Idaho game two days earlier to be with his wife, Kati, at a St. George hospital as they dealt with complications from the birth of their daughter.

Finding ways to win is one thing. Praying your newborn comes through healthy before she leaves the hospital is much more challenging, and it's

part of why Simon received an ovation from the crowd at America First Events Center when he was introduced Saturday.

Then we learned after the victory over the Eagles that T-Bird freshman Dre Marin played with his older brother on his mind. Marin hit a key 3-pointer in the overtime period and couldn't hold back tears when he talked about what his brother, who's battling Hodgkin's lymphoma, means to him.

It was basketball that bonded them together. For one shining moment, Marin knew his performance had an impact for his sibling, a reason to keep smiling and keep on fighting. That's a small part of the power of sports. It may not be a cure-all, but it's certainly a helpful healing agent – at least for a little while.

» **Parowan's boys basketball team is still on a winning roll**, and the UHSAA has some good news in preparation for the 2A state playoffs. After five years at Orem High, the opening round of play-in games for the state tournament has been moved to the Desert Hills gym in St. George on Feb. 16 for the girls and Feb. 17 for the boys. It will be a pressure-filled situation because the losers will see their season come to an end.

Through the halfway point of its schedule, the Rams are at 4-2 in Region 18, trailing co-leaders Beaver and Millard by a half-game. They've

gotten major offensive production from senior Porter Wood, who has averaged more than 21 points per game during the team's five-game winning streak.

Wood's run was highlighted by a 30-point night Jan. 10 that included the game-winning hoop in a 44-43 win over Kanab.

» **After all the joy of last week's crazy Minneapolis Miracle win** by the Minnesota Vikings, they had nothing for the Philadelphia Eagles, who blew them out 38-7 in the NFC Championship game Sunday.

It will be another David – played by Nick Foles this time – trying to slay the Goliath of perfection that is Tom Brady and the New England Patriots in Super Bowl LII on Feb. 4.

It was hardly surprising that Brady not only played with an injury to his throwing hand, but engineered



RANDOM Thoughts

by Tom ZULEWSKI
Sports Writer

...wins, losses, and game scores don't mean a hill of beans in the bigger picture

another fourth-quarter comeback that knocked out the Jacksonville Jaguars, 24-20.

For those who may not know, this will be Brady's eighth appearance in the big show, and he'll be going after his sixth ring.

Tom Brady has been in the NFL for 17 seasons. He's guided the Patriots to the AFC Championship 12 times, including the last seven in a row. He's the second coming of God.

If you think the Eagles have a realistic chance at beating the Patriots – they're already six-point underdogs in some sports books – your perception of reality may be called into question over the next two weeks.

The feeling in this space is the Puppy Bowl may be a better viewing option.

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



RICKY MENDINI
1981-82 VOLLEYBALL

FEBRUARY 24, 2018

COURTESY OF SUU

SUU's Hall of Fame Class for 2018 is announced

by SUU ATHLETICS STRATEGIC COMMUNICATION

For Iron County Today

CEDAR CITY — The Southern Utah University Athletic Department has announced the Hall of Fame Class for 2018. On Saturday, February 24, both Ricky Mendini and the 1981-82 S USC Women's Volleyball Team will be honored for their accomplishments at Southern Utah University.

"On behalf of the Hall of Fame Selection Committee, we're honored to celebrate the success of the 1981-82 volleyball team, and to recognize the many years of service Ricky Mendini gave the university," Southern Utah University Athletic Director Debbie Corum said.

Mendini served as the head athletic trainer at Southern Utah University from 1993 to 2017. During his time at SUU, Mendini oversaw the creation of the Athletic Training Education major

in SUU's College of Education.

Mendini also helped shape the careers of several generations of athletic trainers at SUU, many of whom are now working at other universities. Mendini came to SUU from New Mexico State, where he was the head athletic trainer.

Mendini has a lasting impact with not only the many student-athletes he worked with, but also with generations of athletic trainers that graduated from Southern Utah University.

The 1981-82 Southern Utah State College women's volleyball team set the precedent for volleyball excellence in Cedar City. The team finished fourth place in the NAIA circuit, and ended the season with a 28-13 overall record.

More impressive, the team finished 11-0 at home, ending the season with a perfect record on the campus of Southern Utah State College.

The team has left a lasting legacy, and provides inspiration for the volleyball team on campus today.

Southern Utah's Choate retiring as volleyball coach



COURTESY OF SUU

CRAIG CHOATE

CEDAR CITY — Former Southern Utah University head volleyball coach Craig Choate has announced his retirement, effective January 11, 2018.

