

# Inside

IRON COUNTY HONORS ITS VETERANS WITH CEREMONY, PROGRAM



# IRON COUNTY

# today

f @ IRONCOUNTYTODAY.COM

WEDNESDAY, NOVEMBER 14, 2018

VOL. 10 NO. 50

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Friday, November 16th

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# Sports

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# IRON COUNTY

# today

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f @ IRONCOUNTYTODAY.COM

WEDNESDAY, NOVEMBER 14, 2018

VOL. 10 NO. 50

## High voter turnout for Iron County elections

More than 77 percent of registered voters cast their ballots in this year's municipal elections in Iron County. Interest in several three constitutional amendments and three propositions likely propelled the voting interest, even with several local races finding candidates without opponents.

A total of 16,053 ballots were cast, more than 80 percent of them via U.S. mail. Results in each race are shown in the graphic accompanying this article in Iron County Today.

As usual, Republican candidates dominated each of their races. The most highly-contested race was non-partisan, for a seat on the Iron County Board of Education in District 5. In that race, Dale Brinkerhoff defeated Harold Haynie by 100 votes—1,468 to 1,368. The other education-related ballot issue was for an ICSD bond, which voters defeated by a 58-42 margin. Voters in Iron County also said "No" to a new statewide gasoline tax to fund education and roads, to medical marijuana and to Medicaid expansion. They also turned thumbs down on the so-called "gerrymandering" bill that Republicans were against.

The official canvassing of the

see **ELECTION** | 2

# VETERANS HONORED



### THE IRON COUNTY VETERAN'S COALITION'S

**2018** Veteran's Day ceremony took place Monday morning at the Cedar City Veteran's Park World War I Memorial. The ceremony featured US Navy Veteran Bruce Winslow as a guest speaker, the posting of the flag and a 21 gun salute as well as performances by the Cedar Music Children's Choir.



PHOTOS BY COREY BAUMGARTNER

## BIRTHDAY CELEBRATION!

Friday, November 16th

**FOOD • FUN • PRIZES**

Food served from 11:00 a.m. to 2:00 p.m.



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# ELECTION

Continued from page 1

election was expected to take place on Nov. 13 during the county commission meeting. That occurred after we went to press.

## IRON COUNTY ELECTION RESULTS

Turnout: 77 percent

<b>US Senate</b> <i>(Iron County votes only)</i>	<b>Board of Education Dist. 4</b>
Mitt Romney 11,277	Michelle Lambert 1,773
Jenny Wilson 2,842	
Tim Aalders 865	<b>Board of Education Dist. 5</b>
Craig Bowden 597	Dale Brinkerhoff 1,468
Reed McCandless 206	Harold Haynie 1,368

<b>US House Dist. 2</b> <i>(Iron County votes only)</i>	<b>Board of Education Bonds</b>
Chris Stewart 11,938	For issuance 6,359
Shireen Ghorbani 2,915	Against issuance 8,885
Jeffrey Whipple 850	

<b>State Senate Dist. 28</b> <i>Iron County votes only on these:</i>	
Evan Vickers 12,690	
Mark Chambers 2,970	

<b>State House Dist. 71</b>	<b>Constitutional Amendment A</b>
Brad Last 3,097	For 11,717
Chuck Goode 532	Against 3,514

<b>State House Dist. 72</b>	<b>Constitutional Amendment B</b>
Rex Shipp 8,880	For 4,636
Zeno Parry 2,000	Against 10,601
Barry Short 998	

<b>County Commission Seat A</b>	<b>Constitutional Amendment C</b>
Michael Bleak 13,465	For 10,122
	Against 4,936

<b>County Commission Seat B</b>	<b>Question #1</b>
Paul Cozzens 12,873	For 4,187
	Against 11,583

<b>County Attorney</b>	<b>Proposition 2</b>
Chad Dotson 13,708	For 6,828
	Against 8,885

<b>County Auditor</b>	<b>Proposition 3</b>
Dan Jessen 13,594	For 7,024
	Against 8,496

<b>County Clerk</b>	<b>Proposition 4</b>
Jon Whittaker 13,707	For 5,964
	Against 9,139

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# Veteran's Day Program held at SUU



**A VETERAN'S DAY OBSERVANCE PROGRAM WAS HELD AT SUU** Monday to honor military veterans. Keynote speaker U.S. Army Reserve Major Berni Davis shared her experiences serving in the military; Maya Garcia from Fiddlers Elementary school was announced the winner of the fifth grade poster contest; three veterans were honored with awards; and the Cedar High School Symphonic Band performed each military branch's service song and TAPS.



PHOTOS BY COREY BAUMGARTNER

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# Christmas in the Country next week

by Kelsey **KEENER**  
*Iron County Today*

**PAROWAN** — Parowan's Christmas in the Country will take place Nov. 23 and 24 following a theme of 'Christmas Around the World.'

The event starts Friday, Nov. 23 with the Holiday Bazaar from 10 a.m. to 5 p.m. in the Iron County Fair Building. The Bazaar offers holiday shopping and crafts of all kinds. At 7 p.m., the Interfaith Christmas Program will begin at the Aladdin

Theatre, free of charge.

On Saturday, Nov. 24, Santa's Parade will start at 10 a.m. on Main Street in Parowan, and Santa will be at the Iron County Fairgrounds afterward. The Holiday Bazaar will be open again from 10 a.m. to 4 p.m. A Candlelight Walking Parade will begin at 6 p.m. The public is invited to bring their own light or candle and gather at 500 North Main to join the parade. Christmas in the County will end with the Town Light Ceremony at Town Square at 6:15 p.m.

# Deadline is Monday for holiday assistance program

by Kelsey **KEENER**  
*Iron County Today*

**CEDAR CITY** — The deadline to apply for the Iron County Holiday Assistance program is this Monday, Nov. 19, at the end of the day.

Iron County Holiday Assistance helps provides gifts to more than 1,000 local children and holiday meals to families and seniors. The program is a collaboration between the Southern Utah University Community

Engagement Center, the Volunteer Center of Iron County and Iron County Care and Share. Toys for Tots also participates in the program.

Families in need are invited to apply online at <https://www.suu.edu/siel/cec/holiday-assistance.html>, and community members are welcome to donate to the program as well. Donations of new, unwrapped gifts or stocking stuffers can be delivered to the Community Engagement Center, 417 W 200 S in Cedar City, or Cedar

City or Enoch City offices. Food donations can be made through Iron County Care and Share.

Gifts and food donations will be distributed Dec. 3 through 7 at the Holiday Store, and volunteers are needed to help families shop for items and sort donations. The store is located at the National Guard Armory, 1065 N Airport Road in Cedar City. To sign up call 435-865-8340 or visit the previously listed website.



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**Opinion**



*Fiscal responsibility begins with simple restraint*

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

One of my clients – the owner of an air conditioning and heating repair and replacement firm – offers a monthly one-hour meeting with his employees on the subject of financial fitness.

“A lot of my employees were having trouble paying their bills, and it wasn’t due to lack of income,” he said. “In most cases, they just didn’t understand how to stretch their paycheck and few were planning for their future. I figured a less worried and stable employee was good for my business, so I started the monthly meeting as an employee benefit.”

He’s correct, and it’s not just the fault of young adults. Depending on the study, a healthy portion of Americans could not come up with the \$500 payment in an emergency without using a credit card.

Financial responsibility is best modeled in the home, and I’m not sure many parents have set the best example. The World War II generation, helped by memories of their parents during the Depression, had an instinct for thrift, whereas my generation acquired a taste for the shopping mall.

Fiscal fitness is generally ignored in school. Even the typical college graduate knows little about investments, IRAs, or the benefits (and dangers) of interest

The credit card has changed buying habits. Merchants offer discounts if you apply for a store card and seasonally encourage people to skip their monthly payment. The entire economy is built upon a “buy now, pay later” calendar. An executive at Utah’s major furniture store once admitted to me that some 10 percent of their profits came from the sale of

leasing.

No wonder people figure they are entitled to have their appetites sated immediately. The “starter home” now comes with three bathrooms and a theater room. Few people would ever think of buying an auto or truck without cruise control, Internet capabilities and other add-on goodies – all accessories in previous times.

We’ve gone from 50-cent coffee to \$4.50 lattes... Bartenders will tell you that a generic “vodka tonic” has been replaced with orders of premium “Grey Goose and tonic”... The price of “cool” sneakers approaches the monthly lease on a Dodge Ram.

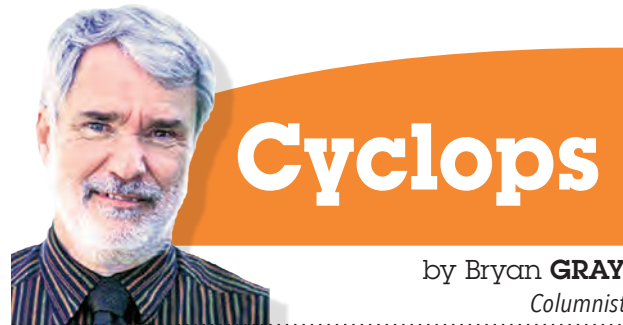
Credit is not a villain.

In fact, the credit card is a marvelous investment, allow-

ing a no-interest loan for those paying off their bill in full every 30 days and often giving “points” toward travel, hotel stays, and restaurant meals.

No, don’t blame credit cards. What’s missing is instruction on money management and “paying yourself first” to establish a savings program.

It’s not rocket science. It is simple restraint. And it needs wise advice to a person who balances the need for a \$600 tattoo with putting the same money in a Roth IRA or paying off a credit card balance. The tattoo you might regret, but not the other choice.



by Bryan GRAY  
Columnist

*The price of “cool” sneakers approaches the monthly lease on a Dodge Ram.*

furniture; the real revenue streamed from the credit department.

There is little embarrassment associated with low credit scores. Auto dealerships advertise “Poor credit, No credit, No problem,” and equity in vehicles has been erased through an emphasis on



# First Cedar Music Fest a success

by Kelsey **KEENER**  
Iron County Today

**CEDAR CITY** — The first annual Cedar Music Fest held this fall drew approximately 2,500 participants to visit historical downtown during the event.

Cedar City's newest music festival is presented by Southern Utah University's Office of Community and Academic Enrichment and is features live music and local artists and crafters. The goal of the CAE office is to bring cultural experiences and learning opportunities to the community of southern Utah.

Several entities contributed to creating the Music Fest, including SUU Alumni and Community Relations, Cedar City, the Historical Downtown Economic Committee, the Southern Utah Museum of Art, Southwest Technical College, the Cedar City/

Brian Head Tourism Bureau and several businesses located in downtown Cedar City.

Cedar City Councilman Scott Phillips said the success of the event demonstrated the need for the Cedar Music Fest.

"This is just what we were looking for: something to draw more locals and tourists alike to the downtown area and see what the great merchants in the area have to offer," he said.

The festival featured two bands from Seattle, two from southern Utah, a jazz ensemble, street musicians, artist, vendors, a free photo booth and a food court.

For information on sponsoring the 2019 Cedar Music Fest, contact event director Jessica Burr at [jessicaburr@suu.edu](mailto:jessicaburr@suu.edu). For information on being a vendor, food truck or performer, contact Maree Beach at [bewise@suu.edu](mailto:bewise@suu.edu).



# D&D hosting donation drive for Care and Share

**CEDAR CITY** — D & D Variety Shop will be hosting a food drive on Nov. 16 between the hours of 11 a.m. and 1 p.m., and they will be giving away free pizza to those

who donate food items for the Care and Share.

They are also giving away a set of tickets to the Las Vegas Golden Knights from a raffle they will also

have at the event. D & D will also donate 5 percent of total food sales on that day to the Care and Share.

D & D is located at 435 N. Aviation Way in Cedar City.

**IRON COUNTY FORECAST**

SUNNY, DRY WEATHER CONTINUES. WE WON'T FIND A STORM ANY TIME SOON. COLD MORNINGS IN THE 20's AND AFTERNOONS IN THE MID 50's. TURNING A BIT CHILLIER BY SUNDAY AND INTO NEXT WEEK BUT STAYING DRY.

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<b>WEDNESDAY</b>	Sunny		<b>53°/24°</b>
	PRECIP: 0%		WINDS: Light
<b>THURSDAY</b>	Sunny		<b>54°/26°</b>
	PRECIP: 0%		WINDS: Light
<b>FRIDAY</b>	Sunny		<b>55°/26°</b>
	PRECIP: 0%		WINDS: Light
<b>SATURDAY</b>	Sunny		<b>54°/29°</b>
	PRECIP: 0%		WINDS: Light
<b>SUNDAY</b>	Sunny		<b>50°/25°</b>
	PRECIP: 0%		WINDS: Light
<b>MONDAY</b>	Sunny		<b>48°/23°</b>
	PRECIP: 0%		WINDS: Light
<b>TUESDAY</b>	Partly Sunny		<b>51°/25°</b>
	PRECIP: 0%		WINDS: Light

**BEST OF CEDAR CITY AWARDS**

**Business of the Year:**  
Ken Bettridge Distributing

**Employer of the Year:**  
Southwest Technical College

**Customer Service of the Year:**  
Lin's Fresh Marketplace

**Innovative Business of the Year:**  
Southwest Technical College

**Educator of the Year:**  
Michael Bahr Young

**Citizen of the Year:**  
Kenadie Terry

**Restaurant of the Year:**  
Centro Wood-fired Pizza

**Organization of the Year:**  
Iron County Care & Share

**Man of the Year:**  
Scott Wyatt

**Woman of the Year:**  
Jennie Hendricks

**Medical Professional of the Year:**  
Michael Stults

**Legacy Award - Lifetime Achievement:**  
Eric Schmutz

**Cedar City Area Chamber of Commerce CEO Award:**  
Will be announced at the gala by Chamber of Commerce President and CEO, Chris McCormick.

