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CONTINUE
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WEDNESDAY, DECEMBER 12, 2018

VOL. 11 NO. 02

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WEDNESDAY, DECEMBER 12, 2018

VOL. 11 NO. 02

Parowan resident releases addiction recovery book

by Kelsey KEENER
Iron County Today

CEDAR CITY — Sue McAley hosted a book reading and demonstration using her recently published book, "Addiction, Recover like a Warrior," last Wednesday at the Cedar City Library in the Park.

McAley published her book through the help of the Department of Vocational Rehabilitation, the Southern Utah University Small Business Development Center and Stephanie Flores of the AE&D Art Studio. The book is designed to present addiction as a threat to one's wellbeing, rather than a defect of one's character.

McAley has been training in marital arts since she was 13 years old and uses concepts from that training to approach addiction recovery. Her demonstration included breaking boards as a way to reinforce the idea of following through.

"The idea of just board-breaking isn't necessarily the breaking of the board," she said. "It's the idea of getting through the mind thinks it can't do. The idea is to follow through what we're doing and to feel strong do it, being committed to the motion, not dropping out, not quitting, not getting scared – because fear will hold you back from anything."

The book also serves as a tool to aid in a series of workshops and seminars McAley has designed so those in recovery can exercise the lessons she hopes to teach as well as read them.

"For example, when we over extend

see **McALEY** | 9



WHAT'S IN A NAME?

KELSEY KEENER

THE FIRST OF SEVERAL PUBLIC MEETINGS TO DISCUSS a potential change of mascot at Cedar High School was held Dec. 4.

Discussions continue on Cedar High mascot change

by Kelsey KEENER
Iron County Today

CEDAR CITY — The first public meeting to discuss Cedar High School's mascot and whether to change it took place Dec. 4 at the high school.

Cedar High Principal John Dodds welcomed those in attendance and introduced Iron County School District Director of Special Programs Kevin Garrett and ICSD Director of Secondary Education Rich Nielson.

Nielson gave a brief presentation explaining why a mascot change is being considered. He explained that there is a Mascot Committee consisting of 28 members that have had two meetings to discuss the issue. The responsibility of the committee is to represent current and future students, faculty and staff, parents and tribal community members, and come up with a recommendation to the school board of whether the mascot

see **MASCOT** | 9

"We want to make sure we receive as much public comment as we can"

— **Rich Nielson, ICSD**

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SUU Aviation program adds new helicopter

CEDAR CITY — The Southern Utah University Aviation Program continues to grow and improve with the arrival of a brand new helicopter. The Robinson R44 Cadet is straight from the factory, and specifically selected in SUU red.

SUU's Aviation Program works hard to provide students with the best opportunities to learn preparing them for future careers. Robert Paul, Assistant Chief Instructor of the Aviation Program, said "The R44 Cadets are part of a continued dedication of the aviation program to offer students the safest, newest, and most up to date aircraft possible."

This R44 Cadet is the third of its kind purchased for the aviation program, providing more students with access to the Cadets as the program continues to increase in enrollment and popularity. The helicopter fleet now



SUU'S AVIATION PROGRAM HAS RECEIVED A R44 CADET HELICOPTER to be integrated into it's training.

COURTESY OF SUU

stands at a total of 12 units, including seven R44 Raven IIs, two Bell 206s, and now, the three R44 Cadets.

Students and staff in the program are especially excited for the R44 Cadet due to its high tech, state-of-the-art

features and design. It is equipped with a new Garmin touch-screen avionics package, which simplifies navigation

and increases efficiency. The R44 Cadet is one of the newest helicopter models available, as Robinson only began producing the Cadet in May of 2016.

Not only will the Cadet be an impressive addition to the fleet, it will also greatly benefit the aviation students. The R44 Cadets have been purchased with the purpose of replacing the much smaller, R22s. The upgrade to the R44 Cadet will help the program reduce money it spends on fuel and maintenance, and will drastically increase safety for students and instructors.

The aviation program now has two models of R44 helicopters- the Cadets, and the Raven IIs. Although the two aircrafts are similar, instructors believe the addition of the Cadet will provide a significant benefit for the program.

"Between the Cadet and the Ravens, everything is essentially the same in engine and frame," explains Paul.

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KELSEY KEENER

CEDAR CITY EMPLOYEE AMANDA HUNTER, RIGHT, was honored as the city's Employee of the Month for December. Her supervisor, Wendy Bonzo, introduced her to the city council.

December Employee of the Month honored

by Kelsey **KEENER**
Iron County Today

CEDAR CITY — Utility Billing Clerk Amanda Hunter received her Employee of the Month award during last week's City Council meeting.

Hunter was nominated for the month of December by her supervisor, City Treasurer Wendy Bonzo. Bonzo said Hunter is punctual and works well with others, in addition to taking up additional responsibilities to help with a vacancy while a coworker was on maternity leave.

"Without (Hunter)'s help things wouldn't have run as smoothly as they did," Bonzo said.

Hunter grew up in Brian Head,

graduated from Parowan High School and attended Dixie State University. She has worked for the city for a year and a half and been married for six years. Hunter said her favorite part of her job is helping people, both coworkers and community members.

"Without (Hunter)'s help things wouldn't have run as smoothly as they did"

— **Wendy Bonzo**

Consumer confidence signals strong holiday shopping season

Utahns are ringing in the holiday season with an overall spirit of economic optimism, a positive sign for local retailers. More than 70 percent of Utahns plan to spend as much or more than last year on their holiday shopping, according to the Zions Bank Utah Consumer Attitude Index. A little more than half (50.7 percent) of holiday spending is expected to be done online, compared to 44.5 percent at brick-and-mortar stores. Households in Utah plan to spend an average of \$1,100 on holiday shopping this year.

The Zions Bank Utah Consumer Attitude Index (CAI) remained unchanged from October to November at 120.5. Year-over-year the CAI decreased by 3.9 points compared to November last year. The national Consumer Confidence Index® decreased 2.2 points to 135.7 this month.

The Utah Present Situation Index increased 2.6 points to 133.7 while the Utah Expectations Index dropped 1.8 points to 111.7. Utahns' sentiment remains highly positive, with 64 percent believing business conditions are good, the highest level recorded since Zions Bank began tracking the CAI in 2011. Similarly, sentiment on current job availability is nearly as positive as it has ever been, with 63 percent of Utahns feeling jobs are plentiful.

The year-over-year drop in the Expectations Index is due largely to a stabilizing of Utahns'

expectations regarding future business conditions; 26 percent feel business conditions will improve, six percent less than in November 2017. Similarly, more Utahns are feeling that household income and job availability will remain the same in the coming months as compared to those who feel that conditions will improve.

Utahns are also anticipating a tempering of housing prices, with 53 percent feel housing prices will increase over the next 12 months. That is the lowest percentage since December of 2015.

"Utahns tend to be both grounded and optimistic," said Scott Anderson, Zions Bank president and CEO. "Sentiment about the current state of the economy has steadily improved overall since 2011, right along with general economic conditions. It is clear that Utahns currently believe business conditions are healthy and vibrant here in the state."

While Utahns widely [73 percent] believe interest rates will continue to rise, confidence in accompanying economic factors remains strong.

The unemployment rate in Iron County decreased to 3.4 percent in October from 3.6 percent in September according to the Utah Department of Workforce Services. In the October report by RealtyTrac®, approximately 5 in every 10,000 homes were in foreclosure in Iron County, up from 3 in September.

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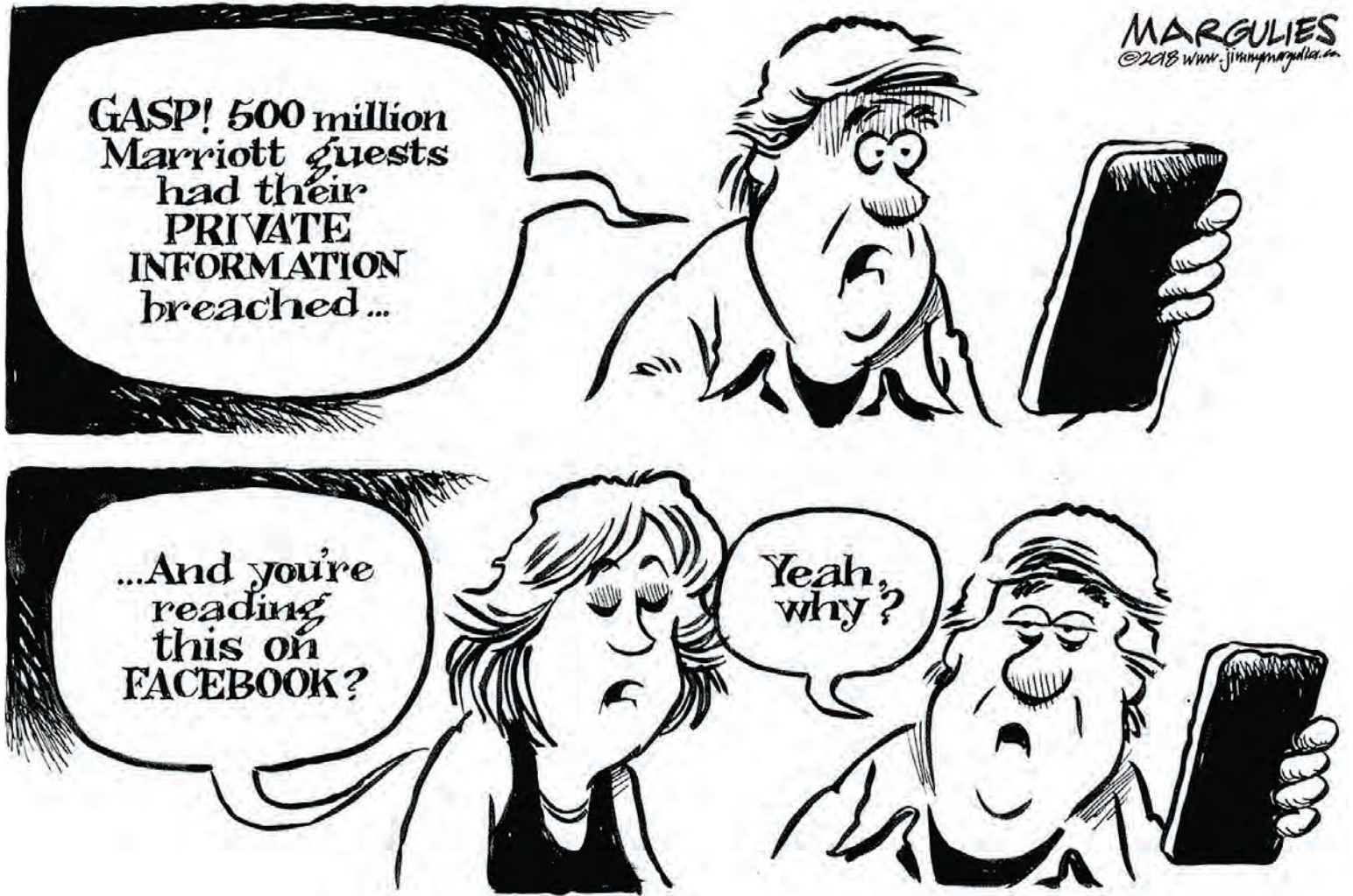
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Opinion