"We are grateful for the years Craig gave the university and wish him the best as he enters retirement," Southern Utah University Athletic Director Debbie Corum said.

The Thunderbirds finished the 2017 campaign 7-21, with a 2-14 record in Big Sky Conference play. The 2017 season was Choate's third with the program.

Annie Stephens, who has been on the coaching staff and competed at Southern Utah University as a student-athlete, has been named interim head coach and placed in charge of team activities.

A national search for the next head volleyball coach will begin immediately.



SUU FOOTBALL STARS MIKE NEEDHAM AND TAYLOR NELSON were named to the national Academic All-Star team.

COURTESY OF SUU

Needham, Nelson named to Academic All-Star team

by **SUU ATHLETICS STRATEGIC COMMUNICATION**

For Iron County Today

CEDAR CITY — SUU Thunderbirds Mike Needham and Taylor Nelson were recognized on the 20th annual Football Championship Subdivision Athletics Directors Association (FCS ADA) Academic All-Star Team for their work not only on the football field, but in the classroom.

The linebackers were part of just five players from the Big Sky Conference to

be recognized with the honor.

Requirements for the honor included having a minimum GPA of 3.2, which both players surpassed by a large margin. Those nominated also were required to have legitimate athletics credentials.

Needham and Nelson were part of a defensive core that claimed a Big Sky Conference title and earned the team a spot in the Second Round of the 2017 FCS Playoffs.

This was the first time either student-athlete had been named to the FCS ADA Academic All-Star Team.

Feigin named SUU men's tennis team captain

by **SUU ATHLETICS STRATEGIC COMMUNICATION**

For Iron County Today

CEDAR CITY — SUU men's tennis head coach Sadhaf Pucher has named sophomore Guy Feigin team captain for the upcoming Spring campaign.

"Guy was the first person I recruited to this program when I became head coach," Pucher said. "During the past year and a half, he has led by example and has shown his leadership on and off the court. I know Guy will lead his teammates to SUU's best season ever. He is the glue for our team and since day one he has believed in the program and the culture we are trying to create here."

Feigin is in his second season at Southern Utah University, moving to Cedar City from Ashdod, Israel where he attended Mekif Hei High School. He finished with a winning record in 2016, going 15-13 in singles matches.

"I am very excited to be named team captain by our coach Sadhaf," Feigin said. "It is a privilege to lead a team of great guys under a great coach. I'm



GUY FEIGIN

COURTESY OF SUU

looking forward to our season that starts in January and hope I can help my team have a successful season."

Southern Utah opened the season on January 13 and 14 when they took on Utah State and Weber State on the road.

Athletic trainers recognized at state awards banquet

CEDAR CITY — The Utah Athletic Trainer Association (UATA) recently held their awards banquet for 2017, and for the first time ever, held it at Southern Utah University. Nearly 100 athletic trainers from all over the state of Utah were in attendance, and at it, several Intermountain Sports Medicine trainers and leaders were recognized for their exceptional work in 2017.

Rhett Farrer, Intermountain Sports Medicine Physical Therapist and Athletic Trainer, was awarded with Utah's 2017 Athletic Trainer & Administrator of the Year. Mike Tolman, Intermountain Sports Medicine Athletic Trainer at Dixie High School, was awarded High School Athletic Trainer for 2017, and Ricky Mendini, recently retired after 24 years at SUU, was awarded Utah's 2017 College Athletic Trainer of the Year. His daughter Melissa, Intermountain Sports Medicine Athletic Trainer at Cedar High School, and who has followed in her dad's footsteps, presented his plaque.

Other notable events at the ceremony:

Ben Davidson, retired SUU Athletic Trainer, was inducted into the UATA Hall of Fame. Dr. Robert Nakken, Cody Bremner PhD, Jona Droubay PT, ATC and Gregg Lunt PT were featured speakers at the event.

Farmer was recognized for "his outstanding leadership in guiding our teams in the pursuit of exemplary clinical care, service excellence and safety," said Ted Huginin, Director of Rehab Services and Sports Medicine. "Rhett has always been an advocate for the student athlete and committed to team based care, which are at the heart of our program's vision. He is most deserving of this award."

Farmer is from St. George, married to Kimberly, and has three children. He started his career at Dixie Regional Medical Center in 1991, before coming to Cedar City Hospital in 2014 as the Sports Medicine Manager. Currently he leads a team of 25 athletic trainers in the southern Utah area for Intermountain Healthcare: Iron County, Washington County, Dixie State University and Southern Utah University. He played basketball for the College of Eastern Utah, before going to the University of Colorado obtaining his physical therapy degree and finishing his athletic training degree from the University of Utah.