## Chamber announces 'Best of Cedar City' award winners

**CEDAR CITY** — After four months of nominations and voting by the community, the Cedar City Chamber of Commerce has announced the winners of the 68th annual "Best of Cedar City" awards. Winners will receive their awards and recognition at a gala on Friday, January 18, 2019 in the Sharwan Smith Student Center Ballroom at Southern Utah University.

There are 13 different Best of Cedar City awards that honor community members and businesses nominated for encouraging and promoting a positive and vital economy and preserving those unique qualities that make the Cedar City area a very special place to live, work, and visit. Many times, people and businesses do things to better our community without getting recognized, and this is our chance to do so. These awards give us a chance to identify those in the community who make Cedar City what it is today.

Community members are invited to attend the gala and celebrate award winners. This year's gala festivities will include a served meal, "Winter Wonderland" themed décor and entertainment by local Cedar City groups. Tickets are on sale now, \$50 a person, and can be purchased online at [www.cedarcitychamber.org](http://www.cedarcitychamber.org), or by calling (435) 586-4484. Seating is 8 guests per table.

This will be the 68th annual "Best of Cedar City" awards gala. Past winners include Mayor Maile Wilson-Edwards, Fred Adams, The Pizza Cart, the Utah Shakespeare Festival, Mindy Benson and the Cedar City Children's Musical Theatre.

**Storybook Cavalcade**

Saturday, November 17 | 2:00pm  
Cedar City Main Street

Nearly 100 entires with **NEW** floats themed around Despicable Me, Frozen, The Nutcracker, and Moana!

Storybook themed floats, large helium balloons, clowns, costumed characters, storybook celebrities, and Santa Claus!



# DANCING to make a DIFFERENCE

by Corey  
**BAUMGARTNER**  
*Iron County Today*

They say that children are our future. That's the inspiration and dedication behind the Dancing with Your Community Stars event. Presented yearly, by the Children's Justice Center of Iron County, this fun fund-raiser seeks to raise awareness and support for the children in our communities.

The event was themed with songs and dances from the movie, *The Greatest Showman*. Previous year's

winners, Mike Bleak (2016) and Tyler Allred (2017) were the ringmasters, with Benjamin Batty as the magnificent Master of Ceremonies. The dancing stars of the evening were eight brave community members along with their talented partners, the SUU Ballroom Dancers. Cyndi Wallace with Kinon Coles, Carter Wilkey with Questa Rousseau, Betsy Sartini with Josh Evans, Tom Braun with Melissa Case, Kathy Long with Spencer Hahne, Jeff Malcom with Darcy Glover, Geoffrey Chesnut with Samantha Adams, and Terri Hartley with Danny Keetch. As they each strutted their stuff, celebrity judges, Mindy Benson, Fred C. Adams and Mayor Maile Wilson-Edwards, entertained and enlightened the audience during this worthy cause.

In the end, everyone was a winner, including the top dancers in four categories: Winning both the Best Dance and the Movers and Shakers awards was Betsy

Sartini with Josh Evans. The People's Choice award went to Tom Braun with Melissa Case. While Geoffrey Chesnut and his partner, Samantha Adams, swung their way to the championship victory and the mirror ball trophy, with the overall Judge's Choice award.

However, this year's dance competition, dubbed the greatest show on earth, wouldn't be nearly as great without the children. They were the real winners of the evening. Because thanks to the Iron County Children's Justice Center ([cjc.ironcounty.net](http://cjc.ironcounty.net)), hurting children can have a safe place and safe people to share and repair their hearts and hurts. Not only to help them survive abuse and trauma, but to rebuild their lives, and restore hope and peace for their future. Because they deserve one, also.



**TOM BRAUN WITH MELISSA CASE**



**BETSY SARTINI WITH JOSH EVANS**



**JEFF MALCOM WITH DARCY GLOVER**



**GEOFFREY CHESNUT WITH SAMANTHA ADAMS**







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**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.

**November 5**

**Jacqueline C. McNair-Birk, St. George**

Drug Court violation

**Karen A. Warner, Cedar City**

Intoxication

**November 6**

**Joseph A. Alas, Cedar City**

Drug court violation

**Jason C. Roberts, Venice, Calif.**

Aggravated Assault

**Pearlene K. Aguilera, Cedar City**

Retail Theft

**November 7**

**Ellen R. Stringham, St. George**

Possession of Controlled Substance, Possession of Drug Paraphernalia, Possession with Intent to Distribute Controlled Substance

**Michael S. Torres, Las Vegas, Nev.**

Probation/Parole Violation

**Ashley Harmer, Washington**

Federal Contract Prisoner

**Lance R. Payne, Hurricane**

Federal Contract Prisoner

**Ronald L. Slate, Plattsouth, Neb.**

Federal Contract Prisoner

**November 8**

**Alpha O. Girard, Cedar City**

Driving w/o insurance

**Kimberly D. Hare, Cedar City**

Probation/Parole Violation

**Coby B. Harring, Parowan**

Probation/Parole Violation

**Tanner B. Roberts, Meadow**

Probation/Parole Violation

**November 11**

**Daniel J. Lebaron, Cedar City**

Drive on Susp/Revoked License

# Massage therapy supports overall health

by Kelsey **KEENER**  
*Iron County Today*

Massage therapy can be beneficial for injury recovery, overall physical health and mental health, in addition to being an industry predicted to grow significantly within the next decade.

Jeremy Kellum, Licensed Massage Therapist and Campus Director of Healing Mountain Massage School, explains that while massage is applied directly to the muscle system of the body it can indirectly benefit other systems as well.

"Whenever you are affecting your muscles, you are increasing blood flow, which affects your circulatory system, which can affect your respiratory system," he said. "So massage doesn't just affect one system in your body, it can actually help all the systems in your body. Massage is going to increase blood flow and increase range of motion and increase lymphatic drainage and decrease delayed onset muscle soreness; it has a lot of different benefits whether they be physiological or mental benefits, a lot of indirect benefits as well."

Kellum said some of the mental benefits include stress and anxiety relief, helping those who struggle with depression and even helping people who have been abused.

"If you have someone who has been abused before in the past it can help to teach them what appropriate touch is again," he said. "And when you have young children it helps to teach them what appropriate touch is at a very young age if you can

have them do a chair massage where they can keep their clothes on and their parents are standing here in eyesight."

HMMS Admissions Representative Cherish Finnegan added that mental health can often affect physical health.

"I would say people don't often realize how much your emotional well-being is attached

other therapies, such as physical therapy and chiropractic care, in addition to helping heal muscle injuries properly. There are also different massage techniques for specific types of illnesses and conditions. Kellum said this makes medical knowledge vital to massage therapists.

"I don't think a lot of people understand what goes into massage," he said. "You have

the beginning and that leads to them doing it right for a longer period of time," he said. "I've been doing massage for 15 years and body mechanics is something I pay attention to, to this day because if you're not paying attention it can hurt in the long run."

The Bureau of Labor Statistics cites that the demand for massage therapists is predicted to grow 26 percent by 2026, faster the average for any occupation. Massage therapy job growth in Utah is predicted to increase by 44 percent by 2024. On average, 97 percent of students who attend Healing Mountain Massage School graduate and 76 percent report that their first job after graduation is related to massage therapy. In addition, the massage program takes only eight to 10 months to complete and results in less student loan debt than traditional four-year programs. Kellum said one of the goals of the program is to enable students to have lasting careers.

"We want them to go out and be the next group of instructors and administrators for new massage schools when they've been doing massage for 10 or 15 years," he said. "That's what we would love to see is not only to create great massage therapists but great massage leaders."

HMMS offers both a day program and a night program for students to complete the 900 hours of required core knowledge, as well as several massage and spa services for community members. For more information, call 435-586-8222 or go to [www.healingmountain.edu](http://www.healingmountain.edu).



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to your physical well-being," she said. "I don't know one person that hasn't gone through life without at least one trauma that they can somehow pinpoint in their mind, no matter when it was. This trauma, whether it was a physical trauma, mental, emotional trauma, storing those up, it does affect our muscles and the way our health is currently."

Massage therapy can also be used in conjunction with

to have a really good grasp of anatomy, physiology, the muscle system, the movements of the muscles and how those effect your kinetic chain inside of your body."

Kellum added that HMMS focuses on teaching students the use of proper body mechanics and massage technique as well, in order to prevent injury or strain on the therapist.

"You have to show the students how to do it right from



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J. AERTS

**VASA STAFF (LEFT TO RIGHT)** Justin Wimsatt, maintenance; Shawna Smith, general manager; Makensie Olsen, operations manager and Seth Doty, head, personal trainer encourages members to participate in the November “Band Together” food drive using MyZone workout belts to earn \$ 5 VASA donations to their local food bank, or for members and non-members to donate food items for a wristband and a free week of ‘team training.

# VASA food drive part of ‘Band Together’ November

by Dawn M. **AERTS**  
*Iron County Today*

**CEDAR CITY** — When Makensie Olsen and gym staff are not doing fitness assessments, introducing new members to exercise equipment, or finding the right mix of exercise routines for optimum health, they will ‘band together’ this November in a company-wide effort to collect donations for the local food bank.

“The staff enjoys this time of year in particular, helping people feel good about their overall health and wellness,” said Olsen of the VASA Fitness annual food drive. “The word VASA is actually Latin for ‘vessel’ so we hope to be a tool for people in that effort.”

Olsen, who comes from Logan, Utah, moved to Cedar City to earn an Associate’s degree in General Sciences from Southern Utah University and now serves as Operations Manager leading the front desk, handling payroll, and as human resources representative for VASA Fitness, 1605 W. Regency Road.

“The goal is to connect the community to this effort,” said Olsen of providing food to as many families as possible and then collecting those donations for the local food shelf. VASA, who sponsors the annual food drive, always incorporates physical exercise and membership health goals with incentives to donate.

“In November we offer members and non-members a personal wrist-BAND as a reminder to ‘band together,’” said Olsen of the drive. “With any food donation, we also offer a complimentary fitness assessment with a certified personal

trainer to identify individual fitness goals and determine limitations and strengths.”

Workout plans are customized to individual needs and provide insight on what fitness plan is best. “In short, all of the VASA gyms and staff are in competition with each other in this effort -- to see which gym can provide the most weight in food by the end of the month,” explained Olsen.

Both members and non-members are invited to drop off food items for collection or to participate in the MyZone Belts project which is a high-tech tool trainers can use to track client-workouts during the week when they aren’t in the gym.

“A client might only spend one day a week actually working with a trainer on site, but the belt can track data like heart rate, temperature, times of workout, calories burned and then uses

graphs on a Smart Phone to determine the intensity of each day to day workout.”

According to Olsen, Myzone Effort Points (MEPS) system translates an individual’s data effort into points – i.e. the higher the heart rate zone, for a longer time frame, earns more points. Every member that uses a Myzone Belt with a personal training package can register and is then automatically entered into the November food drive promotion.

“While a lot of our time is spent on helping our members on their journey to health and fitness through exercise at the gym, we’d love to take it one step more,” said Olsen, “By helping those who are hungry.” Donations can be dropped off at their gym located at 1605 W. Regency Road.

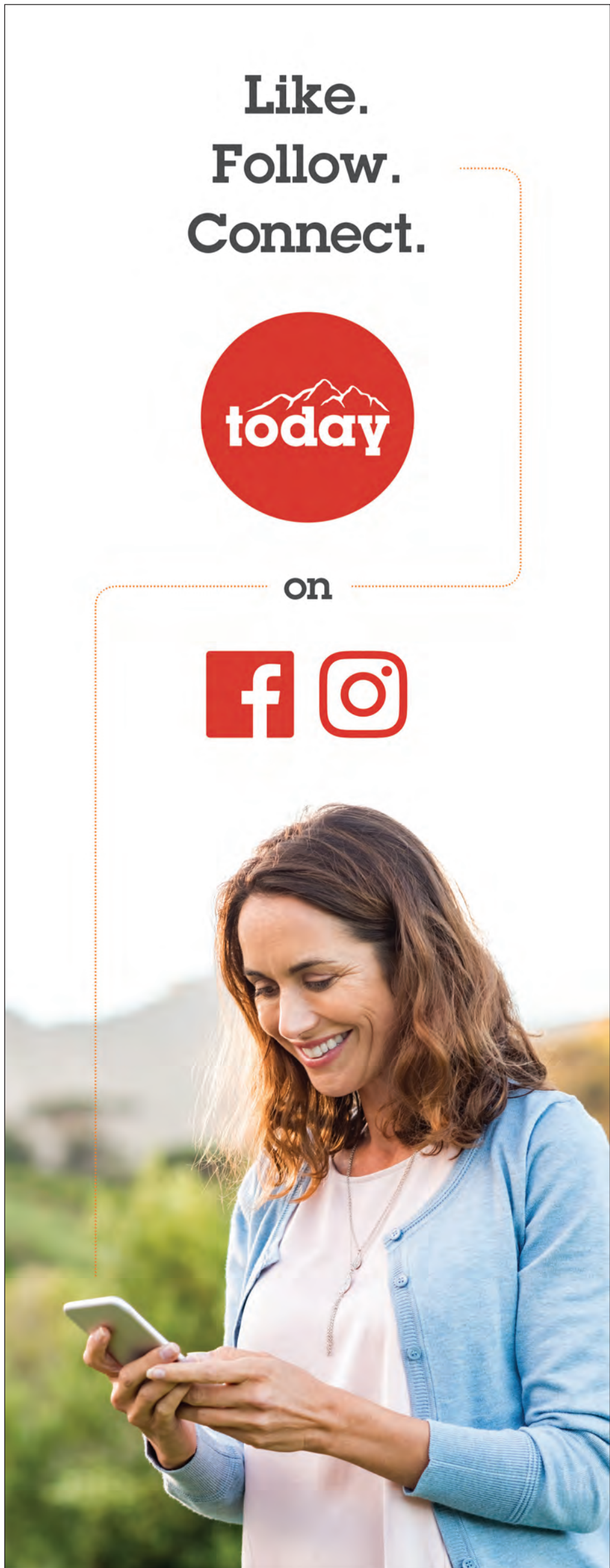
*“The goal is to connect the community to this effort”*

— **Makensie Olsen, VASA**

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# Animal-vehicle collision season has begun

During deer season, which generally runs from October through December, there is a dramatic increase in the movement of the deer population.