Christmas songs dear, and not so dear, to me

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

When it comes to Christmas music, we all become critics. We have our favorites (except the 10 percent who despise all holiday tunes), and we all have songs we wish could be put out to pasture far from the manger.

I used to be part of the 10 percent crowd. Why would I want to listen to Bobby Helms crank out "Jingle Bell Rock" when the Doors and the Rolling Stones were releasing new albums? But as an adult I've become more sympathetic to holiday-themed music, probably because it is impossible to avoid it for five solid weeks.

This year there is more chatter about Christmas music since a radio station in Ohio banned "Baby, It's Cold Outside." I don't have a dog in this fight; while that song is stalker creepy, it really isn't a Christmas song. The tune is about a sly, smooth-tongued male in a big-city apartment, and I'm told the apartment is located in Bethlehem.

There are holiday songs that I personally detest. Top of the list is the trashy "Grandma Got Ran Over by a Reindeer," which should make even the most ignorant hillbilly feel embarrassed. If I were a music dictator I would also

banish any poppy song by Mariah Carey along with the dreadful "Do They Know It's Christmas?"

And then there's the awful rendition of "Blue Christmas" by Elvis, which sounds as if Presley entered the recording studio after five hours of swilling

known as "Chestnuts Roasting on an Open Fire") is a pleasant and hummable tribute to the holidays, and I've always had a special place in my heart for "The Little Drummer Boy." As for "Rockin' Around the Christmas Tree," it is catchy though slightly monotonous and over-played.

My favorite "Christmas album" is as much about winter as it is Christmas: Mary Chapin Carpenter's "12 Songs of Christmas" which includes a personal favorite, "Go Where I Send Thee."

But my favorite Christmas song - one I could hear 12 months of the year - is not of recent vintage. It is now 200 years old, and last year I visited the chapel built on the site where it was first performed.

It was initially written as a poem and was set to music two years later. It came after years of great suffering due to the Napoleonic Wars and an economic depression, and the villagers longed for peace and comfort. The words, written by an assistant Catholic priest, were first sung by a choir accompanied by a single guitar player - and performed on a cold Christmas Eve in 1818 at the St. Nicolas Church in the small town of Oberndorf, Austria.

The churchgoers, mostly comprised of shipping laborers and boat builders, heard "Silent Night" for the first time.

If I came home slurring my words like Presley, my wife would slam the door and call 911.



Cyclops

by Bryan GRAY
Columnist

rotgut bourbon. If I came home slurring my words like Presley, my wife would slam the door and call 911.

On the other hand, the Mel Torme-written "The Christmas Song" (more

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Michelle Grimes: Tackling parenthood head-on

by Dawn M. AERTS
Iron County Today

CEDAR CITY — Sibling conflict. Kids with sleep disorders. Verbal aggression?

These and other disruptive behaviors are all-too common for parents, says Michelle Grimes, assistant professor of Child Clinical Psychology at Southern Utah University. But as a parent herself, she has found effective strategies to tackle troubling issues.

According to Grimes, parenting is not about perfection.

“Parents often feel they are alone in dealing with conflicts, but they’re more common than you think,” said Grimes, “The goal is to have kids that are reasonably well-behaved, most of the time, using parenting skills that work.”

A native of Palmer, Alaska, Grimes’ interest centered on behavior issues since her studies began in psychology at the University of Oregon, and later, as she pursued a Master of Science degree in psychology at Idaho State, and a Ph.D. in clinical psychology.

Her focus often turns to assessment and evidence-based treatments.

“There are strategies that work,” said Grimes of ongoing research in disruptive behavior patterns. “Raising children can be a wonderful, yet difficult experience. And there’s lots of information on the Internet, but it’s also hard to know what to trust, what’s accurate and what’s up to date.”

For Grimes, it’s all about a consistent approach using evidence-based research.

In her clinical practice, she offers guidance in the treatment of sibling conflict and sleep disorders and connecting families to resources. “Parents naturally step into everyday childhood conflicts as they emerge,” said Grimes, “so they are crucial in helping children settle outcomes using verbal reasoning and problem-solving skills.”

According to Grimes, it is the parent, the adult-caregiver or a teacher who can best coach children in using ‘appropriate behavior’ in relationships with siblings or others. “We know and expect that

MICHELLE GRIMES, ASSOCIATE PROFESSOR OF CHILD PSYCHOLOGY (SUU) and private practice clinician strives to assist parents in finding ways to manage disruptive behavior and address child-conflict issues using effective, evidence-based treatment, problem-solving skills and verbal reasoning.



J. AERTS

“I find it incredibly rewarding when helping a family with children work through the common struggles”

— Michelle Grimes

children won’t get along all the time,” said Grimes, “But if aggressive behavior happens routinely, or escalates over a long period of time, it may be helpful to reach out to a professional.”

In fact, it was Grimes early role as a volunteer, employee and in internships with various agencies that led her to pursue study in the treatment of children with disruptive behaviors. “I was always fascinated with people, the everyday issues, and I realized on that

we all share common struggles with some universal experiences.”

It was that science and the theories behind behavior that brought her to a complete Fellowship study at the Kennedy Krieger Institute at John Hopkins School of Medicine and a career in child-psychology. “I began as a volunteer working with crisis centers, with at-risk youth, and at homeless shelters,” said Grimes of community outreach.

Their circumstances opened her eyes and inspired Grimes to explore and research the best tools available for early intervention. As a full-time clinician, she also participates in ongoing research through SUU and shares her expertise with students, “And that has become a great mix for me personally and in my profession.”

According to Grimes, actual case studies have brought her to conclude that early intervention is the key to helping a family develop healthy relationships and to achieve successful outcomes in the home, at school and in life.

Over the next few months, she will be conducting a sibling-conflict study that invites local parents to participate with their children (ages 4 to 11) in managing sibling conflict. After an initial consult and over five skills-evaluation sessions, Grimes will observe patterns and offer suggested treatment strategies.

In 2017, Grimes organized a ‘practical parenting’ SUU-hosted event for parents and community that featured topics like -- ‘Help, I’m Raising a Teenager’ to ‘Mom or Dad, I Can’t Sleep.’ “We looked at the factors that most affect children in terms of environmental influence, to distill that and hopefully to provide an approach to understanding the dynamics.”

Finding practical tools is a key to success. For resources, see <https://effectivechildtherapy.org/> or for SUU Research Study interest, go to SUUchildstudy@gmail.com

But it’s the all-too-common disruptions of sibling conflict, pediatric sleep disorders and community needs that continue to draw her attention -- she is persistent in encouraging parents to keep ‘reasonable goals’ in mind when navigating through childhood behavior.

“I find it incredibly rewarding when helping a family with children work through the common struggles,” said Grimes of her career. “We want to help parents and caregivers know what signs to look for, understand how to respond and help them navigate forward.”

IRON COUNTY HOLIDAY ASSISTANCE PROGRAM VOLUNTEERS

are distributing turkeys and gifts to over 560 families. Gifts for 9-18 still needed. Contact Iron County Holiday Assistance program with questions.



COURTESY PHOTO

Bookings

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

December 3

Joseph T. Bell, Las Vegas
Tampering with Evidence

Cynthia Fairley, San Diego
Federal Contract Prisoner

Deanna M. Grover, San Diego
Federal Contract Prisoner

Michael Paulson, Grants, N.M.
Retail Theft

December 4

Wendy Crumback-Hernandez
Criminal Trespass

Danielle L. Kirby, Parowan
Retail Theft

Sharli A. Pettit, Cedar City
Retail Theft

December 7

Kylee N. McDermott, Cedar City
Dist/Offer/Arrange Distribution of Controlled Substance

Cody S. Anderson, Cedar City
Receive stolen property, Unlawful remove, dest, alt VIN, Drive on Susp/Rev. License, No Bumper

December 9

Cody M. Christensen, St. George
Drive w/o License, DUI, Open Container in vehicle, Interfere w/arrest, Weapon while under influence, Failure to Signal

James W. Stucki, Cedar City
Possession of Controlled Substance, Possession of Drug Paraphernalia,

Kathleen M. Drake, Parowan
Possession of Controlled Substance, Possession of Drug Paraphernalia, Obstructing Justice

Joseph T. Ferguson, Mandan, ND
DUI, Intoxication

'Community on the Go' visitors to Transylvania, NY City return

by Kelsey **KEENER**
Iron County Today

CEDAR CITY — Community members who participated in two recent SUU Community on the Go trips have returned from either Transylvania or New York City, New York.