Farmer says he loves southern Utah and taking care of the student athletes both at the high school and university

settings. "I didn't even know that I had been nominated until just before the meeting," he said. "I am grateful to be able to have worked with Ricky Mendini and Mike Tolman, among the many other outstanding athletic trainers and leaders. We have an all-star team of athletic trainers here in southern Utah!"

Mendini, a native of Logan, Utah, is married to Shauna, the current Dean of the College of Performing and Visual Arts at SUU, and they have two daughters, Caela and Melissa. He graduated from Utah State with a degree in Physical Education in 1979, and then moved down to the University of Arizona in pursuit of a Masters of Education in Athletic Training, working as the graduate assistant for football and track; graduating in 1981. He was then hired by the University of Arizona as the Assistant Athletic Trainer for men's basketball, until 1985, when he accepted a new position at New Mexico State as the Head Athletic Trainer-Associate Athletic Director for the next eight years. In 1993, he accepted

the Head Athletic Director position at SUU. Two years later, the title of Associate Athletic Director was added to his impressive resume.

Speaking on Mendini's UATA University Trainer of the Year, Farmer said "Ricky has faithfully served SUU and the athletes here for 24 years, and throughout his exemplary career. One of his greatest satisfactions in his career has come from the hundreds of students that he has mentored over the last 38 years. Ricky

has set the bar extremely high in his care of athletes. He hasn't cared if you were a full scholarship athlete or a freshman 4th string punter; he has treated all athletes with utmost care and skill."

One notable story from Mendini's career: A basketball player's father was assassinated in Lebanon. It was he that delivered this news to his player, and then spent the following day and any time needed with this athlete, not as his athletic trainer, but as a parent, mentor, and true friend, to ensure his player had strong support during a terrible time in this player's young life. The player was Steve Kerr, the current coach of the Golden State Warriors.

Farmer said, "Wherever I go and they hear about SUU, they will first ask about Ricky, and then they'll say, 'I love that guy, he took great care of me.' What a great legacy! Ricky has a heart of gold, and gives the gold standard of care."



COURTESY PHOTO

RHETT FARRER PICTURED WITH, from left, Corrine Nyman, and Valerie Herzog, UATA President

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

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ANIMALS

PET ADOPTION AND DISCOUNT Micro-chip Clinic at Petsense, Saturday, Jan 20th from 12-4 PM. No appointment necessary. For Questions, contact Chelsie at 503-812-8778.

ANNOUNCEMENT

HAPPY NEW YEAR, I am offering a deal on residential inspections for the first 5 people you will get half off which is \$150.00 out of \$350.00

THE HUMAN RIGHTS ADVOCATES Club at SUU is putting on an Anti-Human Trafficking Summit on Wednesday, January 24th from 5-8pm in SUU Sterling Church Aud.

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LEGAL NOTICES

SUMMONS

Justin W. Wayment (7011) Christian Jones (15873) WAYMENT & JONES LAW Attorneys for Plaintiff 51 East 400 North #1 P.O. Box 1808 Cedar City, UT 84721-1808 Telephone: (435) 586-3300 Fax: (435) 586-4288 Email: jwayment@waymentand-joneslaw.com Email: cjones@waymentand-joneslaw.com

IN THE FIFTH JUDICIAL DISTRICT COURT IN AND FOR IRON COUNTY, STATE OF UTAH

MARY JANE S. VANDENBERGHE FAMILY, LLC, Plaintiff,

V. THE HEIRS AND DEVISEES OF JEMIMA HAMILTON, AND JOHN DOES I-X, Defendants.

Case No. 170500191 Judge Keith C. Barnes

THE STATE OF UTAH TO DEFENDANTS:

The above-entitled Court has entered an Order granting Plain-

LEGAL NOTICES

tiff the right to serve Defendants, THE HEIRS AND DEVISEES OF JEMIMA HAMILTON, AND JOHN DOES I-X, by Publication. You are thereafter hereby summoned and required to file an answer in writing to a Complaint on file with the clerk of the above entitled Court, located at 40 North 100 East, Cedar City, UT 84720. You are also required to file an Answer with the court and serve upon, or mail to, Plaintiff's attorney, a copy of said Answer within twenty-one (21) days after the service of the Summons upon you if you reside within the State of Utah, or thirty (30) days after the service of Summons upon you if you reside outside the State of Utah.