While any animal on the road can be dangerous, according to the Insurance Institute for Highway Safety, there are more than 1.5 million deer-vehicle collisions each year, resulting in 150 human deaths and tens of thousands of injuries. In Utah, the number of animal collision claims increased by 18 percent from 2016-2017.

“We want drivers to be prepared should they encounter an animal on the road, especially during deer season,” said Michael Blasky, spokesperson for AAA Utah. “Knowing what signs to look for and what actions to take will help consumers avoid or reduce the damage caused by an animal collision.”

To help consumers drive smarter and prevent or reduce damage of an animal collision, AAA recommends:

» **Keep your eyes on the road and scan ahead of you:** Continuously scan from left to right for signs of deer or other animals as they can come from any direction. While animal-collisions usually occur when an animal darts in front of a car, they can also run into the side of a vehicle and scanning ahead of you will help you spot them from afar.

» **Be especially attentive during commute hours:** Deer and many other animals are most active during commuting hours – roughly between 5-8 a.m. and 5-8 p.m. Since animals are most likely to travel during this period, it’s important to be extra cautious when driving to and from work.

» **Use high beam headlights at night if there's no oncoming traffic:** When driving at night, the extra light may help you spot animals sooner and give you more time to slow down, move over or honk your horn to scare the animal away. A long blast on your horn can also frighten large animals away from your vehicle.

» **Watch for other deer:** Deer typically travel in herds and rarely travel alone. If you see one, chances are there are others nearby and you should proceed with caution in case other deer are present.

» **Brake firmly and remain in your lane if impact is imminent:** Serious acci-



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dents can occur when drivers swerve to avoid animals causing them to hit oncoming vehicles or crash into fixed objects on the side of the road. If an animal is in your path stay in your lane so you don’t confuse the animal into not knowing which way to run.

» **Always wear a seatbelt:** Most injuries in animal-vehicle collisions occur when passengers are not wearing their seatbelt. Always ensure you and your passengers are wearing a seatbelt at all times.

» **Do not approach wounded animals:** If an animal is wounded and frightened it can be unpredictable and may cause you or others injury. Call the police or animal control organization if the animal is in the middle of the road and blocking traffic so they can take care of the situation accordingly.

As the deer population grows and as urbanization continues to spread into formerly rural environments,

animal-collisions can be expected to increase. AAA recommends consumers consider purchasing comprehensive coverage to cover animal collisions, if they don’t already have it as part of their auto insurance policy. For more information visit AAA.com.

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UTAH HUMANITIES



WEDNESDAY, NOVEMBER 14, 2018



**CEDAR CITY** — For almost 30 years, The Oak Ridge Boys have been a part of their fans' holiday season with their annual Christmas tour, which comes to Iron County and Southern Utah University on Thursday, December 13, for an 8 p.m. show in the America First Event Center. Tickets can be purchased online at [tbirdtickets.com](http://tbirdtickets.com), by calling 435.586.7872, or stopping by the Thunderbird Ticket Office.

Their four-part harmonies and upbeat songs have garnered a host of industry and fan accolades. Every time they step before an audience, the Oaks bring three decades of charted singles to a stage show widely acknowledged as among the most exciting anywhere.

A mixture of traditional and contemporary songs comprise the Christmas Tour set list, which includes songs from the Oaks' seven bestselling Christmas CDs. A highlight of the evening is the much-loved 'rocking chair' segment where each BOY rocks by the fireplace and shares personal thoughts about Christmas.

"Christmas is my favorite time of year," says lead singer Duane Allen. "I love the positive things about the season.... the joy, happiness, giving, sharing, time with family, and gifts. The beautiful lights and decorations.

Christmas music. Special food. And most of all the true meaning, which, of course, is celebrating the birth of our Lord and Savior, Jesus Christ. I hope everyone will come out this year and celebrate Christmas with The Oak Ridge Boys."

Known for their iconic and

*"We love what we do. Getting on stage and bringing our music to people is still what we live for."*

— **Richard Sterban**

multi-platinum selling hit "Elvira," along with other chart-toppers like "Bobbie Sue," "Thank God For Kids," and "Leaving Louisiana In The Broad Daylight," The Oak Ridge Boys have achieved a decorated career, winning five GRAMMY® Awards, and multiple CMA, ACM and Dove Awards for

their cross-over brand of pop, country and gospel music that spans multiple generations. Made up of members Duane Allen, Joe Bonsall, William Lee Golden and Richard Sterban, whose unmistakable bass on the lyric "oom poppa, mow mow," has become one of music's most recognized sing-alongs on an international scale, The Oak Ridge Boys are members of the Grand Ole Opry and achieved arguably country music's highest honor in October 2015 when they were inducted into the Country Music Hall Of Fame.

"I feel like I can do what I do on stage just as good now as I could 20 years ago," says Bonsall. "I plan to be rockin' my tail off out there as long as I'm healthy. The people who come out, who bring their families to see us, deserve everything I've got."

Bass singer Richard Sterban comments, "I think our stage show is one of the reasons for our continuity. We're still having fun doing this. We love what we do. Getting on stage and bringing our music to people is still what we live for."

For more information about The Oak Ridge Boys' Shine the Light on Christmas show at Southern Utah University, please contact the SUU Alumni & Community Relations Office at 435.586.7777.

## Red Rock Film festival photo gallery on display through November 21

**CEDAR CITY** — If you want to get a closer look at the cinematography from the Red Rock Film Festival, come to Artisans to see still frame blowups and publicity stills from the Festival to celebrate the Director of Photography in film.

The photos are on display Wednesdays through Saturdays from noon to 7 p.m. through Nov. 21. Artisans Gallery is located at 94 W Center St. in Cedar City.





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Parowan



**JOSHUA CULBERTSON**  
Cedar City

3rd



**TED PORRAY**  
Parowan



# Sharp, Kaufman to headline Friday concert

**CEDAR CITY** — Iron County Acoustic Music Association (ICAMA) is pleased to present Las Vegas performing artist Ruth Ann Sharp on Friday, Nov. 16, at 7 p.m. at Community Presbyterian Church, 2279 N Wedgewood Lane, Cedar City. Ruth Ann is a singer-songwriter, producer, and performer with a repertoire of original and covers of contemporary folk and folk rock. Opening the evening is singer-songwriter Art Kaufman, a long-time Cedar City favorite.

ICAMA presents musicians playing a variety of acoustic music genres including folk, country, bluegrass, jazz, and Americana in a relaxed listening atmosphere. The venue is transformed into a “funky ‘60s café” for the shows, with professional lights and sound. They have built a loyal following of live acoustic music fans. ICAMA’s goal is to “Create Community Through Live Music.”

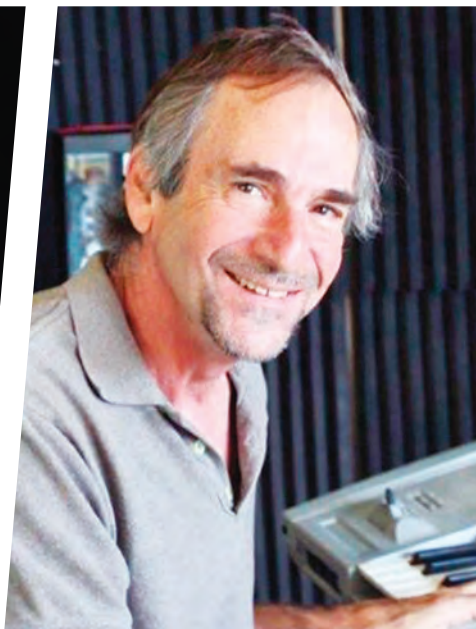
Ruth Ann Sharp is a dynamic and diverse musician and performer. Her setlists boast a multitude of genres spanning decades. Her vocal style is striking with a sound reminiscent of a soulful Celine Dion coupled with the depth of Joan Baez and a splash of Ann Wilson power for good measure. An unstoppable passion for music accompanies every chord and note. Whether playing an original composition or a



**RUTH ANN SHARP**

favorite popular song, her audience will FEEL the music.

As a self-taught musician, Ruth found a love of music though singing and guitar then expanded her knowledge at the university level. She began her career writing, performing, and recording original music with the release of 2 albums and many live performances. She is currently based in Las Vegas and adores having a career in music while performing as a solo



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**ART KAUFMAN**

acoustic singer/songwriter. She is the owner-operator of RAS Music Studio where she inspires the next generation of musicians as an instructor, writer and producer.

Opening the October ICAMA show is Art Kaufman, a singer-songwriter and music producer based in Cedar City. Art (aka David Fox) was born in Erie, PA and began his musical career at 12 years old performing in rock bands. At 18 he decided to study music

and completed a degree from UCLA. In 1984, he started a music business called Magic Key Productions. His company has produced hundreds of song-poems, voice overs, jingles, and music for TV, radio, film and stage. After moving to Cedar City, he toured with country rock bands Stampede, Wildheart and Muddy Boots.

In 2003 Art co-starred in the award-winning music documentary, OFF THE CHARTS-the Song-Poem Story, which originally aired on PBS, then was broadcast on NETFLIX, and currently can be seen on AMAZON PRIME. As David Fox he has performed in New York, Chicago, and San Francisco with NRBQ and is well known for the song-poem hits “Non-Violent Taekwondo Troopers” and “Loving Annie Oakley.”

Art was recently contacted by BURGER RECORDS in LA (the fastest growing independent label worldwide) and in April will be going on the road to promote a newly mastered soundtrack release of OFF THE CHARTS on Vinyl recording. Along with professional duties, Art says some of his most meaningful work is with Zion’s Way Hospice comforting the elderly with his music.

Doors open at 6:30 p.m. A \$5 suggested donation supports the shows and promotes live acoustic music in Iron County.

## New events coming to SUMA

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

**CEDAR CITY** — The Southern Utah Museum of Art is offering new events in addition to those regularly scheduled.

Cedar City Mayor Maile Wilson-Edwards will be sharing her experience from visiting sister city Gapyeong, South Korea Friday at 6 p.m.

The recently added Art Adventures program starts with a visit to the Parowan Gap Petroglyphs on Saturday. Local artist Eric Brown will instruct participants in drawing and composition techniques to capture the beauty of the petroglyph. Registration is required and available through <https://www.suu.edu/pva/suma/> under “adult programs.”



JULIA HUNT

The next Family Day will be Dec. 8 from 2 to 4 p.m. and the next Create Playdate is scheduled for Nov. 28 at 11 a.m. Yoga at SUMA is also available Nov. 19 and 26 at 4 p.m.

A Very SUMA Holiday will

ornaments and decorations from around the world and donation requests from the Iron County Care and Share. There will also be several winter-themed events for community members.

SUMA is participating in Small Business Saturday by offering a discount worth 10-15 percent off total purchase in the SUMA shop on Nov. 24, seasonal merchandise and a make-and-take activity in the SUMA Classroom from 2 to 4 p.m.

For National Cookie Day, SUMA is hosting a gingerbread house building competition Dec. 4 from noon to 4 p.m. The first prize winner will receive a \$20 gift card to the SUMA gift shop.

On Dec. 21, SUMA invites the community to celebrate Winter Solstice with free food, activities and music from 4 to 8 p.m.