SUU Community on the Go is a program offered by the SUU Office of Community and Academic Enrichment. The program supports scholarships for student learning while providing community members with educational experiences as well. Community on the Go Directory Melynda Thorpe said the recent trips have contributed funds to several programs.

"Both trips were successful and we are thrilled to contribute \$10,000 in scholarships to the SUU English and Psychology Departments, the College of Performing and Visual Arts and the Allies Scholarship benefitting LGBTQIA+ students," she said.

Participants travel with SUU experts who help provide a unique traveling experience by sharing their expertise and research. On the trip to Transylvania, participants learned about fear from associate professor of psychology Dr. Grant Corser and followed associate professor of English Dr. Kyle Bishop to historic sites from Bram Stoker's novel "Dracula." Travelers also had the chance to see the Carpathian Mountains, the House of Horror in Budapest, the Danube River and western Romania.

SUU alumni Dustin Anderson said the trip provided a learning experience that he might have had otherwise.

"We chose the trip for the itinerary but found that traveling with other SUU professors definitely enhanced our travel experience," he said. "Not only was the trip planned well, but we learned a lot of history we might not have traveling alone."



A TRIP TO TRANSYLVANIA enlightened these participants.



PHOTOS COURTESY OF SUU

OTHERS ENJOYED A VISIT TO THE BIG APPLE--New York City.

During the trip to New York City, Southern Utah Museum of Art Director Jessica Farling led travelers along with associate dean of the SUU School of Integrative and Engaged Learning and associate professor of theatre Jeb Branin. Participants attended three Broadway plays, went to three art museums and saw iconic sights throughout the city.

Participant and Community Relations and Special Projects Coordinator Kol Gibson said the trip gave him the chance to do things he'd never done before, including a tour of the Metropolitan Museum of Art

called "Museum Hack."

"It's kind of a millennial revamp of the museum," he said. "It's a bunch of millennials that get together that know a lot about art and museums, they take you to see art that you probably wouldn't stop and look at. They tell you the history of how the art was obtained ... they give you a perspective that's interesting and different from what a normal museum tour would be."

For more information about available trips, visit suu.edu/onthego, email onthego@suu.edu or call 435-586-7808.

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Thursday, December 20, 2018



THINKSTOCKPHOTOS

Not too long ago you were sitting in the warm sun enjoying garden tomatoes, fresh zucchini, and ripe juicy peaches. Now the days are cooler and winter is approaching. Although winter freezes the ground, it does not need to chill your enjoyment of fruit and vegetables. Below are ways to enjoy produce during the frostier months without compromising taste or your wallet.

Seasonal Produce, a Great Bargain

When fruits and vegetables are in season they taste better and are lower priced. You can use winter produce to create soups and other warm dishes packed with vitamins and minerals your body needs. Experiment with adding two or three to your winter menu.

Winter Vegetables:

- » Mushrooms
- » Leeks
- » Fennel
- » Brussels Spouts
- » Cabbage
- » Kale
- » Winter Squash (e.g., Butternut, Acorn, Pumpkin)
- » Root Vegetables – (e.g., Beets, Radishes, Potatoes, Turnips, Parsnips)

Winter Fruit:

- » Citrus Fruit– (e.g., Grapefruit, Oranges, Lemons)
- » Persimmons
- » Cranberries
- » Kiwifruit
- » Pomegranate

Frozen and Canned Veggies & Fruits are Nutrient Packed

Canned and frozen produce has unfairly been given a negative reputation. Research indicates these products are just as nourishing as fresh varieties. In fact, they are picked at peak ripeness and packaged right away, unlike fresh produce, which is picked before it is ripe. Both frozen and canned varieties are less expensive and contain nutrients benefiting your health. Yes, some canned and frozen produce has added sugar and sodium;

but not all. Look for products with no salt or added sugars (like corn syrup or juice from concentrate) listed in the ingredients. Or look for labels saying: packed in water or light syrup, no sugar added, low-sodium, reduced-sodium, or no-salt added. If you can't find these varieties, don't worry; simply drain the juice to reduce the amount of sugar or sodium.

Stay Warm by Eating Fruits & Veggies

As the weather cools it is easy to include vegetables in cozy dishes. You may enjoy veggies or canned beans in soups or chili, adding butternut squash to pasta, or trying a new veggie packed side-dish. However, fruits are often thought of as cool snacks, too cold for winter. This is simply not true. Fruit (fresh, frozen, or canned) can be included in warm comforting meals. Discover the pleasure of a warm fruit salad or a baked apple or pear sprinkled with cinnamon. Add speckled bananas and frozen berries to cooking oatmeal, or top waffles with warmed canned or frozen fruit instead of syrup. Try a quesadilla made with apples, pears, ham, and cheddar cheese. Cooking with produce has unlimited possibilities.

Start small when first adding more fruit and vegetables to your food routines. Begin by adding one or two of your favorites to meals or snacks. Once you feel comfortable with that, build on by adding one or two more. If a veggie doesn't work out the way you wanted, it is okay, try it again. Winter is a great time for you to experiment with eating more vegetables and fruit.

Kimberly Funk, MS, RDN is a registered dietitian nutritionist who is passionate for helping people make healthy and enjoyable food choices. She believes that healthy eating does not need to be rigid and that all your favorite foods can fit into a healthy lifestyle. You can find her working at the Kearns Oquirrh Park Fitness Center or at kimberlyfunk.rdn@gmail.com



KIMBERLY FUNK
Registered Dietitian

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KELSEY KEENER

AUTHOR SUE MCALEY, AT LEFT, discussed her book on addiction recovery and used the breaking of a board as a demonstration of 'getting through' a challenge.

MCALEY
Continued from page 1

ourselves and our resources, our lives become unbalanced and we fall," she said. "I have a series of exercises that can prove that concept over and over."

McAley will host a second free demonstration Jan. 23 at 7 p.m. at the Cedar City Library. For more information about her book or seminars, contact her at 435-233-8670.

"The idea is to follow through what we're doing and to feel strong doing it"

— Sue McAley

MASCOT

Continued from page 1

should be changed or not after considering several factors and public comments.

Nielson said the committee began by establishing what all members could agree on.

"We all agree that in 1943, when the Redmen mascot was selected, it was intended to honor our first inhabitants in the region," he said. "And there is a very, very strong tradition of excellence and passion that is tied to our Redmen mascot."

He explained that there four main reasons the mascot name change is being considered: "Redmen" has been deemed a racial slur by some people both inside and outside of Iron County; there is a need to use a 21st century lens in the education system; some Cedar High students have become targets of harassment and threats for displaying pride in their school; and school leaders want to do what is best for current and future students.

"We want to honor the past and the legacy that we have here at Cedar High School, that's critical," he said. "We also want to ensure that our students, both current and future, are protected as much as we can."

Nielson went on to explain some of the topics of concern that have come up frequently throughout meetings and discussion, such as potential costs, the timeline and process of changing the mascot if it is decided, what the mascot would change to if it was changed, and the school's colors. He said that the committee's job is only to recommend to the school board whether or not to change the mascot; the timeline of that change if decided would be up to the school board and potential costs could be minimized.

"We want to make sure we receive as much public comment as we can," he said. "That's why we set up these meetings, as well as the email address."

Following Nielson's presentation, audience members were invited to share their thoughts on whether the mascot should be change or not.

There will be two more public meetings on Dec. 18 at 7 p.m. and Jan. 14 at 6 p.m., both at Cedar High School. Those who would like to contribute to the discussion but are unable to attend are encouraged to email their thoughts to mascot@ironmail.org.

HELICOPTER

Continued from page 2

"However, one major difference is the Raven seats four while the Cadet seats two, making the Cadet lighter weight and reducing the amount of fuel needed. Other differences include that the Cadet is carbureted while the Raven is fuel injected, and the engine on the Cadet is derated further-meaning that you are not allowed to use as much power as in the Raven, even though it is capable of producing it." The differences in the cadet are highly beneficial in reducing fuel and maintenance costs for the program.

Aviation instructors and students look forward to using the new helicopter and are excited to see the continual growth of the program.

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Dec 15 • 11am-1pm • IFA

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Pre-Order by Wed. - Pick up on Sat.

- ☐ 25-lb Ground Beef \$100
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- ☐ 25-lb Pork Variety Package \$87
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RUNNING *for* HOPE

Documentary premieres at SUU



FROM LEFT, JOHNNY OH, BILL HEYBORN AND SUU PRESIDENT SCOTT L. WYATT talk about their experiences on the ultra-marathon.

KELSEY KEENER

by Kelsey **KEENER**
Iron County Today

CEDAR CITY — A documentary covering the experience of SUU President Scott L. Wyatt, Bill Heyborn and Johnny Oh running the Grand to Grand ultra-marathon, called “Running for Hope,” premiered last week at SUU.

President Wyatt, Heyborn and Oh embarked on the 170-mile race and dedicated their efforts to raising money for the new childcare facility at SUU, as well as awareness for the need for childcare on campus. Approximately 765 SUU students have one or more children, and 78 percent of them have missed class due to a lack of child care. The project is estimated to cost \$1.5 million, with just over \$1 million being raised from the race and previous fundraisers.

The documentary featured SUU

alumna Alayna Johnson and her experience pursuing education as a single mother.

“On my really difficult days, I just prayed for strength,” she said. “Every little tiny victory I made a big deal out of, so that I could celebrate every step of the way. I did get stronger, and I did get smarter, and things just started going better.”