If you fail so to do, judgment by default will be taken against you for the relief demanded in said Complaint, which has been filed with the Clerk of said Court.

Please be advised that this action seeks to quiet title to certain real property and identified in Plaintiff's Complaint, Exhibit A, which is located in Iron County, Utah, and once quieted, the land shall be titled solely in the name of Plaintiff Mary Jane S. Vandenberghe Family, LLC, to the exclusion of all parties.

A copy of the Complaint in this action has been deposited with the Clerk of the Court, with a description of the Real Property, and can be picked up by anyone claiming an interest in the above matter at no charge.

ICT #0024

Published January 10, 17 & 24, 2018 Iron County Today

PUBLIC NOTICE

Triple S Polaris is selling this used 1997 Polaris Sportsman 500 4x4. The machine was dropped off to be fixed, and abandoned by its owner because they couldn't pay for the repairs. The asking price of \$936 is the current bill owed on this machine. We have processed the certificate of sale and mechanics lien with the state of Utah, so we can get a title. Call or stop by with any questions. Ask for Colton.

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Published January 24, 2018 Iron County Today

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Comics & Puzzles

WEDNESDAY, JANUARY 24, 2018

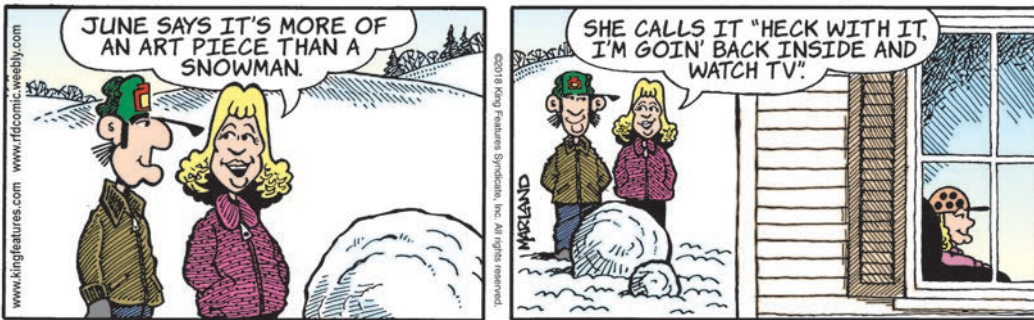
Amber Waves

by Dave T. Phipps



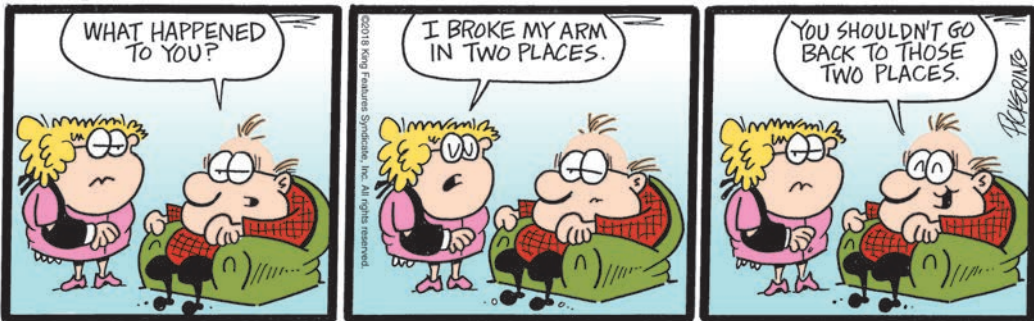
R.F.D.