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### UPCOMING EVENTS

**ART INSIGHTS- ELLEN EAGLE**  
Randall L Jones Theatre  
Wednesday, November 14 at 7 p.m.

**BERNSTEIN BIRTHDAY BROADWAY BASH**  
Thorley Recital Hall  
November 14-17 at 7:30 p.m.

**SUU BALLROOM DANCE CONCERT**  
Heritage Center Theater  
November 16 & 17 at 6:30 p.m.

**A SCI-FI ODYSSEY PERCUSSION ENSEMBLE CONCERT**  
Thorley Recital Hall  
November 19 at 7:30 p.m.

**PIANO MONSTER CONCERT**  
Heritage Center Theater  
November 27 at 7:00 p.m.

**ADVENTURES IN “TIME” JAZZ ENSEMBLE CONCERT**  
Heritage Center Theater  
November 30 at 7:00 p.m.

[www.suu.edu/pva](http://www.suu.edu/pva)



# I am not a Ludite after all

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

Okay, I have to admit that I need and enjoy the technology of modern communication. That being said, my daughters, grandchildren, and students all think I am still in the Dark Ages because I don't use Facebook, Instagram, Marco Polo, etc. It's true. My "modern" technology usage consists of texting and emailing, communication devices that hardly deserve the term "modern." But I don't really want to check to see what my grandkids had for lunch—I shudder to think—send a picture of every beautiful tree I see or visit with anyone while I am getting ready for the day, which my daughters do among themselves on Marco Polo. (I still want the old-fashioned comfort of privacy in the bathroom, thank you.)

But I love texting. After decades of communicating daily with the world via postcards, I must say I love the immediacy that texting allows. And the brevity, the volumes that can be expressed in one word: "Kyle?" I text to my daughter, meaning, how is my grandson doing in Marine boot-camp? "So far, so good," she answers. Because we know each other so well, and the things of mutual interest between us, I can convey, with just one word, the idea that Kyle is on my mind, and she can answer no matter where she is or what she is doing. Information has been shared without playing phone tag or thinking that we have to spend a few minutes in polite, non-essential conversation. We're busy.

"Conner?" I text to my granddaughter. She knows I am asking about her love, who is battling leukemia. We go back and forth all day, texting when we can; I express my love and hope, she appreciates my concern. It isn't great literary expression, but, somehow, it is sufficient for our needs

at the moment.

And email is a godsend. I have lots of business that I must tend to, what with teaching 71 students per week—some in group classes, keeping up with two demanding volunteer positions, and sharing with family and friends far away. I can't even remember how we kept in touch before those words on a screen. Well, I can remember, but catching someone on the phone was often very frustrating, and postcards of condolence or congratulation were always received days past the event of reference.

But I am mindful of the dangers inherent in these communication modes. I have read that some people check their phones dozens of times a day. And checking my email has become a chore programmed into my daily routine that always takes longer than I had planned. It would appear that we are saving time to have more time to look at our screens so we can save time to spend on our screens....

But after years of mocking those who carry their phones at all times, I had a real moment of panic the other day when my phone wasn't where I thought it was. What if someone were trying to get a hold of me?!



**ARTISTS SANDRA J. ANDERSON, CAROL STENGER, PHOEBE WRIGHTER AND LESLIE JENSON** (not pictured) are featured at the Frontier Homestead Museum in November, with an exhibit titled, "The Crossroads of Southern Utah." All are members of Southern Utah Watercolor Association (SUWA) and their work is periodically exhibited at galleries or in art shows at the Virgin Valley Artist Association (VVAA) in Mesquite, Nev.

## Artists come to 'Crossroads' at museum exhibit

by Dawn M. **AERTS**  
*Iron County Today*

In the exhibit "Crossroads of Southern Utah" four artists will bring their work in watercolors together this month at the Frontier Homestead Museum where each will share their personal journey and talent in art.

According to Sandra J. Anderson, artist-coordinator, the exhibit showcases her work and that of Carol Stenger, Phoebe Wrighter and Leslie Jenson. While Anderson is a color 'purist' who focuses on Southern Utah and Southwest landscapes, Stenger is known for representational artwork that captures the essence of a character in paintings that tell a story.

"Each of these artists come from varied backgrounds," said Anderson, "and we all want to explore, improve and refine our talent." Anderson, who grew up in Ogden, Utah, said her past travels to European countries and through the United States led her to earn a degree in art and attraction to acrylic, pastel, watercolor and oil painting.

"In past years, I was able to visit

the wonderful art galleries, exhibits and to see (up close) the work of well-known and the famous artists of Germany, Italy, Vienna, Austria, Switzerland, Belgium and Greece," said Anderson. "So, travel was informative for me, and has greatly influenced my artwork."

Carol Stenger, who began her study at Bakersfield College, in California, was led to newspaper production, printing classes and a

the detail clearly yet softly and then to use the fluidity and freshness -- I find in the layering of colors." Her pre-painting work determines the color palette and composition before starting on the final painting.

"It's the story that energizes me and gives me an incentive to paint," added Stenger. "So my goal as an artist is to engage a viewer long enough to want to take that second look and linger awhile."

The month-long exhibit will also feature the work of mostly self-taught artist Phoebe Wrighter who began interest after taking drawing and pencil workshops in the 1980s. "Living in Oregon, I had worked as a manicurist with air-brushed nails, and

with metal jewelry (mostly earrings) as well as with photography," said Wrighter of her past.

"But when the era of digital photography came along, I left photography work (as I knew it) and moved to Mesquite, Nevada," said Wrighter. "In 2007, that decision led me to join the Virgin Valley Artist Association where I continue to explore other medium and my

**"Each of these artists come from varied backgrounds and we all want to explore, improve and refine our talent"**

— Sandra J. Anderson

career in graphic art and design. "In the 1990s I was able to merge my art study with computer technology and then set up my own business," added Stenger. "When my husband and I retired to Cedar City in 2008, I found myself returning to where it all began – painting and fine art."

Stenger's work is inspired by people and animals that she says provide her with endless opportunity on canvas. "My favorite medium is watercolor, to capture



# A Bernstein Birthday Broadway Bash at SUU

by Kelsey **KEENER**  
*Iron County Today*

**CEDAR CITY** — SUU Opera Theatre will perform A Bernstein Birthday Broadway Bash in celebration of the 100th anniversary of Leonard Bernstein's birth Nov. 14-17 at 7:30 p.m. in the Thorley Recital Hall of SUU's Music Building. This concert is free and open to the public.

Leonard Bernstein was known as a composer, conductor, educator, and humanitarian. Performing a show featuring his music with students in a university setting is a tribute to all that Bernstein held dear in his life.

Carol Ann Modesitt, director of Opera/Voice at SUU, shares, "As I was developing this show, I did quite a lot of research on Bernstein. There is a quote I found where Bernstein states exactly how I, myself, feel about music. He says, 'I can't live one day without hearing music, playing it, studying it, or thinking about it.'" To me that quote sums up my life and what music means to me."

This Broadway Bash concert will feature memorable music from West Side Story, On the Town, A Wonderful Town, The Mad Woman of Central Park, The Skin of Our Teeth, 1600 Pennsylvania Avenue, and Candide.

Shanda Johnson, SUU student, says, "The SUU Opera is a great challenge and a great reward. It's helped me to become a better singer and performer, while simultaneously putting together a delightful and entertaining show. It's a privilege to work with Professor Modesitt and Dr. Chan. Between their counsel, the many rehearsals, and the hard work of all the participating students, the audience will fall in love and be blown away!"

Celebrate the 100th Birthday of Leonard Bernstein with the SUU Opera Theatre. For more information, visit [www.suu.edu/pva/music](http://www.suu.edu/pva/music).



COURTESY OF SUU

**SUU'S CAROL ANN MODESITT WORKS WITH MUSIC STUDENTS** in preparation for the Bernstein Birthday Broadway Bash.

## CROSSROADS

*Continued from page 15*

watercolor classes."

Wrighter has likewise turned her attention to techniques using gouache, pastels, casein, charcoal, acrylic, mixed medium and a favorite, watercolors. "I'm always experimenting with ideas and mixing these up in order to find my own style," said Wrighter. "That means researching the work of the artists I admire, watching tutorials and to keep progressing as a painter."

The November exhibit will also feature the work of Leslie Jenson with colorful still-life paintings that reflect the nuance of flowers, birds and quiet spaces in nature. While each artist hopes to share their journey and inspirations, they agree that time has become the one invaluable gift.

"As artists we continually veer into new ways of expressing ourselves on canvas," said Stenger. "These paintings represent our journey at 'The Crossroads of Southern Utah.'"

## 'The Christmas Fairy' performances on now at Cedar City library

Come hear the story of The Christmas Fairy, read and acted out by the author (with some fun music). It is filled with wintry fantasy, heart-stopping adventure and even time travel! Be among the first to experience the magic, before it is published and made into a movie!

It will be performed on Saturdays from 10 to 11 a.m. through Dec. 29 at the Cedar City Library in the Park, East room.

We'll meet at 4786 N. Mule Train Drive (corner of Midvalley and Mule Train). Please RSVP by text message to 208-251-6315 or email to [karrylee2011@gmail.com](mailto:karrylee2011@gmail.com)

## 'Write In' set for Saturday night

**CEDAR CITY** — It is National Novel Writing Month! If you are working on a novel, need some inspiration or just want to get to know other NaNoWriMo writers - we are hosting a "Write In" on Saturday, November 17, starting at 7 p.m. and ending at 9 p.m. Bring a snack to share and be prepared to write.

We'll meet at 4786 N. Mule Train Drive (corner of Midvalley and Mule Train). Please RSVP by text message to 208-251-6315 or email to [karrylee2011@gmail.com](mailto:karrylee2011@gmail.com)

## 2019 PANGUITCH LAKE ICE FISHING DERBY

Sponsored by Panguitch Main Street

### OPEN ENROLLMENT

Online registration & more info at [www.panguitchfishingderby.com](http://www.panguitchfishingderby.com)

### 1 GRAND PRIZE

6.5 Creedmoor Rifle with scope. Valued at \$1000.00

### 20 great prizes to the first 20 tagged fish turned in. AND WEEKLY COMPETITIONS

Every Saturday starting

JANUARY  
5<sup>TH</sup>

UNTIL  
JANUARY  
26<sup>TH</sup>

or until all tagged fish are caught.



For questions & to claim prizes call 435-691-1210 or email [panguitchmainstreet@gmail.com](mailto:panguitchmainstreet@gmail.com)





## Canyon View High presents 'Beauty and the Beast'

by Kelsey **KEENER**  
*Iron County Today*

**CEDAR CITY** — The Canyon View High School Theatre Department will be presenting Disney's "Beauty and the Beast" starting tonight at 7 p.m. in the school's auditorium.

The CVHS Theatre Department invites the community to enjoy amusing dance numbers, hilarious characters and beautiful songs during the musical. Senior CVHS student who is playing Belle, Kate Harris, said she thinks her character is a unique Disney princess.

"I think that Belle is a very unique character in that she is one of the first Disney princesses to be written as independent and well-grounded in her beliefs." She said. "But while she is headstrong, she is still kind, gentle, and smart."

The school's theatre department strives to deliver fun, entertaining events for the community. The musical will also show Nov. 15 through 17 and Nov. 19 at 7 p.m. Tickets are \$7 at the

door, \$10 for reserved seating and \$2 for CVHS students with their student ID. Tickets can also be purchased at <http://our.show/cvhsbeautyandthebeast>.

*"I think that Belle...is one of the first Disney princesses to be written as independent and well-grounded in her beliefs"*

— **Kate Harris**

## Junior Ballet hosting Parent's Night Out

**CEDAR CITY** — Cedar City Junior Ballet (CCJB) is hosting their first Parent's Night Out! fundraising event on Saturday, Nov. 17, from 6 to 10 p.m. The event will be held at the CCJB Studio, located at 173 N 100 West in Cedar City. Parents will be able to drop their children off at the event, where the children will participate in a night of crafts, movies, dancing, and fun. Food will be provided for the children at the event.

Per family, prices are as follows: \$15 for 1 child, \$25 for 2 siblings, and \$30 for 3+ siblings. All funds raised from the event will be used to provide scholarships to cover tuition and performance fees for community members who otherwise would not be

able to dance.

Since their debut performance of the full-length ballet Coppelia in 2003, CCJB has strived to enrich the community arts by performing and teaching classical ballet in its purest form. Currently the only community dance organization offering classes taught by a professionally trained dance instructor, CCJB believes that the beauty and discipline of ballet is an invaluable teacher in helping to mold character and develop inner strength.

Those interested in pre-registering their children for the event, or in donating to CCJB, should visit <https://www.cedarcityjuniorballet.org/parents-night-out/> today.



CEDAR CITY JUNIOR BALLET

## SUU Percussion Ensemble is Out of this World

**CEDAR CITY** — The SUU Percussion Ensemble will perform an exciting concert for the community titled A Sci-Fi Odyssey under the direction of Dr. Lynn Vartan. This concert will be held on Monday, Nov. 19, at 7:30 p.m. in the Thorley Recital Hall of the SUU Music Building. This concert is free and open to the public.

Dr. Lynn Vartan, director of the percussion ensemble, said in a release that, "This concert has a fun theme - all sci-fi! The concert is centered around a large ensemble piece called Science Fiction that pays homage to old sci-fi films. It even has voice over quotes from old films as well as a film montage that will play with it that shows old sci-fi movie bits! Other pieces include the REM Cycle by Dustin Schulze and The Martian Chronicles by Shaun Tilburg."

The SUU Percussion Ensemble consists of both music majors and non-majors and welcomes students with a variety of levels of experience.

This ensemble performs historically significant works for percussion, contemporary percussion literature, novelty percussion and traditional non-western percussion music. Several performance opportunities are available to members of the Percussion Ensemble, including concerts, performances and

other promotional events for the College of Performing and Visual Arts as well as concerts on and off campus.