During the documentary, the runners also offered words of encouragement to those watching.

President Wyatt said strength does not come easily.

“You cannot develop strength by living a life of ease,” he said. “It’s just not possible. Someone can give you gifts of things, possessions, but no one can give you a gift of character. You have to earn that; that has to be won in the battles that we fight inside ourselves between our heart, our mind, our body. Until

you’ve pushed yourself as far as you can go and then pushed yourself a little further and a little further, that’s when you start discovering what’s in you.”

Heyborn said doing something like an ultra-marathon can teach resolve.

wondering if you can do it, ‘man I don’t think I can do it; I’m here to give you that hope,” he said. I know you can.”

SUU professor of communication Jon Smith and his Communication 3504 class produced the documentary.

“If you’re struggling, if you’re ever wondering if you can do it...I’m here to give you that hope”

— Johnny Oh

“You’ve got to have the grit, the mental fortitude to just power through it,” he said. “And so doing something like this, I think, teaches grit.”

Oh said he wanted to set an example for others.

“If you’re struggling, if you’re ever

Following the premier, Smith and some of his students participated in a question and answer panel with the audience to share their experience in contributing to the production. The runners participated in a second panel to engage with audience members as well.

Songs of the Season concert on Friday

CEDAR CITY — Iron County Acoustic Music Association (ICAMA) presents a Holiday of Songwriters: Songs of the Season, Friday, December 14, 7 p.m., at Community Presbyterian Church, 2279 N Wedgewood Lane, Cedar City.

The music will be played “in-the-round” where each musician plays one song in turn. These could include songs about winter, Christmas, Holidays, carols, and not-so-carols. Featured artists are Mountaintop Sound with Steve Swift and April McPherson, Kaitlin Sevy, Robyn Eddy, and Rhett Boswell. All are accomplished musicians, each with a different style and take on Songs of the Season.

Mountaintop Sound is the folksy duo of seasoned musician Steven Swift, currently front man of the rock band, Full Tilt Boogie, and new-to-the-scene musician/singer April McPherson. Swift and McPherson combine folkrock with a little bit of bluegrass, and round it out with warm harmonies to bring you toe-tapping originals and favorite classics, heard in a fresh new way. Swift’s dynamic guitar playing and vocals meld with McPherson’s tight high harmony and lyrical mandolin. They have performed at numerous venues in southern Utah.

Kaitlin Sevy is an eclectic singer-songwriter who released her debut album, Bow With The Sin this past year. Kaitlin wrote most of the songs while living in Eugene, Oregon. Whether in the temperate rainforests of the Pacific Northwest or in the red rock desert of her upbringing, Kaitlin’s music embraces the mood of her environs. Coming from a musical family, she was surrounded by all kinds of instruments and has always loved to sing. She started writing her own songs and performing them at open mic nights at Groovacious Records in Cedar City every Wednesday night while she was attending Southern Utah University. She attributes a lot of her personal growth as a musician to those

amazing nights surrounded by friends showcasing new songs every week and supporting each other. When she was younger she was inspired by artists like Ella Fitzgerald, Billie Holiday, Bob Dylan, Karen O, and Carole King. As of late she has been listening to Sharon Van Etten, Brandi Carlile, Hooray For the Riff Raff, and Adrienne Lenker. She is currently working on new material to put out an EP by the summer of 2019.

Robyn Eddy started singing in her childhood church choir. She started playing guitar 1996 after attempts to lead acapella worship music in Glacier National Park for a summer job in college. She founded a Christian Folk band, “Throwing Clay” in college, playing gigs at numerous small Minnesota colleges. Robyn says her musical influences include Natalie Merchant, Tracy Chapman, Sarah Groves, Kim Hill, U2, and various bluegrass and folk musicians. She was invited onstage to sing impromptu harmony with a professional musician friend, Rachel Kurtz, in front of a crowd of 500 Lutheran youth. More recently, Robyn sang lead with East from West R&B Gospel band. She currently performs with the Community Presbyterian Church praise band where she serves as associate pastor.

Rhett Boswell has been part of the Southern Utah music scene for nearly 20 years since his days playing high school jams in Virgin. He has been in many bands over the years including Juniper City, Zion Curtain, Starbird, Blueswater, the Boiling Oranges, and the Western Bone Cleavers, and has sat in with many more. He currently plays lead guitar in Cedar City’s Full Tilt Boogie band. His first love is improvisational lead guitar but he also does solo acoustic numbers that are often dark, wistful, and usually tinged with hope.

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



KAITLIN SEVY



RHETT BOSWELL



MOUNTAINTOP SOUND



ROBYN EDDY

COURTESY PHOTOS

JOLLEY'S RANCH WEAR

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It's catalog time again

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

The first question is: Why do they keep sending them to me? The second question is: WHY DO I KEEP THEM? I am referring to the catalogs that fill my mailbox year round and especially during the months of October and November. For some reason, maybe just that I capitulate to the power of attractive advertising, I spend precious time dealing with them on a weekly basis.

Here is my strategy: when a new catalog comes in, I check my stash of old ones and recycle an old one with the new edition, much of the time without ever having opened the old one! Multiply this by an assortment of perhaps 15 different sources, and you begin to understand my problem.

During a 3-week period in November, I got behind in my culling practice and just let them accumulate until I could get to them. I ended up with a stack of 40, including 12 clothes catalogs, 6 news magazines, 2 book catalogs, and about 10 volumes offering gadgets at differing price levels. And that wasn't all.

It is fun but dangerous to start leafing through the oddities ones, although why I think I would ever buy anything out of Hammerer Schlemmer I

don't know. The object on the cover of their newest one is an underwater scooter for \$699.95. We have occasionally purchased things out of the media and curiosities

magazines of more moderate prices, though, which is why they keep showing up, I guess.

For example, I am looking very seriously at a nightshirt which reads, "Home is Where My Books Are," and some socks which say on the bottom, "If you can read this, rub my feet." I could charge them to my husband's account, wrap them up when they arrive, and present them to me from him for Christmas. Surprise!

But really, he is very likely to purchase great finds on his own, many of which I am so pleased to get. He is especially good at keeping up my supply of turtlenecks from Duluth Trading Company and stocking our video collection with great series that we have enjoyed, like "Victoria." I'm hoping that "The Durrells in Corfu" might appear this year. And one year he gave me a sweatshirt that said, "She Who Must be Obeyed" on it. It annoyed my grandchildren when I wore it. Bonus!

Now the food catalogs are in a category of their own. We have received gifts from the Harry and David catalog and those fruit baskets are gorgeous. One year my sisters and I pooled our resources and bought our parents the Fruit of the Month Club, just what it sounds like. It wasn't cheap but worth it to them. However, I would never buy 3 pounds of stuffed chateaubriand at \$120 for anyone in my family. Talk about pearls before swine.....

Now if you'll excuse me, I need to peruse my favorite catalog of all: Bas Bleu, Books for Avid Readers. This one is never discarded.



THINKSTOCKPHOTOS

by Kelsey **KEENER**
Iron County Today

CEDAR CITY — The annual Community Crèche Festival, hosted by members of the Cedar City Canyon View Stake of The Church of Jesus Christ of Latter-day Saints, will be held this Sunday, Dec. 16 at 4 p.m.

Organizer John Higley said the festival is intended to allow community members to honor Jesus Christ.

"The purpose is to bring the community into an area where they can celebrate the birth of our Savior, Jesus Christ, and enjoy nativities from around the world," he said. "We try to keep it fairly simple so people can come and enjoy what they want to. It's whatever helps them get into the Christmas spirit and feel the love of our Savior."

In addition to approximately 400 creche displays, there will also be art displays, a live nativity scene performed by local children and music from various groups, including Bella Voce, the Hand Bell Choir and high school choirs.

The festival is free to the public and will take place at 1985 North Main Street in Cedar City until 9 p.m.

"The purpose is to bring the community... where they can celebrate the birth of our Savior"

— John Higley

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www.suu.edu/pva

the **ICONIC CAR CLUB**



J. AERTS

CEDAR BREAKS CAR CLUB MEMBERS BRICE AND VICKIE LEE MASTER (1927 Model T Touring car) and (not pictured) Hal Larson, President; and John Gibson (Club Founder) preserve the past as owners of Model-A cars circa (1928 to 1931) and Model-T enthusiasts in Iron County.

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

PAROWAN — You might see members tooling around for a local parade, over Christmas time, on the 4th of July, or at events that spring up around Parowan and in Iron County.

For 15 members of the Cedar Breaks Model A Club, Henry Ford is ‘the man’ who in 1927 spent \$100,000 on a car design and production of the whimsical Model A. His car had 1,800 more parts than the standard Model T (5,000) and according to history buffs, thousands of blue-collar Americans flocked to showrooms for a test-drive and purchase.

“It was considered the cheap, affordable car for four years (1928 through 1931), which sold for about \$600 back then,” said longtime Model A enthusiasts John Gibson and Hal Larson. They, and a handful of ardent members of the Cedar Breaks Car Club, find a unique connection with the vintage cars considered ‘top of the line’ in their day.

“I’ve always loved the old things, anything antique,” said Gibson of the 1931 Coupe he purchased on a whim from a neighbor back in 2005. “I put in a rumble seat and reworked the transmission – So it was in ‘okay condition’ except for a few dents and dings.”

Gibson, who formed the Cedar Breaks Club in 2009 with members Barry Grey and Robert Barney, said the car requires some dexterity and leg work. “It basically takes two hands and two feet,” said Gibson with a half-smile, “Oh yes, and a lot of coordination. But it’s also fairly simple to take apart and put back together again.”

According to Gibson, ordering parts are not an issue and most can still be found on line.