by Mike Marland



The Spats

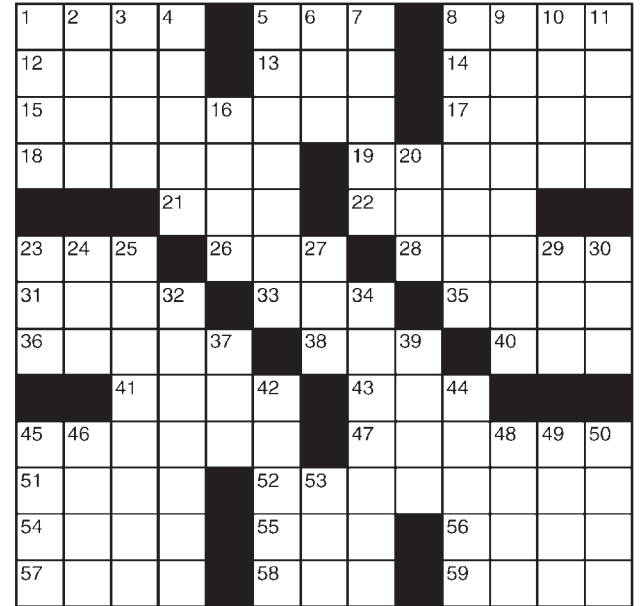
by Jeff Pickering



King Crossword

ACROSS

- 1 "Mamma Mia!" group
- 5 Apprehend
- 8 Colorful fish
- 12 Clay-rich soil
- 13 Blunder
- 14 Portrayal
- 15 Democrat or Republican
- 17 Radiate
- 18 Faucet
- 19 Arouse
- 21 Fireworks reaction
- 22 Delany or Carvey
- 23 Venomous viper
- 26 Zodiac cat
- 28 Passenger
- 31 Prosperous time
- 33 Knock
- 35 Pepsi competitor
- 36 Soothe
- 38 Tatter
- 40 Actor Danson
- 41 A long time
- 43 Bugging device
- 45 Tranquil
- 47 Pencil end
- 51 Impulse carrier
- 52 Multiple marriage
- 54 Expectorate



- 6 Curved path
- 7 Wide
- 8 Occurring naturally
- 9 Bikini pattern?
- 10 Lotion additive
- 11 Chopped
- 16 Implement for two
- 20 Card game
- 23 Lawyers' org.
- 24 Scale member
- 25 Edwin Land's company
- 27 Rowing need
- 29 — out a living
- 30 Primary color
- 32 Purplish
- 30-Down
- 34 Kneecap
- 37 Longing
- 39 Indiana city
- 42 Brownish tone
- 44 Heathen
- 45 Back talk
- 46 World's fair
- 48 Wise one
- 49 Ostriches' kin
- 50 Deli loaves
- 53 On in years

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Weekly SUDOKU

by Linda Thistle

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

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.

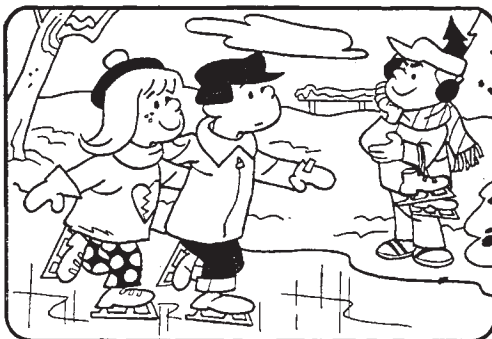
DIFFICULTY THIS WEEK: ♦♦♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

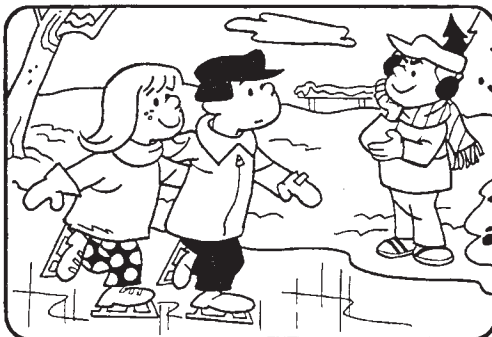
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Hat is missing. 2. Heart is missing. 3. Cloud is smaller. 4. Cuffs are missing. 5. Arm is moved. 6. Skates are missing.

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

Answer

Weekly SUDOKU

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

Solution time: 25 mins.

Answers

King Crossword

Trivia test

by Fifi Rodriguez

1. MYTHOLOGY: What was the name of the chariot-driving Greek sun god?
2. MOVIES: What was the first movie that Elvis Presley appeared in?
3. LITERATURE: Which Russian author wrote the novella "Notes from Underground" in the 19th century?
4. GEOGRAPHY: In what mountain range is Mount Everest located?
5. HISTORY: When was the Woman's Peace Party organized in the United States?
6. MUSIC: What famous singer/songwriter won the Pulitzer Prize for Literature in 2016?
7. U.S. PRESIDENT: Who was the only president to serve two nonconsecutive terms?
8. ANATOMY: What is the largest internal organ in the human body?
9. GOVERNMENT: What was the first capital city of the United States?
10. AD SLOGANS: What popular drink was advertised as "pure as sunlight" in 1927?

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Trivia Test Answers
1. Helios; 2. "Love Me Tender"; 3. Fyodor Dostoyevsky; 4. Himalayas; 5. 1915, in response to World War I; 6. Bob Dylan; 7. Grover Cleveland; 8. Liver; 9. Philadelphia; 10. Coca-Cola



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