Jordan Nielsen, a Music Performance Major with percussion emphasis, said, "Percussion Ensemble concerts always have something for everyone. This concert is special because of the extremely unique acoustic and electronic instruments

that we use. We also have some pieces featuring video tracks. My favorite piece on the program is "Table Music". This piece is just three people, their hands, and a table."

For more information, visit [www.suu.edu/pva/music](http://www.suu.edu/pva/music).



COURTESY OF SUU



by Dawn M. AERTS  
*Iron County Today*

## WHEN GRANDMA WORE HER APRON

**KANARRAVILLE** — The story goes that in Kanarraville the ladies of the 'All Woman' Fire Department used to jump on the back of the fire truck with their aprons on.

At the Historical Society in town, visitors will find an apron exhibit that features examples of the little aprons worn by ladies of the 1940s through the 1970s. "I still have a checkered apron from those years," said Cheryl Rose, "and every grandmother in town wore one."

According to Brenda Pugh and Sharon Williams, there were holiday aprons and handmade versions given as gifts or for special occasions. "Mostly it was part of their everyday wardrobe," said Williams. "They washed them by hand, kept them fresh, and kept their house-dresses clean."

While many vintage aprons are tucked away in the attic, Retta Davis recalls them as versatile and practical must-haves. "They would use them to wipe off a child's dirty face or to gather vegetables from the garden, so they really were an essential for homemakers."

The exhibit brings to life the story of Grandmothers and how aprons became part of an American tradition. "Most were sewed by hand with material from the Five and Dime store," said Rose of her family memories. "Sometimes they were made with cotton fabric, or they might use organza, trimmed with frilly ruffles and bric-a-brac."

It was the 'go to' for working around the house, for canning season, and egg gathering, or for light dusting before company arrived: Most were made with big pockets that held everything from baby bottles, to clothes pins on wash day.

"I remember my Mother, Alva, wearing her apron," said Davis of the aprons used for getting a hot dish or bake sheet out of the oven. And women in those years also carried a 'kerchief' in her pocket,



**(LEFT TO RIGHT) KANARRAVILLE HISTORICAL SOCIETY MEMBERS** Cheryl Rose, Retta Davis, (President); Sharon Williams and (not pictured) Brenda Pugh recall the history of aprons in the upper-floor Museum that pays tribute to the hard work of the ladies who wore the humble, but amazing apron.

before there were fancy tissue boxes.

According to Davis, sewing material in the 1950s would cost less than 79 cents a yard at Woolworths or J.C.

Penney's. "We know that these women always worked hard out in the garden and at home," said Rose of her Mother Opal. "They were busy making candies, jellies, and cakes, so it brings back a lot of memories for us."

Though the best use of Grandma's apron was to protect one of only a few dresses kept in the closet, it was likewise used for everything from

comforting a child to wiping off a kitchen table. When the weather turned cold, aprons could be used as a handy scarf, or to carry vegetables in from the backyard garden.

"If company came, you took it off," said Sharon Williams of her Mother LaPriel and both Grandmothers. "It was amazing how much furniture could be dusted off in a matter

*The strings were tied, it was freshly washed, and maybe even pressed.*

*For Grandma, it was every day to choose one when she dressed.*

*The simple apron that it was, you would never think about; the things she used it for, that made it look worn out.*

*She may have used it to hold some wildflowers that she'd found.*

*Or to hide a crying child's face when a stranger came around.*

*Imagine all the little tears that were wiped with just that cloth.*

*Or it became a potholder to serve some chicken broth.*

*She probably carried kindling to stoke the kitchen fire.*

*To hold a load of laundry, or to wipe the clothesline wire.*

*When canning all her vegetables, it was used to wipe her brow.*

*You never know, she might have used it to shoo flies from the cow.*

*She might have carried eggs in from the chicken coop outside.*

*Whatever chore she used it for, she did them all with pride.*

*When Grandma went to heaven, God said she now could rest.*

*I'm sure the apron that she chose, was her Sunday best.*

- by Tina Trivett for her Grandmother.

of seconds when the company arrived."

In Kanarraville, when dinner was done, you might have seen a wave of her apron from the porch letting the kids and family know that the meal was ready. "It was their little cooking dress," said Williams with a smile, "and it still holds special memories for all of us."

*\*Excerpts taken from Grandma's Apron; Genevieve Convadi, Tina Trivett and Robert Ragan.*

*"Mostly it was part of their everyday wardrobe"*

— Sharon Williams





COURTESY PHOTO

# FALL FOOD FAVORITES

by Nettie H. FRANCIS

For Iron County Today

It's Fall! And that means...FOOD! As the seasons change, so do our eating habits. Juicy melons are replaced with orange squashes, cone-licking ice cream becomes "a la mode" for our favorite pie, and cool lemonade transforms into warm cocoa.

Something about cool and crisp makes me think of soup and muffins—comfort foods that are both easy to make en masse for my mass of children.

Two of my favorite fall recipes come from (drum-roll, please...) my moms! Yep, both my mother and my mother-in-law shared autumn recipes that have now crossed the generations and are staples in our home as soon as September rolls around. Here they are:

## Autumn Soup

My Mom found this in her Betty Crocker cookbook weeks after she and my dad were married. She made it first for two people and then—as their family grew—doubled, tripled, and quadrupled the recipe. By the time their 11th child arrived, Autumn Soup was an autumn essential at our house. With just enough flavor in a water-based broth and a chance to use up those last few potatoes and onions, Autumn Soup is easy to make and full of fall comfort and taste.

### INGREDIENTS

- ½ lb. ground beef
- ½ cup chopped onions
- 2 cups hot water
- ¾ cup cut-up celery
- ¾ cup cut-up potatoes
- 1 tsp salt
- ¼ tsp pepper
- ½ bay leaf
- pinch of basil
- 3 whole fresh tomatoes, stems removed

Brown ground beef slowly in a little hot fat in a heavy kettle. Add onions and cook five minutes more. Add remaining ingredients except tomatoes and mix thoroughly, loosening the brown crustiness from the bottom of the kettle. Bring to boil; cover, then simmer 20 minutes. Add tomatoes and simmer 10 minutes longer. Makes two generous servings.

## Grammy's Pumpkin Muffins

I still read this recipe from the scratch paper my mother-in-law printed it on for me, and I love the memory every time I pull it out of my favorites file. Use canned pumpkin or some of your own puree from leftover Jack-o-lanterns. Hint: We LOVE raisins and chocolate chips mixed into our muffins. Be sure to double the batch so you have leftovers for an after school snack!

### MIX TOGETHER IN A BLENDER:

- ½ cup milk
- ½ cup pumpkin
- Blend until smooth and add:
- 1 egg, beaten
- ¼ cup oil
- Mix dry ingredients together:
- 1 ½ cups flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg

Mix together 14 to 18 strokes with a spoon. Place in a greased muffin tin or cupcake papers, 2/3 full. Bake at 400 degrees for 14 to 18 minutes.

Have a recipe you'd like to share? Send your holiday favorites to Managing Editor Tom Haraldsen at the Davis Clipper (tharaldsen@davisclipper.com) and we may publish your cooking stories in a future issue.

# People

## Missions

### Elder Dylan Davis

Elder Dylan Davis will be returning home from the New York Utica Mission on Thursday, November 15. He will speak in the Cedar 20th Ward on November 18 at 1 p.m. Dylan is the son of Amy and Jerel Johnson and Greg and Ashlee Davis.



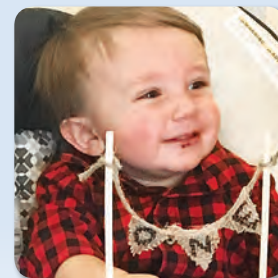
### Elder Orton

Cade Sterling Orton has been called to serve in the Bolivia Santa Cruz North Mission for The Church of Jesus Christ of Latter-day Saints. He enters the Mexico Missionary Training Center on November 20. He is the son of Cole and Valerie Orton.

## 1st Birthday

### Kayden Chuning

On Nov. 2, our family celebrated our sweet Kayden's 1st Birthday. Kayden has brought so much joy to our lives. He touches everyone's heart with his contagious smile and fun, energetic personality. We look forward to sharing many more milestones with our baby bear. His proud parents are Spencer and Katie Hammond. Grand parents are Shane and Kristina Chuning, Deven Hammond and Kimberly Fry. Great-Grandparents are Martin and Frances



Alarid, Rhonda Hammond, Douglas Hammond, and Butch and Loretta Chuning, Great-Great Grandparents are Frank and Angelina Romero.

# UPLIFTing

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# Calendar

## Wed, Nov 14

**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.

**BAND: COLOR COUNTRY WINDS**, 7 p.m., Presbyterian Community Church, 2279 North Wedgewood Lane. Brush up on your band skills to share with the community.

**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, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890.

**AL-ANON (NEW BEGINNINGS) WOMEN'S BOOK STUDY MEETING. 6:30-7:30 P.M.**, 203 E. Cobblecreek Drive, Cedar City.

**NARCOTICS ANONYMOUS JUST FOR TODAY**, 8 p.m., KKCB, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890 or (435) 635-9603.

**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.

## Thurs, Nov 15

**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 LUNCH BUNCH GROUP**, noon, Cedar Bowling Center, 421 E. Highway 91.

**AL-ANON—"AFFECTED BY SOMEONE'S ADDICTION OR DRINKING? AL-ANON CAN HELP. 7-8 P.M.**, 203 E. Cobblecreek, Cedar City. More info at 435-531-1045.

**NARCOTICS ANONYMOUS**, 8 p.m., KKCB, 203 E. Cobblecreek, Cedar City. More info at 877-865-5890 or 435-635-9603.

**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 \$3 a class includes pool admission and is free to SUU students with ID. Free trial class. More info from Allison at 435-327-2091.

**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.

**SENIOR BLIND AND VISUALLY IMPAIRED SUPPORT GROUP**, 1:30 p.m., Cedar City Library in the Park.

## Fri, Nov 16

**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, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890.

**NARCOTICS ANONYMOUS LIVE AND LET LIVE**, 8 p.m., KKCB, 203 E. Cobblecreek, Cedar City, for information call (877) 865-5890 or (435) 635-9603.

**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, Nov 17

**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.

**NARCOTICS ANONYMOUS CLOSED**, Candle Light meeting, KKCB, 203 Cobblecreek, Cedar City. Info at 435-635-9603 or 877-865-5890.

**ALCOHOLICS ANONYMOUS**, noon Speaking from the Heart AA, 6:30 p.m. AA BB Study, and 8 p.m. My Story speaker meeting, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890.

**MARINE CORPS LEAGUE DETACHMENT 1315 MONTHLY MEETING**, Springhill Suites, 1477 S. Old Highway 91, Cedar City. Veterans of all services are welcome.

## Sun, Nov 18

**ALCOHOLICS ANONYMOUS**, 11 a.m. (TGISS) AA and 6:30 p.m. 12x12 Book Study, 203 E. Cobblecreek, 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.

**NARCOTICS ANONYMOUS WOMEN ONLY**, 11 a.m., KKCB, 203 E. Cobblecreek, Cedar City. Info at 435-635-9603 or 877-865-5890.

## Mon, Nov 19

**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, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890.

**NARCOTICS ANONYMOUS MONDAY NIGHT BASIC TEXT STUDY**, 8 p.m., KKCB, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890 or 435-635-9603.

**FREE AEROBICS CLASS**, 9 a.m.—fun easy dance moves to current pot hits, Latin, jazz, hip hop, and 80s choreography all included. People of all ages and fitness levels welcome. Moms can bring young children. For more information, call 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.

## Tues, Nov 20

**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.

**AL-ANON**, 7 to 8 p.m., Parowan Senior Center.

**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, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890.

**WATER AEROBICS CLASS**, 8 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 \$16 a month which includes pool admission. Free trial class.

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

**CEDAR CITY LION'S CLUB**, noon to 1 p.m., Happy Factory, 895 N. 2175 West, Cedar City. For more information, visit www.lionsclubs.org.

## Wed, Nov 21

**CEDAR CITY COUNCIL**, 5:30 p.m., city hall.

**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, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890.

**AL-ANON (NEW BEGINNINGS) WOMEN'S BOOK STUDY MEETING. 6:30-7:30 P.M.**, 203 E. Cobblecreek Drive, Cedar City.

**NARCOTICS ANONYMOUS JUST FOR TODAY**, 8 p.m., KKCB, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890 or (435) 635-9603.

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

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

# Want Your Event on Our Calendar?

*There is no charge for calendar items. Your submissions can be made online at [ironcountytoday.com](http://ironcountytoday.com), or emailed to [news@ironcountytoday.com](mailto: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.*



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# Schools

## NEWS Nuggets

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

### East Elementary

East Elementary students learned about Veterans Day and marked the day with a special patriotic assembly. Members of the Veterans Coalition spoke to the students about Veterans Day and what it means to be a veteran. We are very appreciative of their time and willingness to speak to our students. Many classes visited Veteran's Memorial Park during the week, and some students made their own poppies after learning about Flanders Field and the significance of the poppies on this 100th anniversary of Veterans Day. Visitors to the school would have seen stars hanging in the halls. Our students, faculty, and staff honored family members who have served or are currently serving by putting a star with the name and branch of service of their veteran on display.