For Hal Larson, Club president, Model-A’s are known for their jaunty look and are relatively easy to operate and fix. Larson and his wife, Lee, own a 1929 AA Pick-up and a 1930 Speedster. “We enjoy them and giving people an experience in riding along,” said Larson, “They’re a fun piece of machinery, but can be a little bumpy too.”

According to Gibson, if weather is decent and you take a short trip to the grocery store, they are a pleasure to drive. “We often toiled around town,” said Gibson of the Coupe that is a well-known feature around Parowan. “It can be a little rough riding though -- and my wife Sandy isn’t particularly thrilled with some of the gas fumes that rise up from the engine.”

According to car buffs, technical improvements and tweaking went on throughout the four-year assembly process: For example, the transverse semi-elliptical suspension was kept while a water pump, oil pump and hydraulic shock absorbers were added. And the two-speed planetary transmission was later replaced by a more modern, three-speed gearbox.

Model A drivers must also master the double-clutch technique.

The original engine was a four-cylinder affair with a 40-horse-power motor: drivers enjoyed a comfortable cruising speed 40 to 45 m.p.h. but it was mostly longevity, dependability and simplicity that became most important to Ford and thousands of Model-A collectors.

“There is a certain ease in running this vehicle,” said Gibson of new or refurbished parts still available, “which makes one relatively easy to buy, understand and to maintain.” According to Larson collectors

“I love the comments everyone has about it, and they always bring back memories for people”

— John Gibson

Calendar

Wed, Dec 12

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.

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., 300 E. 685 North (the senior center), in Parowan.

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, Dec 13

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. People with arthritis or knee, hip or back injuries are encouraged to participate. Cost is \$3/class. Call Allison at 435-327-2091 for more info.

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.

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

PARKINSON'S SUPPORT GROUP, 2:30 p.m., Brookdale Senior Living Center, 995 S. Regency Road, Cedar City.

BIKERS AGAINST CHILD ABUSE COLOR COUNTRY CHAPTER MEETING, 7:30 p.m., 593 N. 1450 West, Cedar City.

THE CEDAR CITY LIBRARY BOOK CLUB, meets on the second Thursday of each month at 7pm at the library. This month, our meeting will begin at 6 pm instead of 7 pm, and we will have a white elephant book exchange. Our January meeting will start at 7 pm, and we will be discussing Woolly by Ben Mezrich.

Fri, Dec 14

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.

ALCOHOLICS ANONYMOUS TWISTED SISTERS MEETING, 7 p.m., KKCB, 203 E. Cobblecreek, Cedar City.

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, Dec 15

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.

Sun, Dec 16

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.

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

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

Mon, Dec 17

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.

FREE DANCE AEROBICS CLASS, 9 a.m. Class is medium to high impact but can be adapted to any fitness level. Beginners and people of all ages welcome. Moms can bring young children. For more information, call Allison at 435-327-2091 (no text).

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, 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 pop 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, Dec 18

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, 7 p.m., Parowan Senior Center.

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

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

ALCOHOLICS ANONYMOUS, noon Speaking from the Heart AA, 6 p.m. AA Misfits and 8 p.m. AA Cedar Group, 203 E. Cobblecreek, Cedar City. For information call (877) 865-5890.

WATER AEROBICS CLASS, 9 a.m., SUU pool. Fun, up-tempo workout to current pop hits. The class is medium to high intensity and includes full body toning. Can be modified to any fitness level. People with arthritis or knee, hip or back injuries are encouraged to participate. Cost is \$3/class. Call Allison at 435-327-2091 for more info.

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, Dec 19

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.

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., 300 E. 685 North (the senior center), in Parowan.

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.

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People

92nd Birthday



Mel Adrich

Mel Adrich of Cedar City is turning 92 on December 13. Love from your family: Wife, Zoe. Children: Dan (Karen), John (Donna), Debbie (John). Grandchildren: Tom (Becky), Christina (Jeremy), Dena (Mike), Mika, James (Emily), Joe (Nicki). Great grandchildren: Natalie, Milla, Cate, Madison, Collins, Johnathon, Liam, Jameson, & Grace.

80th Birthday

Janine Bauer Jolley

Janine Bauer Jolley will turn 80 on December 16. Her parents were LaVand and Virginia Bauer. She married Evan W. Jolley and helped start Jolley's Ranchwear in Cedar City. She has been a teacher at the elementary, secondary, and university levels. She taught piano for many years and loved being involved in InJubilo and other church music groups. She has six children: Jan, Lynette, Kristine, Steve, Jolynn and Lori.



She has 23 grandchildren and 10 great grandchildren. She loves family history work and currently plays the organ in the Cedar City Temple. Happy Birthday, Mom! We love you!

Birth



Laney Jo Mildner

Laney Jo Mildner, daughter of Gregory and Rebecca Mildner of Cedar City, was born on Nov. 20, 2018 at 12:36 p.m. She weighed 8 lbs. 3 ozs. and was 19-1/2 inches long. She joins her sisters Jaylynn and Kinsley and her brother Carson. Grandparents are Jeff Mildner, Debi and Micheal Risinger, and Russell and Shelley Sigman.

Mission

Elder Slack

Elder Ryan Slack is returning from serving a mission for The Church of Jesus Christ of Latter-day Saints on Friday, December 14. Elder Slack is serving in The Japan Kobe Mission. He will be speaking on Sunday, December 16 at 1p.m. in the Mesa Hills Ward (1925 W 320 South). His parents are Jason and Kris Slack. Grandparents are Hal and Joyce Slack, Pat



Gorman, and the late Karl and Kathryn Kubo of Kauai, Hawaii



Elder Gardner

Elder Harper Gardner will be serving in the Idaho Falls ID Mission teaching in the Spanish language. Elder Gardner's farewell will be held at 9 a.m. on Sunday, December 16 at the Parowan Chapel on Main St. His parents are Sam & Mollie Halterman and Donald Gardner, Jr.

Trash Trucks for Christmas

by Dawn M. AERTS
Iron County Today

ENOCH — Most people don't think much about 'trash' haulers when their mind is on Christmas shopping. In fact, it's hard to find a toy trash truck, and they're almost never on a list of things you might want to give as a gift this year.

So it took someone like Jeff Okeson, a 15-year employee of Iron County's rubbish-haul crew, to come up with an idea that he knew could be just about impossible to fill -- even for Santa.

Okeson is a young man who has some unique memories of the workers who clung to the side of a huge truck in all kinds of weather and challenging conditions to pick

really and then you never know what a family may be going through this time of year."

For Okeson, the idea was to give something memorable to each child on a route. "I actually considered going to Walmart first, but I wanted to give them a gift that they would remember, something that would last, not just a package or something you can easily find on a shelf.

It was the dump truck idea that brought him to contact the next best thing to Santa Claus: The Happy Factory.

"I knew some about the Happy Factory, that they fashioned lots of wooden cars and trucks and sent them to children around the world," said Okeson, "I knew it

there we both began cutting, with two other lady-volunteers who helped us fashion and cut out the pieces."

Each truck would require an hour of labor.

It isn't exactly 'elves' working at the Happy Factory, said Okeson of the production line, but hundreds of volunteers pump out millions of tiny wooden models each year for kids. "I had offered to help pay for the equipment and/or the materials," said Okeson, of his foray into truck-making. "Unfortunately they don't accept money, but they did invite me to come and make dozens on my own."

There is pressing and cutting, routing and finish work in each two-by-four frame.



JEFF OKESON, IRON COUNTY COLLECTION-DRIVER AND JOLENE LEE, Enoch City Council teamed up to design, cut, press, router, assemble and deliver 125 toy trash trucks for the kids who greet Okeson on his weekly hauling routes in Enoch City, Paragonah and Kanarraville. The tiny trucks were made possible through the non-profit headquarters of the Happy Factory that assembles and manufactures millions of toys for kids around the world by hundreds of 'elf' volunteers.

J. AERTS

up garbage in his neighborhood. "As a kid I remember flagging down the big truck, waving at the crew and I knew the time and day they would be passing through."

Memories are made for kids.

It is the same little kids that greet Okeson today as he and his partner make their rounds in Enoch, Paragonah and Kanarraville to collect local trash. Okeson loves his job, said Jolene Lee, Enoch City councilwoman, "And apparently he has quite a devoted following of little kids who think of him as a pretty-cool guy."

According to Lee, it was Okeson who wanted to do something special for the 100-plus children who often greet him from their front yard or along his route. "I was thinking about how I could give something back to the community," said Okeson of his job, "It was about the atmosphere

was always full of volunteers, so I drove by, but I had never been there myself." It took a call to the Happy Factory and a conversation with a 'lady in charge' that sounded a lot like a 'Mrs. Santa' to come up with a vision for a wish list.

But toys don't come easy even at the Happy Factory.

It was worth a call said Okeson when they said a trash truck was very do-able. "Basically, it was something they could handle, all 125 of them, but they needed a design and the process would require both time and commitment." It was Okeson who partnered up for the project with Lee who had something of a background in toy making.

"It was Jolene who spent hours doing the actual design for this truck, a model they had no previous plans for at the Happy Factory," said Okeson. "From

He, Lee and a small contingent of busy volunteers finished their work way before Christmas. "We weren't exactly up all night, but I got to thinking that each of these trucks would be the best I could give," said Okeson. "It may not have the pretty package, but it's something personal and I hope will brighten their day."

It was Okeson who personally handed out the little trash trucks along his route earlier this month. "I saw their faces, some of the Mom's came out and I think they were all pretty delighted to have one of these as a gift to take home," said Okeson of the toy bag.

Over the next while he will deliver two boxes of 60 more trash trucks. "Each one has the Happy Factory stamp on the bottom," said Okeson with a smile, so I hope they'll have always have a story to share, that's personal."