### Enoch Elementary

Students in Mr. Garfield and Mrs. Rieff's fifth grade classes visited SUMA and the Frenher Wildlife Museum Thursday, Nov. 2. Students were able to view contemporary Korean art pieces as well as create art of their own. Students also learned about butterflies and different types of plants.

Third grade classes also enjoyed Southern Utah University's Sculpture Garden, Monday, Nov. 5. They were taught about some of the Shakespearean characters on display. They also learned

about some of the famous plays and quotes.

Enoch Elementary was invaded by a band of Procrastinating Pirates Wednesday, Nov. 7. The pirates were part of a Marvin and Jesse play that taught students the importance of Self Discipline.

There will be no school Wednesday, Nov. 21 through Friday, Nov. 23 for Thanksgiving.

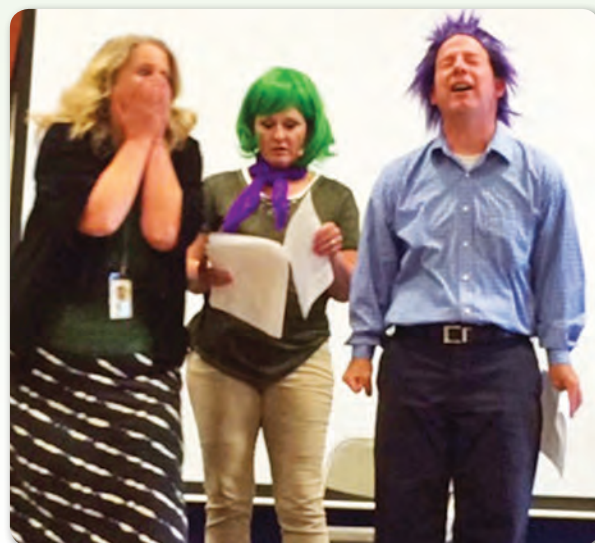
### South Elementary

South Elementary 1st grade is working hard on their reading and math. They have been learning all their sounds and are really starting to read! They recently went to the pumpkin patch and got a pumpkin. They have been learning a new song that they are going to sing at the Veterans Day assembly on Monday, Nov. 12 for the student body only. Afterwards they will also enjoy a performance from the Masters Singers. They have been learning about veterans and are thankful for all the many sacrifices that they have made for our country.

### Three Peaks Elementary

Three Peaks Elementary held its first Character Education assembly on Nov. 7, 2018. This year's theme is based on emotions and how to use and control our emotions for the good. Mrs. Darci Wilks, our school counselor, is teaching students that emotions work to guide us through everyday situations and that each emotion has its place. Special guest appearances at the assembly were, "Joy"-portrayed by Mrs. Cassie Walker, "Anger"-Mr. Shaun Hunt, "Sadness"-Mrs. Kathryn Lewis, "Fear"-Mr. Jason Robison, "Disgust"-Mrs. Liz Jones, and "student"-Mrs. LeAnn Roberts. Thank you to all the teachers who participated in the assembly and to Mrs. Darci Wilks for directing it.

We will be holding our annual Turkey Calling Contest on Nov. 20, at 2:30 pm.



# Where does it go?

The month of October seemed to fly by for me... it was a delightful month. It seems there was always something going on and something to look forward to. Somehow I thought I'd spend my old age days just being old. But you know what? I don't even seem to find time to do that. (Does that make any sense at all?)

Anyway, I had a lot of company come by. The daughters of my brother Jim--Vicki, Cheri, Pamela and Daughter-in-law Ja--picked me up and we had a fun lunch at the Brick House. Vicki's daughter, Dana Lee Bulloch, also joined us there. All of those beautiful and talented ladies had been busy making darling scrap books and brought some along to share with me. They were different than I expected. They were smaller and filled with poetry and clever sayings as well as pictures that made each book unique. I want to share some of their clever ideas with you. I think the women who read this column will enjoy them, and hopefully the men will too:

1. Don't live poor so you can die rich
2. The key to living is doing
3. When my wings move slower I will enjoy the memories of the past. Perhaps I will write them or paint them, or sing them OR just tell them allowing me to soar once again.
4. Every day needs a song! And someone to share it with

There are a lot more fun sayings and ideas but now I want to change the subject and tell you what happened to my son a week or so ago. Actually it was and is one of my worst fears. Lawrence and his wife Betty were driving



## Around THE CORNER

by Bernice **REMBER**  
Columnist

down Hwy. 14 on the way home from a fun weekend at their property up there when suddenly a big rock and several smaller ones fell from the top of a high cliff and smashed the hood of their pickup truck just a few inches from going through the windshield! They could have been killed in an instance. They were shook up, but were not fiscally hurt. Thank God. That road did not look at all safe to me this summer--it seemed to have a lot of ripples or small waves in it that just didn't look right.

I was telling my friend Gib Mitchell about it a few days later and he told me the same thing happened to him and Mike, his son, just about the same time. Mother Nature can be such mean old lady sometimes and Father Time doesn't always behave the way we would like him to either!

Now on to another subject in this strange column I'm writing tonight: it's called "SCOTT'S OBITUARY"

Scott passed away suddenly from his brain turning to mush brought on by a severe case of writers block. Scott died in poverty from wasting all his money on reams of paper and gallons of ink, in an attempt to launch a successful writing career. There were many who said, "If Scott was on trial in a court of law accused of being a writer, there wouldn't be enough evidence to convict him!"

It was Scott's wish to have his body Cremated. Friends and family are welcome to gather around Scott's fancy URN on Saturday at 5 p.m. where they can mix his ashes with a little marijuana and smoke him in his last attempt to make them all feel good. It has always been Scott's life long dream to go out in a BLAZE OF GLORY!

This wonderful obituary was given to me by a retired Naval Captain, Scott's brother, Glade, who is married to my beautiful niece Cheri. They are currently living in Mesa, Arizona.



# I have a hunch

As the Thanksgiving holiday approaches, I have a hunch there are a bunch of things to be thankful for. However, there may be challenges in the way of our attitude of gratitude. The Hunchback of Notre Dame, Quasimodo, understood this dilemma daily. There are lessons to be learned from this misunderstood, but heartfelt hunchback, about overcoming challenges that spoil our confidence and happiness.

It seems many things in this world are striving to discourage us into hiding away in our own personal parapets of pain, or attics of addiction. We think solitude and silence will protect us, but this often only creates an asylum of suffering. Within the darkness of our own fears and inadequacies, we torture ourselves until we become emotionally punched and hunched by the things that deform our morals, our characters, and our lives. They can even make us feel, as Quasimodo did, ugly, like an outcast, or even a monster.

Hiding and hurting, we slowly begin to forget the good things in the world and the good things about ourselves. We wish we could find a way to escape, to live again, out there. But out there, where life is meant to be lived, can be a scary place. The world we live in can be cold and cruel. It mocks us in every way it can. Not just because misery loves company but because misery loves misery, just for the sake of misery. It's easy to feel like a monster in a world where too many have forgotten how to see people for their hearts, not their own half-formed hurts.

*Don't let your past mistakes and regrets make you a fool anymore.*



## The Rut LESS TRAVELED

by Corey BAUMGARTNER

A powerful scene in the story depicts the Festival of Fools—still celebrated today—where the person who makes the ugliest face wins the honor of becoming the King of Fools. Of course, unfortunately, Quasimodo wins the contest. How often do we let the world, friends, family, or even ourselves, define our self-worth, usually by only our mistakes or our differences? Words can be like rotten tomatoes hurled at our hearts and dreams. The challenge to stop it can start within you.

If you choose to attend life's Festival of Fools, it's easier to become the King of Fools. Don't let your past mistakes and regrets make you a fool anymore. Stop beating yourself up and setting fire to your future with the flames from your past. Stop being a hunchback and fight back.

Don't wait to find your safe sanctuary. Create one inside your mind and heart. Because you have better places to be and better things to do—out there. Beyond the walls of woe is me and the dungeons of disappointments, is your Festival of Miracles. You have talents and gifts that only you can give the world to make it a better place. Before the sun sets on one more dream or tear, make a new commitment to the person inside of you waiting to break free. Today is a good day to try.

coreybaumgartner@hotmail.com

# Obituaries

## Summer Hillstead Lyftogt



Summer, age 63, Suddenly passed away peacefully in her home in Cedar City, Utah on November 6, 2018. She was born August 8, 1955 in Afton, Wyoming, to George and Hazel Hillstead. Summer had been living in Cedar City for the past 7 years. She was employed at the Frontier Homestead State Museum, at a job and with coworkers that she truly enjoyed.

She loved camping in and around the Cedar City area with members of her family. Summer is survived by her children: Stephanie (Pat) Whalen, Chance, Bret and Sean Jackson, four

grandchildren, three brothers, three sisters, her parents and many nieces and nephews. She was preceded in death by an infant daughter and nephew.

Online condolences can be sent to [www.affordablefuneralservices.com](http://www.affordablefuneralservices.com)

## Joe Melling



William Joe Melling passed away at home surrounded by family on November 6, 2018. He was born in Cedar City, Utah on August 11, 1939 to William Lapworth and Thelma Smith Melling. He spent his early life in "Dogtown" on the east side of Cedar City playing rubber guns, farming and ranching.

Joe married his best friend and eternal companion, Sally Wayne Jackson on May 17, 1962. Together they raised six children, and their posterity now includes 28 grandchildren and 16 ½ great grandchildren. His family has

always been his primary focus.

Starting with his early morning paper route at the age of eight, he has been an example of hard work and dedication to his professional endeavors. His service to the community began shortly after high school working for the State of Utah in the water rights department. He took night school classes for 11 years and graduated from SUSC (now SUU) in 1970 with a bachelor's degree in geology. His family moved to Arizona for four years and he was the Director of Natural Resources where he was very successful managing all of the water rights for the State of Arizona. Throughout his time in Arizona, his beloved Southern Utah home beckoned for him to return.

In 1980, he accepted the position of City Manager in Cedar City. At that time, the city had a significant budget deficit and the iron mine was closing, but over the course of the next 23 years, he worked tirelessly to bring financial prosperity and stability to the community. Throughout this time, he helped find funding for and plan many of the essential infrastructure projects that have allowed Cedar City to remain a thriving community today. A few of these include: the Randall Jones Theatre, the Coal Creek Parkway and Trail System, the golf course expansion, the Regional Waste Water Treatment Facility and the Utah Summer Games.

Following his retirement in 2003, Joe and Sally served a mission for The Church of Jesus Christ of Latter-day Saints in San Antonio, Texas. In addition to many other callings, he served as a student ward Bishop for three years.

Shortly after their return, Joe was recruited by the City of Parowan to be their City Manager from 2006 to 2010. In recognition of amazing service to the community throughout his life, in 2008 he was chosen by the Cedar City Chamber of Commerce to receive the "Outstanding Citizen Award."

He is survived by his Beloved Wife and Eternal Companion Sally; their children Wayne & Melanie, Mitch & Colleen, Susan & Shawn Parker, Mark & Corri, Joe & Sara and Misty & Scott Prsbrey; 28 grandchildren and 16 ½ great grandchildren; sisters Marie Neptune and Roma Knight; and sisters-in-law Jan Hansen, Deon Robb, Grace and Naomi Melling.

From the time of his youth and even until shortly before his death, the land of his ancestors has provided him with his "hobby," working as a farmer. He loved being on the farm, as demonstrated by his decision to build a house on it essentially from scratch, doing most of the work himself. The task took over a year and provided Joe and his family with a wonderful home until his death. From the windows, he loved to watch the crops grow and determine the projects he would use to help him raise his boys into men. Whether sitting on the tractor or sitting on his lap in his recliner, his children and grandchildren have felt his love and have been blessed to be led by his example of hard work and service. They were also blessed to have felt and seen his testimony of the Gospel of Jesus Christ.

Funeral services were held on Saturday, November 10, 2018 at 1 p.m. at the Heritage Park Ward Building located at 290 W 1045 North, Cedar City, UT. Both visitations were at the church held on Friday, November 9, 2018 from 6-8 p.m. and on Saturday, November 10, 2018 from 11:45-12:45 p.m. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at [www.southernutahmortuary.com](http://www.southernutahmortuary.com).

## Hal Reuben Torgersen



Hal Reuben Torgersen, 82, of New Harmony, Utah returned to his Heavenly Father Nov. 6, 2018. In the tradition of his father and grandfather, he left this earth in the outdoors while actively engaged in the work he loved.

His parents, Opal and Reuben Torgersen, welcomed him on June 26, 1936 in Koosharem, Utah as the oldest of seven. Growing up he worked alongside his father in the mountains as a logger and shepherd. He also enjoyed playing on the high school basketball and baseball teams as well as participating in track prior to attending Southern Utah University.

While at the university Hal met his wife, Dorothy Prince of New Harmony. They were sealed on Sept. 10, 1955 in The Church of Jesus Christ of Latter-day Saints St. George Temple. Hal and Dorothy later moved their family to Los Angeles where Hal graduated from the University of Southern California Dental School. Following graduation, he served as a captain at Beale Air Force Base in California.

Known for his gentle and compassionate chair side manner, Hal had a successful dental practice in Simi Valley, Calif.

Hal was a hardworking family man who served many people. He loved reading, sports and serving alongside friends and family in his church congregation and community.

Hal was a devoted member of The Church of Jesus Christ of Latter-day Saints and fulfilled many callings including a bishop and a stake president although his most treasured calling was that of a home teacher. Following his retirement from dentistry Hal and Dorothy served a mission in Providence, Rhode Island prior to settling in New Harmony.

Hal is survived by his loving wife, Dorothy, children Teri (Scott) Lybbert, Kay (Rodger) Graham, Trent (Gina) Torgersen, DeAnn (Paul) Carter, Ron (Danielle) Torgersen and Laura (Chad) Wright, 6 siblings, 21 grandchildren and 21 great-grandchildren.

A viewing was held at The Church of Jesus Christ of Latter-day Saints building in New Harmony on Monday November 12, 2018 from 6-8 p.m. and again on Tuesday November 13, 2018 at the Church from 9:30-10:30 a.m. with the funeral service following at 11 a.m. Interment took place at the New Harmony Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent to [www.sumortuary.com](http://www.sumortuary.com).

*There is no charge for obituaries of 400 words or less. Submissions can be made online at [ironcountytoday.com](http://ironcountytoday.com), or emailed to [news@ironcountytoday.com](mailto:news@ironcountytoday.com) or brought to 389 N 100 W, #12, Cedar City, Utah 84721. A single submission may include up to two photos. The deadline for submission is Monday at noon. For pricing information for obituaries longer than 400 words, please call 435-867-1865 ext. 5.*

**Q** Have you been born again?  
**A** If Jesus alone is your hope for eternal life.

John 3:3 | 2 Corinthians 5:17 | Titus 3:5-6 | 1 Peter 1:3

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WEDNESDAY, NOVEMBER 14, 2018



**ANGIE NICKERSON (15) HAS LED THE WAY** for the NCAA-bound SUU women's cross country team, which along with the men's team is headed to Wisconsin this weekend.

COURTESY OF SUU

## SUU TEAMS HEADED FOR NCAA CROSS COUNTRY NATIONALS

**CEDAR CITY**— For the first time in school history, both the Southern Utah men's and women's cross country team have qualified for the NCAA National Championships after their performance at the NCAA Mountain Regional Championships. The teams will be competing in Madison, Wisconsin this Saturday. The women will race at 9:45 a.m. followed by the men at 10:45 a.m.

The men's team will be competing at the NCAA Nationals for the fifth consecutive year this season with the women's team competing for the first time in SUU history.

The Thunderbirds have had a strong season as they have competed across the Big Sky as well as against top teams in the nation. The Thunderbirds started their season at the UC Riverside Invitational where they claimed their first victory of the season. The women were led by Angie Nickerson with a first-place finish. After Nickerson's performance, the Big Sky named her as Athlete of the Week. Aidan Reed and Christian Ricketts led the men to victory in California with

finishes in the top five.

At the Nuttycombe Wisconsin Invitational, the women competed against nationally ranked teams such as No. 1 New Mexico, No. 4 Colorado and No. 5 Arkansas. The Thunderbirds finished 14th out of 33 team with Nickerson, Maddy Kauffman and Madison Fruchey leading the team to a

*"As we prepare for nationals, we just need to stay consistent"*

— Eric Houle, head coach

strong finish.

On the men's side of the team, Ricketts finished first for the Thunderbirds placing 21st in the competition. He was followed by Reed, Nate Osterstock and Sean Newcomb. The men finished the race 10th ahead of No. 7 Washington and No. 27 Michigan.

The Thunderbirds then competed at the Wisconsin Pre-Nationals where the women broke into national rankings for the first time in school history. The

women finished the race eighth ahead of Utah State and No. 29 Georgia. This performance also allowed Nickerson her second Big Sky Athlete of the Week award with a time of 20:37.9 in Wisconsin. The men finished the race 10th ahead of No. 3 Wisconsin and No. 27 Michigan.

At the Big Sky Championships, several Thunderbird athletes claimed All-Conference status including Nickerson, Alison Pray, Ricketts and Nate Osterstock. Nickerson was the first Thunderbird to cross the finish line claiming her first Individual Championship of her collegiate career.

The women claimed the Big Sky Conference Championships for the first time since joining the conference in 2012. The men finished the race third. The two teams qualified for the NCAA National Championships after their performance at the Mountain Regional Championships where the women placed fourth and the men place fifth.

## Nickerson packs performance punch for SUU XC runners

by Tom ZULEWSKI  
Iron County Today

**CEDAR CITY** — Angie Nickerson wasn't heavily recruited as a cross country runner out of Murray High. Once she saw the campus at Southern Utah and met head coach Eric Houle, the path to a future filled with success was born.

Now a senior, Nickerson is bringing a close to the cross-country portion of her SUU career in style. She won the individual crown and helped the T-Birds win the team title at the Big Sky women's championship in Sacramento, Calif., on Oct. 27 and followed up Nov. 9 with a fifth-place run at the NCAA Mountain Regional in Provo, qualifying for the NCAA Nationals in Madison, Wis., on Nov. 17.

"One of my assistants sent her an email after the state championship," Houle said of the recruiting beginnings for Nickerson. "He reached out, brought her in on a visit, she liked the place and liked everything she heard. She wasn't a superstar out of high school and she had a rough go her freshman year. Every year after, she got better and better."

The improvement culminated with Nickerson's fourth individual Big Sky crown and Mountain Regional performance for the T-Birds, who are ranked 22nd nationally and have qualified for the national meet this weekend alongside the men's team for the first time after a fourth-place regional finish.

"She's been a great influence in the program, a really good team leader," Houle said. "I think this will be the first women's team to qualify for the national championship, not just regionals. A good part of that is her positive influence."

With the workouts she's put in alongside her teammates, Nickerson isn't surprised with the progress that's been made to this historic point.

"I've seen the work everyone's putting in," Nickerson said. "I've seen the improvements, but I love to see us execute races really well. The conference title was within our reach if we all showed up, and we were able to do that."

From a 10th-place finish in the conference meet her sophomore year, Nickerson said this year's finish showed the impact of the work the T-Birds put in to get to this point.



"As an outsider who hasn't seen our workouts, it may seem surprising,"



# Thunderbird men start season at 2-0

by **SUU ATHLETICS STRATEGIC COMMUNICATION**  
For Iron County Today

**SAN JOSE, Calif.** — The Thunderbird men's basketball team knocked off San Jose State out of the Mountain West Conference on Saturday night, outpacing the Spartans 66-59. "It was our first road game of the year and we needed

	So. Utah <b>66</b>
	San Jose St. <b>59</b>

to grind it out," SUU head coach Todd Simon said. "It was a game where we weren't making shots, not making free throws and we had a lot of guys in foul trouble early. But we were able to defend, rebound and take care of the ball which gave us a chance to win."

Cameron Oluyitan led the

**CAMERON OLUYITAN AND HIS SUU TEAMMATES** are off to a 2-0 start on the men's basketball season.



COURTESY OF SUU

Thunderbirds with 15 points on 7-of-16 shooting. Dwayne Morgan was the only other T-Bird in double-digits with 13 points, finishing four-of-six

from the free throw line. The Thunderbirds outrebounded the Spartans 45-34, and finished the game with 13 assists. SUU also forced the

Spartans into 19 turnovers. The Thunderbirds jumped out to a 6-0 lead on SJSU, but a quick run from the Spartans put them on top 9-8. As the opening half wore on neither team led by more than one, and the two teams were tied at the break 31-31. The back-and-forth affair continued into the second half, and the Spartans had a seven point lead with just over nine minutes to play. However, the Thunderbirds went on a 12-0 run to jump ahead 56-51 with 6:05 on the clock.

"We felt good, we had a timeout before that and refocused," Simon said. "We got our priorities straight and I think we settled down. When we focus on getting stops we can get out and run the floor." The T-Birds were able to hold off the Spartans for the remainder of the contest, and move to 2-0 on the season.

Southern Utah will hit the road next weekend to take on Seattle University on November 18. That contest will tip off at 2 p.m. MT.

"We're going to have to make free throws, but we'll continue to settle down and make some more shots," Simon said.

# Lady T-Birds start hoops season with win

by **SUU ATHLETICS STRATEGIC COMMUNICATION**  
For Iron County Today

**CEDAR CITY** — A new era of Southern Utah women's basketball opened with a bang Wednesday night as the Lady T-Birds opened the 2018-19 season with a 69-59 home victory over the University of San Diego.

"It was nice to finally get to play against someone else after practicing for so long. I know the girls were really looking forward to this game," head coach Tracy Sanders said. "San Diego is always a great team so coming in I just wanted the girls to feel prepared and be able to execute and I think they did a great job. Obviously there are some things we still need to work on, but they weathered the storm and were able to build on their lead and that's really all we can ask of them."

The Thunderbirds got off to a slow start in the first quarter as it took nearly four minutes for them to get on the board. However, the Toreros were just as slow in getting started as they didn't score for about three minutes of play. Hannah Robins scored the first points for SUU as she sunk a free throw to make it 2-1 USD. Both teams finally got into a rhythm and the Toreros held a 16-12 lead after one quarter.

The Thunderbirds turned up the pace in the second quarter shooting 8-15 from the field and outscoring the Toreros 19-13 and out-rebounding them 7-6. Rebecca Cardenas led all first half scorers with nine points, helping the T-Birds take a 31-29 lead into halftime.



COURTESY OF SUU

**REBECCA CARDENAS RUNS THE OFFENSE** during the Lady T-Birds' season-opening win over San Diego.

Southern Utah didn't let up in the third quarter as they were able to keep pace with the Toreros' attack, outscoring them 15-13. Kiana Thomas hit a three-pointer off the

bench in the final 10 seconds of the period to extend their lead to four points.

The fourth quarter is where the Thunderbirds really stepped on the gas, putting up 23 points in their strongest period of the game. Peyton Shepherd hit a three-pointer with 3:45 remaining in the game to extend the SUU lead to 13, giving them the room they needed to hold off the Toreros' final push.

USD was able to get back within eight before Breanu Reid sunk two free throws to make it the final score of 69-59.

Cardenas led the Thunderbirds with 18 points on the night. She also grabbed four rebounds and was 4-4 from the free throw line. Reid also hit double digits in scoring with 12 points and Harley Hansen had nine points and three rebounds in her Thunderbird debut.

San Diego's Patricia Brossmann led all scorers with 21 points.

The Thunderbirds will now hit the road for three straight games in California starting with UC Riverside on November 15.

Tickets for the Lady T-Birds' next home game against BYU are available at [tbirdtickets.com](http://tbirdtickets.com) or the America First Event Center Ticket Office. Fans can also purchase a Women's Sports Pass for access to all 2018-19 home games.

## Scoreboard

### Scores

#### High School Football

**4A SEMIFINALS**  
@ RICE-ECCLES STADIUM  
11/8 Dixie 20, Park City 0  
11/9 Orem 62, Pine View 20  
**1A CHAMPIONSHIP**  
@ RICE-ECCLES STADIUM  
11/10 Milford 45, Duchesne 14

#### Big Sky Football

11/10 Weber St. 31, So. Utah 18  
Montana St. 35, No. Colorado 7  
N. Dakota 17, Portland St. 10  
Eastern Wash. 59, UC Davis 20  
Montana 46, Idaho 27  
Cal Poly 37, Idaho State 14  
No. Ariz. at Sac. St., postponed

### Standings

#### Big Sky Football

	CONF.	OVERALL
UC Davis	6-1	8-2
E. Washington	6-1	8-2
Weber State	6-1	8-2
Idaho State	5-2	6-4
Montana State	4-3	6-4
Montana	4-3	6-4
Portland State	3-4	4-6
Cal Poly	3-4	4-6
Idaho	3-5	4-6
Nor. Arizona	2-4	3-6
No. Colorado	2-6	2-9
Southern Utah	1-6	1-9
Sac. State	0-6	2-7

### Schedule

#### 4A Championship @ Rice-Eccles Stadium

11/16 Dixie vs. Orem, 11am

#### Big Sky Football

11/16 Eastern Washington at Portland State, 8pm  
11/17 So. Utah at Cal Poly, 5pm  
Idaho at Florida, 10am  
Montana St. at Montana, Noon  
Sac. State at UC Davis, 2pm  
N. Dakota at No. Ariz., 2:30pm  
Weber St. at Idaho St., 2:30pm

## NATIONALS

Continued from page 23

Redshirt senior Nickerson finished first on the women's side with a fifth place finish claiming All-Region status. She was followed by Pray in 29th and Fruchey in 34th.

On the men's side of the team, both Reed and Ricketts earned All-Region status. The men finished the race fifth ahead of No. 13 Air Force and No. 18 Washington.

"As we prepare for nationals, we just need to stay consistent," commented head coach Eric Houle. "We need to stay relaxed and keep on the track that we have been on this season."

"It's really a pleasure to be coaching such strong athletes," added Houle. "Having the opportunity to coach some of the best athletes in the nation is easily the greatest privilege of a coach. It will be great to see what they can accomplish at nationals."



# Wildcats beat T-Birds, stay alive in football title hunt

by Tom ZULEWSKI  
*Iron County Today*

**CEDAR CITY** — When Southern Utah and Weber State last met on the football field in the second round of the 2017 FCS playoffs, the Wildcats came to Eccles Coliseum and ran through the T-Birds.

With freshman Josh Davis doing the damage this time around, Weber State continued its march toward another playoff run and left their southern rivals scratching their heads.

Davis ran for 225 yards on 36 carries to go with two touchdowns as the Wildcats put away SUU in a 31-18 victory, spoiling Senior Night played in front of an announced crowd of 7,415 at Eccles Coliseum on Nov. 10.