Schools

NEWS Nuggets

Compiled by Le Ann
WOOLSTENHULME
Iron County School District

Escalante Valley Elementary

We would like to promote kindness and the thought of giving to others, especially during the Christmas season. As a result, we will be hosting our first ever canned food drive at Escalante Valley Elementary, and calling it our Kindness Counts Project (#KC Project). Our objective is to teach students to give and help others. We are setting a school-wide goal of 200+ non-perishable food items. If you are able to contribute, we will be collecting items December 10-19 at Escalante Valley School.

Our Kindergarten through 6th grade students have been working hard to prepare for our upcoming Christmas Program. Please join us on the evening of Tuesday, December 18th at 6:00 pm, as we will be enchanted by the art displays and musical talents of our students.

Pajama day will be held on December 20, which is the last day of school before the break. Our winter break will be December 21 through January 1. School will resume on January 2.

Canyon View Middle

Canyon View Middle School Math counts club meets every Thursday from 2:35 - 3:30 p.m. The math club competes against other middle schools in Southern Utah to be ready for the region chapter competition at SUU in February. On Nov. 15, a practice competition was held at Cedar Middle School. There were 7 total schools represented at this competition; along with 30 teams and about 120 individual students. CVMS had 2 students score in the top ten for the Count Down Round.



These students were:

2nd Place: Anthony McUne
3rd Place: Megan LeBaron

CVMS had 2 teams score in the top 10 teams. WAY TO GO TO THESE STUDENTS!

4th Place Team Members were: Megan LeBaron, Joe Anderson, Isa McUne, Loralie Pierce

5th Place Team Members were: Anthony McUne, Taytum Stratton, Tanner Walton, McKinlee Urie

CVMS is pleased to announce the November 8th grade student-of-the-month recipients: Kamryn Allen, Heide Heath, Eyshia Van Isperen Sloan, Tavin Burgess, Koehl Peyon, Connor Cronin, Kennedy Rigby, Seth Williams, James Breinholdt, Brea Ludlow, Michaela Rember, Evan Mundt, and Dustyn Buschman. Thank you to all for being such hardworking and caring students.

Mark your calendars and join us for the upcoming concerts:

Thursday, December 13 Band/Jazz Concert: 5 p.m. Beginning Band 6 p.m. 7-8th Grade Band

Tuesday, December 18 Orchestra Concert: 5 p.m. Beginning Orchestra 6 p.m. 7-8th Grade Orchestra

Wednesday, December 19 Choir Concert: 6th grade performs at 5 p.m., 7th at 6 p.m., and 8th at 7 p.m.

South Elementary

As we approach the holiday season at South Elementary we are focusing on love and friendship. We have a wonderful volunteer who has offered to help us purchase a Friendship Bench. He has invited all the students to join in the fun and help contribute in purchasing the bench. So that our students have more ownership, he has asked the students to earn the money by doing small jobs around the house. Even pennies will make the difference and help everyone feel ownership in the bench!

You might be asking, "What is a Friendship Bench?" A friendship bench is a place you can go if you are new to the school, want to make new friends, want to play something different than what your friends are playing, or maybe your friends aren't at school that day. If you are sitting on the bench, you are looking for a friend. Students not on the bench are encouraged to ask those on the bench to play with them and enlarge their circle of friends. Those sitting on the bench are encouraged to join in the fun and make new friends. We are excited and feel this friendship bench will help foster an inclusive environment where everyone feels they have a friend!

Each month South has an assembly recognizing students who show exemplary behaviors in Safety, Kindness, and Responsibility. This month each grade level participated in a skit that showed examples of the importance of being good citizens. Mr. Sahagun used the quote from the book, Wonder, "Always choose kindness." We are happy to see many examples of students being kind to one another both in class and on the playground.



MR. JERRY OLDROYD with December's Spotlight Students

Three Peaks Elementary

On November 20, Three Peaks Elementary held their fourth annual Turkey Calling Contest. The winners for K-2 were: Annabelle Spicer, Nolan Roylance, and Jaxton Jones. Grades 3-5 winners were: Audrey Gordillo, Brant Blood, and Mason

Torgerson. Thank you to all who participated in this fun and silly event. Thanks also to our wonderful PTA president, Mande Adams, who created the cute balloon turkey prizes. On December 4, the 4th grade classes were invited to attend a SUU women's basketball game. The students cheered for the SUU team, ate popcorn, and enjoyed their experience very much. Thank you to the coaches, Tracy Sanders, Jay Johnson, Hailey Mandelko, and Morgan Bailey for making this trip possible.



GO LADY-T-BIRDS!!

Three Peaks Elementary students listened to a NetSmartz multimedia Internet safety presentation on December 3. The innovative assembly utilized the latest statistics, online resources, videos, and expert tips to educate, engage, and empower the students to be safer on- and offline. More information about NetSmartz and the basic resources it offers to help with Internet safety, social media, etc. can be found at www.netsmartz.org.

On December 6, the second grade students presented a play to students and parents titled, "It's A Jungle Out There!" Thank you to our fabulous teachers; Susan Parker, Liz Jones, Tonya Hunter, and Linda Reid. Also, a big thank you to Karlene Young our Beverley Taylor Sorenson arts teacher and to the volunteer parents who helped with costumes, sound, and props.



Auditions for Disney's The Jungle Book, Kids will be held in the gym on December 11 and 13 from 3:30-4:40 p.m. and December 12 from 1:30-2:30 p.m. for interested 3-5 grade students. Audition permission slips have been sent home or can be obtained in the main office.

East Elementary

East Elementary is celebrating a huge accomplishment in our Dual Immersion program. Each year throughout the state Dual Immersion students in grades three and up take an assessment to measure their proficiency in the language they are studying. The test is known as the AAPPL and stands for the Assessment of Performance toward Proficiency in Language. The Utah State Office of Education's goal is for 80 percent of the students to pass the test each year. The Dual Immersion students at East have far surpassed that goal! A whopping 98 percent of our 3rd graders are proficient! Their assessment consisted of speaking and listening/understanding. The 4th graders are assessed in three different areas: listening, writing, and reading. 98 percent of them are proficient in listening and understanding, 96 percent are proficient in writing, and 100 percent of them are proficient in reading Spanish! Finally, the 5th graders had an assessment on interpersonal communication with a focus on listening and speaking. Each and every 5th grader who was assessed achieved proficiency! We are so proud of our students for working hard and giving their best effort. Their achievements are phenomenal. Congratulations to them! Congratulations as well to our Spanish Dual Immersion Teachers. Your expertise, dedication, and love for the students and the program are evident.

Enoch Elementary

Students and staff filled 120 shoeboxes with toys and other awesome gifts for children in need around the world through Operation Christmas Child.

Native American dancing entertained students on Wednesday, November 28. The dancing was taught by the Jones family, and told tales of education and fun. The hoops dancing was traditionally a ceremony of healing and growth. A visiting Native American family from Arizona show students the Men's fancy dance and the grass dance.



4th graders cheered on SUU's Women's Basketball team as they won against Utah Valley's team. Thank you SUU for the invite!

Christmas Programs are coming the week of December 17-20. 2nd grade's is Monday 9:30 a.m. 3rd grade's is Tuesday at 2:30 p.m. On Wednesday, 4th grade's program is at 9:30 a.m., and Choir/orchestra is at 12:50 p.m. On Thursday the 5th graders perform for everyone.

No school December 21 through January 1. School resumes January 2.

The treasure of time

Time. You run your life by it. Or, does time seem to run your life? It seems there is always some appointment, deadline, overtime, or bedtime and never enough time for what matters most. With so many versions of diversions throughout your day, it can be quite difficult and overwhelming trying to accomplish so much in so little time.

When you become caught in this cynical cycle, time becomes an exhausting task master, not a productive partner. When you feel there is never enough time, your pace can pillage your peace. If you don't make time to slow down, your well-being becomes a blur, and while you may be accomplishing tasks, you're losing the fulfillment and enjoyment from your efforts.

There are many valuable moments and memories to be made in your life. Cherish your family with your time, not your "maybe later" or "maybe tomorrow." Time should not be labeled as merely a passing of days and dates, but a vault of priceless treasures waiting to be opened and spent, not sparingly! Also, beware not to let your precarious past carry into your precious present.

Everyone has the same amount of time and the task of finding out how to best utilize every minute. Yes,

There are many valuable moments and memories to be made in your life.



The Rut LESS TRAVELED

by Corey BAUMGARTNER

there are always distractions and interruptions that attempt to steal or decoy your time. Some days will seem endless, while others you wish would never end. Sounds too good to be true, at least for your schedule, right? That little voice, or ticking stopwatch, in the back your mind is telling you that there is never enough time.

Well, take a few minutes to ponder this timely fact. There are 168 hours in a week. Every week. So, even if you work 50 hours, and sleep 56 hours a week (8 hours a night)—but who even gets that much these days—and allowing for snooze button obligations, you've still got about 60 hours left. Think about all you can do with 60 extra hours.

Even after the alarm clock and time clock have been pushed and punched there is time available, if you're willing, to start making more time for your home and heart, not just your schedule. The only excuse is that you are letting time be your master, rather than learning to wisely master your time. For at the end of each day, whether you've scrimped or squandered your precious minutes, you can never get them back.

Today, right now, is all the time you are given. As 2018 comes to an end, I hope next year you will make more time for your heart and soul, not just your wallet and workplace. Be more thankful, more forgiving. Send the card you've been meaning to send. Make the phone call you keep putting off and go visit your friend instead of sending a convenient e-mail. The choice is yours, every day. Stop counting time and go make time count.