The T-Birds fell to 1-6 in the Big Sky and 1-9 overall, and head coach Demario Warren said the effort was there against the No. 3-ranked team in the FCS. Weber State moved into a three-way tie for first in the conference with the victory after Eastern Washington routed UC Davis, 59-20 at home earlier in the day.

“They had the mentality, the effort, and did what it takes to win against a very, very good opponent,” Warren said. “Didn’t want to send the seniors out that way, but this is part of the process of learning how to win against good opponents.”

Southern Utah had a promising opening drive deep into Weber State territory derailed by two penalties that pushed them out of field goal range and forced a punt. With a share of first place in the Big Sky standings theirs for the taking, the Wildcats (6-1, 8-2) wouldn’t miss their opportunity.

Quarterback Jake Constantine led a 13-play, 89-yard drive and finished it with a 14-yard touchdown toss to Brady May for a 7-0 lead. It continued a season-long pattern where the T-Bird defense gave up points to the opposition on its first possession.

But unlike last week’s blowout home loss to Montana, SUU stayed in the fight most of the way against the Wildcats. The T-Birds got on the board for the first time with 40 seconds left in the opening quarter on an 8-yard touchdown run by Jay Green, but the extra point was missed.

Weber State answered early in the second quarter as Davis found a seam and won a foot race to the end zone on a 44-yard score, but Southern Utah responded when Judd Cockett took the kickoff back 100 yards for a touchdown.

After the first of two 2-point conversion tries was missed, the Wildcats had a 14-12 lead.

“Usually we don’t chase points, but I knew their defense wouldn’t be set up and ready,” Warren said. “We didn’t make the gate play, and missed the second one by a yard.”

The Wildcats restored its edge on the next drive with a 9-yard touchdown run by Clay Moss, and Davis scored on a 2-yard run to stretch the lead to 28-12 with 7 minutes left in the third quarter.

Even with the struggles the T-Birds have endured, Green gave credit to the team chemistry for keeping the focus on the field.

“It means everything, especially in our position,” Green said. “Being together and behind each other, especially coaches and players, means everything. Without team chemistry, it doesn’t matter how good you are. You will not be good.”

“Having people that have faith in us means the world.”

On a night where the T-Birds used three different quarterbacks, Landon Measom caught a 1-yard TD from Austin Ewing late in the third quarter. Weber State finished the scoring on a 35-yard field goal from Trey Tuttle with 8:11 left in the game.

Southern Utah closes its regular season on the road Saturday with a 5 p.m. game at Cal Poly. Weber State also finishes on the road at Idaho State.

said. “Now I’m racing 10K, and it’s a bump from a two-lap to a 25-lap race, which is kind of crazy.”

And it’s all about dreaming big for Nickerson.

“If you had asked me if I’d win a conference championship three years ago, I would have said no,” Nickerson said. “Now I’ve won four individual titles, so I think it’s been consistent training and buying into the program, believing I can run with the people in the front of the pack.”



Weber St.

31



So. Utah

18

Weber State 7 14 7 3 -- 31  
So. Utah 6 6 6 0 -- 18

**First quarter** -  
WSU - May 14 pass from Constantine (Tuttle kick), 5:41  
SUU - Green 8 run (kick failed), :40

**Second quarter** -  
WSU - J. Davis 44 run (Tuttle kick), 13:46  
SUU - Cockett 100 kickoff return (pass failed), 13:32  
WSU - Moss 9 run (Tuttle kick), 11:00

**Third quarter** -  
WSU - J. Davis 2 run (Tuttle kick), 7:07  
SUU - Measom 1 pass from Ewing (pass failed), 4:51

**Fourth quarter** -  
WSU - FG Tuttle 35, 8:11

**INDIVIDUAL STATISTICS** -  
**RUSHING:** Weber State - J. Davis 36-225; Denby 1-11; Moss 2-9; Constantine 2-minus-7. Southern Utah - Green 10-68; Lawson 4-33; Ewing 8-12; Dillard 3-10; Skidmore 2-4; Davis 2-4; Cockett 1-minus-8; Zwahlen 2-minus-12.  
**PASSING:** Weber State - Constantine 18-27-1-207. Southern Utah - Zwahlen 13-22-0-186; Skidmore 8-10-0-69; Ewing 4-4-0-18.  
**RECEIVING:** Weber State - Moss 3-38; Shaheed 3-36; May 3-34; Jackson 3-24; J. Davis 2-27; Denby 2-19; Allen 1-19; Malone 1-10. Southern Utah - Rutledge 5-58; Lawson 5-41; Measom 4-64; Hill 4-8; Croyle 3-31; Green 1-45; K. Davis 1-21; Parker 1-6; Harris 1-minus-1.

# A little love matters a lot more

In the quest for glory on athletic fields everywhere, there are times when real life wants to spoil the push for the crowning achievement, that one shining moment that makes memories that last a lifetime.

Weber State quarterback Jake Constantine didn’t have an attention-grabbing moment on the field last week against Southern Utah. He threw a touchdown pass and finished with 207 yard through the air, leading the Wildcats to a win over Southern Utah that put them in position to grab a share of another Big Sky Conference title.

Constantine was playing with bigger concerns and a heavy heart.

A native of Camarillo, Calif., Constantine got news of a mass shooting at a bar in nearby Thousand Oaks that took the life of Cody Coffman, one of his childhood friends. One day later, a wildfire broke out that forced evacuations of nearly 250,000 people and closed down U.S.

101, the freeway that serves as a main travel artery to the Los Angeles area from points north.

According to one media account, Constantine tweeted he would be playing the rest of the season in tribute to his fallen friend. On the upside, his parents haven’t had to evacuate from their home.

Sports takes a bit of a back seat when a one-two punch of real-life problems gets in the way. The mind’s escape may be welcome, but glory that comes from athletic greatness is mostly fleeting.

May we all stop and recognize what’s more important. We get one shot at getting this thing called life right. Facing down the dangers and being thankful for all we have is what truly makes all of us stronger.

» **On a related note:** The air from the Camp Fire that’s already leveled the town of Paradise has gotten so bad, it forced cancellation of Saturday night’s scheduled football game at Sacramento State between the host Hornets and Northern Arizona. Lumberjack radio play-by-play man Mitch Strohmman tweeted afterward that the air quality index was over 200,

classified as “very unhealthy.”

When it’s so bad outside that getting a simple mask for normal breathing is impossible, something had to be done. With NAU and Sac State nowhere near contention, it’s doubtful the game will be made up.

It’s good to see the priorities of life take precedence over our games. We know the games will always come back.

» **From the power of positivity and perseverance:**

Kevin Harvick had to overcome just about every obstacle thrown at him in the last week, but the 2014 NASCAR Sprint Cup champion will get his shot at another title after all.

Harvick’s week began when his win at Texas Motor Speedway was ruled “encumbered” after an illegal rear spoiler was discovered in post-race inspection at the R&D Center in North Carolina. It basically took his win off the board for the Championship Four



## RANDOM Thoughts

by Tom ZULEWSKI  
*Sports Writer*

and a 40-point penalty meant he was clinging to the last spot.

With nine wins at ISM (formerly Phoenix) Raceway, Harvick could have still made the Homestead title-chasing quartet without winning, but needed help along the way.

When all 312 laps shook out at the Can-Am 500, Harvick finished fifth and comfortably advanced to a shot at his second career title after Kurt Busch got into a wreck with Denny Hamlin that took out Chase Elliott and Alex Bowman.

The final margin ended up ballooning to 28 points. Harvick joins Kyle Busch, defending champion Martin Truex Jr. and Joey Logano in the run for the 2018 Monster Energy Cup on Nov. 18.

Winner takes all, but there are no losers. Those who have lost everything in the California fires know the true meaning of the word.

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

## NICKERSON

Continued from page 23

Nickerson said. “We’re training together, so it’s not surprising at all.”

As for the future, Nickerson is working on a run toward the U.S. Olympic Trials for 2020 and hopes it leads to a shot at the Olympics in 2024.

“I wasn’t a strong cross-country runner in high school, more 800 to 1,600,” Nickerson



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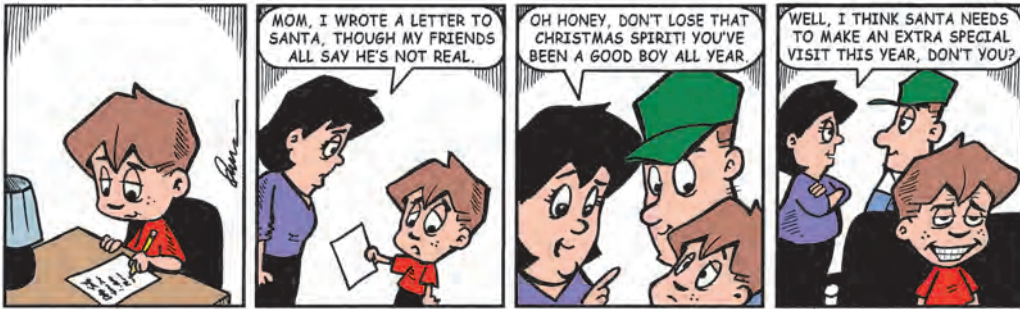


# Comics & Puzzles

WEDNESDAY, NOVEMBER 14, 2018

## Amber Waves

by Dave T. Phipps



## R.F.D.

by Mike Marland



## The Spats

by Jeff Pickering



## Weekly SUDOKU

by Linda Thistle

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

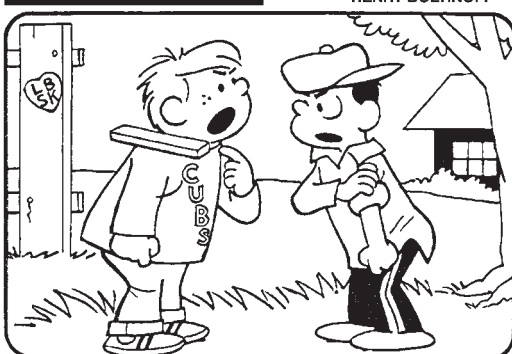
### DIFFICULTY THIS WEEK: ◆◆◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

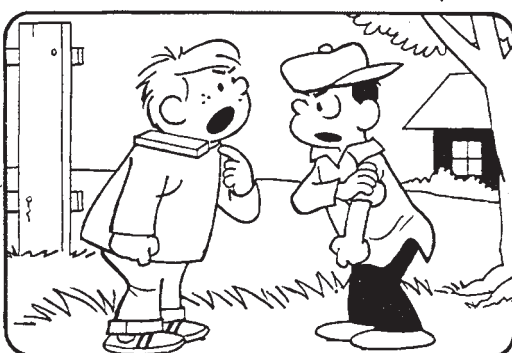
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## HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Heart is missing; 2. Block is shorter; 3. Team name is missing; 4. Arm is moved; 5. Stripe is missing; 6. Window is different.

## King Crossword

### ACROSS

- 1 Nitwit
- 5 High-arc shot
- 8 Book after the Gospels
- 12 Rainbow
- 13 Ram's mate
- 14 Exceptional
- 15 Team leaders
- 17 Skewer
- 18 Massage
- 19 However
- 21 Frog's cousin
- 24 Business abbr.
- 25 Rate of speed
- 28 Part of a Batman costume
- 30 Height of fashion?
- 33 "Born in the \_"

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18								19	20			
			21		22	23		24				
25	26	27			28		29			30	31	32
33				34						35		
36				37						38		
			39	40			41		42			
43	44				45			46		47	48	49
50					51	52	53					
54					55					56		
57					58					59		

- 34 Gem
- 35 "— Got a Secret"
- 36 Recipe meas.
- 37 Addict
- 38 From the start
- 39 America's uncle
- 41 Lascivious
- 43 Jane Goodall's topic
- 46 Thesaurus compiler
- 50 Leak out slowly
- 51 South American rodent
- 54 Ready for customers

- 55 Beerlike beverage
- 56 Satan's forte
- 57 Pirate William
- 58 Gasoline stat
- 59 Hunt for

### DOWN

- 1 Clark or Cavett
- 2 Algerian port
- 3 Prop for Sherlock
- 4 Will subject
- 5 Hawaiian garland
- 6 Possess
- 7 Above all others

- 8 Firebug's crime
- 9 Type of monkey
- 10 Advanced math
- 11 Adam's third son
- 16 Commotion
- 20 Any of Rome's seven
- 22 High pair
- 23 Wooden pin
- 25 Deposit
- 26 Donkey
- 27 Overturned
- 29 Existed
- 31 11-Down's mom
- 32 Kitten's comment
- 34 Bound
- 38 Pueblo structures
- 40 Fix the Constitution
- 42 Type of humor
- 43 Diner employee
- 44 Arizona tribe
- 45 Con game
- 47 Donated
- 48 A Great Lake
- 49 Chat
- 52 Matterhorn, e.g.
- 53 "— o' My Heart"

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

Answer

### Weekly SUDOKU

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

Solution time: 25 mins.

Answers

### King Crossword

1. Ronald Reagan; 2. The Irish Sea; 3. Afrikaners; 4. Manhattan; 5. None. The state is divided into 64 parishes; 6. 16; 7. A pup; 8. "Archie"; 9. Kilo; 10. David and Bathsheba

Trivia Test Answers

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