THINKSTOCKPHOTOS

Tips for staying healthy during the holidays

Good for you! You made it through Halloween and Thanksgiving— Now on to Christmas, Hanukkah, Kwanzaa, New Year's Eve or other year-end festivities. For many, the holiday season kicks off a time of over-eating and under exercising. No, this article will not harp on the "keep to your diet" plan. However, making a conscious effort to evaluate daily habits or tweaking a holiday tradition that may derail your otherwise healthy lifestyle can make a positive impact. Try selecting a tip from each of the two main areas below to incorporate this year. Doing so may keep you from feeling remorse come January 2nd.

» **Stay Active.** You may be taking a few days off during the next month or so but that work or school vacation will be best if it doesn't include taking a break from your fitness or exercise plan. The University of Nebraska-Lincoln has posted a list of "9 Tips for Staying Active over the Winter Holidays" written by Registered Dietician, Alice Henneman. Here are a few summarized excerpts:

» **Try some tempting tunes.** Keep yourself motivated with holiday fitness music downloaded from iTunes or create a Christmas playlist to keep you going—not just on the elliptical or treadmill but something that will keep you bouncing or humming along as you clean, decorate, bake, or wrap presents.

» **Build activity into family visits and meals.** Encourage visiting family and other guests to bring outdoor clothing suitable for walking or playing in the snow. Make get-togethers more about what you plan to "do" together rather than what you plan to "eat." Getting out of the house for an hour or so works off a few calories and physically removes us from tempting holiday treats and leftovers.

» **Go for a walk first.** Do you plan to visit a shopping mall or a large commercial store for gifts? First walk all around the mall or store before deciding where to pause for a closer look. You may discover something you like that is less expensive and perhaps a better selection than what you originally had in mind. Plus, you get in a few steps as well.

For a complete list of tips from UNL, visit: <https://food.unl.edu/9-tips-staying-active-over-winter-holidays>

» **Wise Food Choices.** Everywhere you look this time of year, it seems there is an enticing advertisement or actual sample of one goodie or another. They may be lurking in a candy dish around the house or as you enter



Kathy's CORNER

by Kathleen RIGGS
Utah State University Extension

any business/store. There are a lot of great tips for how to avoid over indulging but here are three of those that may make the most sense and be the easiest to recall.

» **Keep portion size in mind.** Remember MyPlate—the guide that recommends for a healthy meal, half of your plate be filled with vegetables and fruits? Instead of serving up meat or bread first, start with the produce and fill in the smaller spaces on your plate with the rest. Also, avoid giving in to the temptation to add an extra side plate for your roll or salad.

» **Don't feel obligated.** When you are in charge of what is being prepared for a meal or social gathering, strive to keep it simple instead of feeling obligated to have a wide variety of foods. Focus on healthy appetizers and side dishes. If you attend a party or meal with a large spread of food, look over the entire collection of what is being offered first. Then, make the decision of the few foods you will be placing on your plate. Simply starting with what is offered first can lead to an over-crowded plate and little room for what you really wanted.

» **Eat only what you LOVE and leave alone what you LIKE.** A favorite tradition of smaller neighborhoods and communities is to share homemade treats with family and friends. This is a great show of love and friendship. However, if what is brought to your doorstep turns out not to be one of your top treats here is a suggestion. Sample enough of the item so you can give an honest response if you are asked if you've tried it. However, do not feel obligated to eat the whole plate, loaf, or dishful of the treat. Save your calories for only what you truly love and then eat only in moderation.

For more tips for healthy eating during the holidays, visit Mississippi State Extension's Lindsey Pace's factsheet: <http://extension.msstate.edu/news/feature-story/2017/follow-healthy-eating-habits-during-holidays>

Kathleen Riggs is the Utah State University Extension family and consumer sciences professor for Iron County. Questions or comments may be sent to kathleen.riggs@usu.edu or call 435-586-81332.

Winter risk for pets

I like walking my dogs in snow-storms. Both enjoy some chilly stuff to frolic in. Growing up in Minnesota gives you serious snow experiences with a dog who can leap and bound over snow banks, furling in snow piles and doing their own take on 'doggie angels.' But, like us humans, pets can hurt themselves on icy landscapes and cannot be let loose without a glow-in-the-dark collar.

Still, there are other risks to consider. First, chemicals like rock salt and ice melt products are a hazard for pets. These chemicals can actually damage cars and destroy metals, so it's important to avoid letting your pet romp on roads after a storm and if you do, a bath and a rinse are in order after a walk. It is likewise tough on the paws.

Next, a dog or any pet kept outside can succumb to cold. Frigid temps don't just affect people

so whether you have a full-coated Husky or Malamute, or the more delicate poodle or schnauzer 'a house' dog can be most affected. The rule for most pet owners is: if it's too cold for you, your pet is also at risk. That said, care should be given around the fireplace, and with the use of electric blankets and space heaters.

While dog owners sometimes provide an outdoor house or protected area for a pet, falling temps are life-threatening for most animals regardless of fur and none should be left to weather below zero temps for more than a few minutes.

Third, anti-freeze is a potential danger for animals of any size. Unfortunately, anti-freeze can smell and taste sweet to a dog, and when thirsty, dogs are known to lick a floor. Pets can be drawn to this engine coolant used in parking lots, roadways and driveways. If ingested, the green coolant can cause kidney failure or

death. This chemical should be kept under lock and key, away from children and pets.

Plants. Although they look pretty and festive many are poisonous to pets: that is Mistletoe, Poinsettias, Holly and the popular Christmas Cactus. All can be extremely toxic and can cause severe gastro-intestinal, cardiovascular or neurologic affects if ingested. Not to mention the Christmas tree, with poisonous pine needles, tinsel or tree water.

There are also the festive foods. Yes, turkey dinner can cause problems. And while chocolate is a well-known danger for animals, dogs (in particular) have issues with ingesting stimulants like caffeine, for their liver, heart rate and blood pressure.

Finally, wind is dangerous condition for dogs kept outside or animals in general. In Utah, like other parts of the country, hurricane force, blustery wind can prove be harmful to your pet. Along with the risk of frostbite to paws and nose, it can also damage eyes at temperatures below zero. That said, as the holiday season arrives, it's time to consider the winter risks for your canine, cat, or horse while at home or away.

If it's too cold for you, your pet is also at risk.



The Pet CORNER

by Dawn AERTS



DAWN AERTS

THERE ARE WINTER RISKS FOR DOGS LIKE BOO BEAR AND TY. You can be a hero by giving an adoptable dog or cat a forever home this December. For information about adopting call the Cedar City Shelter or Enoch City Shelter at 435-586-8791 or 435-586-2960.

Religion

Christmas Cantata at Mountain View Baptist

CEDAR CITY — Mountain View Baptist Church is presenting "The Journey of Christmas," its Christmas Cantata, on Sunday, Dec. 16. The

program begins at 6 p.m. at the church, located at 1160 S. 860 West in Cedar City.

All are invited to attend.



COURTESY PHOTO

Precept Study of I, II Samuel

CEDAR CITY — A Precept Upon Precept Bible Study will begin at 1 p.m. on Jan. 10 at the Cedar City Library in the Park, 303 N 100 East. This class will be a 16-week stand along study of I Samuel, "God's Search for a Man After His Own Heart," and II Samuel, "The Life of David – a Man After God's Own Heart," ending in April.

I Samuel – From judges to kings, from the departure of God's glory to the assurance of His help – this book of contrasts sets before us the importance of a life of obedience and tells how to live in the midst of interpersonal conflicts.

II Samuel – watch a "man after God's own heart" ascend to the throne, then descend into sin. See how a covenant-keeping God turns a man from the worst sins to a victorious finish.

Precept Upon Precept studies take a straight-forward investigative approach to Bible study. The inductive method will lead attendees to discover truth for themselves by using three skills; observation, interpretation and application. These studies consist of homework,

discussion and DVD lecture by Bible teacher Pete De Lacy.

Precept Bible studies are non-denominational. Interested students may call 435-267-2234 for more information or to sign up. The cost of the workbook for I Samuel is \$18 and II Samuel is \$18 (available at a later date). Students may contact the number above to order the workbooks and pick them up from 1 p.m. until 2 p.m. on Jan. 3 at the library. Lesson 1 will be discussed the following week on Jan. 10. For those new to precepts, there will be a short orientation Jan. 3 from 1 p.m. to 2 p.m.

Information about Precept Ministries International can be found at www.precept.org.



THINKSTOCKPHOTOS

Obituaries

Maytha Mitchell Boardman



Maytha Mitchell Boardman, age 101, passed away peacefully December 5, 2018, in Cedar City, Utah. Maytha was born March 13, 1917, in Parowan, Utah. She was the daughter of Frank Carlyle and Phebe Jane (Benson) Mitchell. She grew up in Parowan attending the local schools and graduated from Parowan High. Her summers were spent in the Parowan mountains where her family worked at the Mitchell Sawmill which is present day Brian Head.

Maytha married Hyrum Boardman October 3, 1935, and the marriage was later solemnized in the St. George

temple, May 31, 1956. They moved to Paragonah where they started their family and lived for six years. After living in Orem for several years, they returned to Parowan and made it their permanent home. Their marriage was blessed with three daughters and one son, DeAnn Duty, Karen Bentley (John), Beverly (Dennis) Lowder, and Robert Boardman (Jan).

She was a faithful member of The Church of Jesus Christ of Latter-day Saints and served many years in primary and relief society. Maytha was the secretary for the local and county DUP camp for many years. Maytha's favorite place to be was in her home, surrounded by her family and being a homemaker. After her family was raised, she worked at KSUB Radio.

Maytha was the oldest of six siblings, Roena, Carlyle, Kenneth, Betty Lou, and Nola Mae, who all preceded her in death. She was also preceded in death by her husband of 56 years, two daughters, DeAnn and Beverly, and one grandson, DeLynn.

She is survived by daughter Karen Bentley of Parowan, Utah and her son Robert Boardman of Bluffdale, Utah and 17 grandchildren, 23 great grandchildren, and 15 great-great grandchildren.

She loved Christmas and singing with her ward choir and performing in the Christmas Cantata. She always appreciated beautiful music. In her later years she loved watching the Utah Jazz and Karl Malone as well as following Tiger Woods on TV. And she loved her Diet Coke-Dr. Pepper mix until the end.

Funeral services will be on Wednesday, December 12, at 11 a.m. at the Parowan 3rd/4th ward chapel with a viewing prior to the services from 9:30-10:30 a.m. Interment will be at the Parowan City Cemetery under the direction of Affordable Funeral Services in Cedar City.

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

CAR CLUB

Continued from page 13

can still assemble a completely new Model A from all new parts found on the market though assembling all 6,800 items could cost up to \$50,000 or more in today's dollars.

According to Model-A specs, brakes are on all four wheels actuated by steel rods. In short, Henry Ford insisted that his brakes remain mechanical through the 1930s despite the adoption of hydraulic systems by his competitors. "When I first got it, I spent a lot of hours learning the ins-and-outs of things," said Gibson, "I love the comments everyone has about it, and they always bring back memories for people."

Over the past 10 years, Cedar Breaks Car Club members have taken their Model A's and Model T's out to a variety of locations from the popular StoryBook Parade in Cedar City, to holiday events and local rest homes. "We met one elderly lady who said that the 1931 Coupe was her first car," said Gibson, "So they just keep going... and are examples of some great engineering."

Both Gibson and Larson have a passion for sharing the story. "There's nothing like it – said Larson of the Club, "When people come out to see them drive by, and of course the younger kids want to get in for a ride -- taking family pictures and discovering a pretty unique history."

Gibson, who has retired following a 50-year career as an electrician and Larson, a long-time mechanic and design-detailer enjoy tooling around town with other Model-A and Model-T members. "I know Russia is still driving the four-banger engine," said Gibson of the iconic cars. "Ford did one helluva job--that's why so many have survived."

**Some excerpts from 1999-2017 Shay Model A Website used - all rights reserved.*

John Reed Corry



Our gentle giant, John Reed Corry, age 79, passed away peacefully December 6, 2018. He was surrounded by loved ones in his lifelong home in Cedar City, Utah.

John was born May 20, 1939 to Charles Loyal Corry and Gwendolyn Pryor Walker. He grew up exploring the outdoors in and around Cedar City. Throughout his boyhood adventures, Manon Corry, a sister of some of John's friends, remained close to him. This strong foundation was the beginning of a lifelong love that now expands into eternity. John and Manon were

married on September 5, 1959, and were sealed in the St George Temple February 5, 1980.

John's love of the outdoors, hunting, fishing, camping, four wheeling, continued throughout his life as he made fond memories with family and friends enjoying God's creations.

John exemplified Christlike love and service in all he did, from inviting others to enjoy the spoils from their large garden, making sure everyone had the perfect fresh Christmas tree at Christmas, to his 12 years of missionary service with Manon in the cannery and later in the Beehive Center, Bishop's Storehouse and Stake Library. As a member of The Church of Jesus Christ of Latter-day Saints, he served willingly in his multiple church callings and contributed to his community and country through his employment with the City of Cedar City for 36 years as the street superintendent, from time to time as the Public Works Director, Airport Manager, and service in the National Guard.

John made family a top priority. He was a fun loving and devoted husband, father, and grandfather who always made time for personal visits in their beautiful backyard or on an outdoor adventure with their children and grandchildren. He and Manon could be spotted at every athletic event, school play, concert, or any other activity his loved ones were involved in.

John's legacy lives on with his five children: Dale (Juli) Corry of Cedar City, David (Judy) Corry of St. George, Cathlene (Kelly) Lund of South Jordan, Walker (Jodi) Corry of Cedar City, and Wendy (Brady) Eyre of Panguitch, and his 23 grandchildren and 17 great grandchildren, as well as his sister Barbara Corry Williams of Boulder City, Nevada and brother Murray Corry of Melbourne, Florida.

John lived life with great honesty, humility, quiet patience, and integrity. He was a peacemaker who never wanted to cause contention. He instilled in his family the importance of treating others with kindness and respect. He taught that one's position great or small in social or economic status doesn't make a person who he is. He said, "It's how you treat people."

He is now with his mother Gwendolyn Pryor Walker after many years of separation, his father Charles Loyal Corry and his brothers Dale Walker Corry and Alan Walker Corry and grandson Devin Asher Corry.

Funeral services will be held Saturday December 15, 2018 at 11 a.m. at the Rock Church (75 E Center Street, Cedar City, UT) Viewings will be held on Friday December 14, 2018 from 5-7 p.m., and again on Saturday December 15, 2018 from 9:30 - 10:30 a.m., both at Southern Utah Mortuary (190 N 300 W, Cedar City, UT). Interment will be in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.com.

Jane Comp



Jane S. Comp, 73: An inspiration and loved by all who knew her, passed with peace and grace on December 5, 2018, with her family by her side, in St. George, Utah. She is survived by her husband (Dr. Joseph L. Comp), Cedar City, Utah; sister, Suzy Setzer, Sherborn, Massachusetts; sister Nancy Setzer-Luria, Pawleys Island, South Carolina; sister Lynn Filoreto, Golden, Colorado; daughter Randi Nelson-Frausto, Sandy, Utah; son Sterling D. Nelson, Pleasant Grove, Utah; and grandchildren Jackson Nelson, Pleasant Grove, Utah;

McKenna Nelson, Pleasant Grove, Utah and Charli Jane Frausto, Sandy, Utah; son Joey Comp, Cedar City; son Shannon Comp, Cedar City; daughter Rochelle Vaughn, El Dorado Hills, California; daughter Rene Sandberg, Chandler, Arizona; 27 Comp grandchildren and 4 Comp great-grandchildren. She is preceded in death by her mother, Dawn Graff, father; Dr. Henry W. Setzer, uncle; Mace Graff and her grandparents, EJ and LaVerna Graff, and Henry D. and Mildred Setzer. Funeral services will be held on Friday, December 14, 2018 at Indians Hills Ward (1120 West Greens Lake Drive, Cedar City, Utah, 84720). Viewing will be held from 10-11:30 a.m. which will be followed with a service at noon. Online condolences can be sent to www.sumortuary.com.

Douglas Ralph Hawker



Douglas Ralph Hawker passed away December 6, 2018 at his home in Beryl, Utah. Survived in death by Maria (wife); Deanna Larson (Jay); Carolyn Olenslager (Mike); Douglas Lloyd Hawker (Cynthia); Mike Johnson (Valerie).

Predeceased was Norma Mae Lloyd Hawker, wife of 64 years.

Funeral Service: Friday, Dec. 14, 2018. Viewing 1 p.m. Service 2 p.m. Larkin Sunset Gardens Chapel, Sandy, UT.

Kenneth Elmer Bettridge



Kenneth Elmer Bettridge, fondly known as "KB," passed away Friday, December 7, 2018 in Cedar City, Utah at the age of 75. He was born April 22, 1943 in Cedar City, Utah to Elmer and Lillie Dutton Bettridge. KB grew up in Parowan, Utah and graduated from Parowan High School in 1961 where he was a star basketball player. He married Georgia Jean Rowley in the St. George LDS Temple on June 23, 1962.

Following graduation from Parowan High, KB went to work for Don Draper in Cedar City, Utah. In 1969, Don retired, and Ken was given the opportunity to

take over Don's position at American Oil as a jobber, where he continued until June of 1976. At that time, American Oil was selling to their jobbers, and Ken, along with his wife, Georgia, took the opportunity and Ken Bettridge Distributing was established. They continued to operate the business until it was sold to their sons in 2006.

KB was an active member of The Church of Jesus Christ of Latter-day Saints. He served as a high councilor and in bishoprics in both home and university stakes and wards. KB and Georgia served in "the only perfect mission," the Oregon Portland mission, from July of 2011 to July of 2012.

KB was an avid supporter of high school sports. He loved cheering on his favorite teams: Parowan, Cedar, and Canyon View high schools. He especially enjoyed watching his grandchildren participate in high school activities. KB enjoyed many years of watching Utah Jazz basketball and Los Angeles Dodgers games.

In retirement, KB found a love for rebuilding tractors and going for rides with his "posse" of good friends. He not only enjoyed driving, he loved trucks—all kinds of trucks. KB was the original Costco shopper. He was well known for purchasing large quantities. (You might be familiar with his flashlight collection.) However, his most prized collection was his friends. KB was a friend to all. He had a gift for making everyone feel like his best friend.

Ken is survived by his wife, Georgia and his children, Stacey (Jill) Bettridge, Becky (Lyle) Stucker, Rand (Cami) Bettridge, and Angie (Kyle) Lambeth, his 15 Grandchildren and 4 Great Grandchildren, as well as his siblings, Ellarene Warren, Mary (Mike) Lisonbee, Ward (Alice) Bettridge, and sister-in-law Vickie Bettridge. He is preceded in death by his parents, Elmer and Lillie Bettridge, his brother Robert "Bob" Bettridge, and brother-in-law Bill Warren.

A viewing will be held on Thursday, December 13 at Southern Utah Mortuary (190 North 300 West) from 5 p.m. to 8 p.m. A second viewing will be held on Friday, December 14 at the Cedar West Stake Center (725 South 1100 West) from 10 a.m. to 11:30 a.m. The funeral will follow at 12 p.m.

Interment will be in the Parowan City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.com. In lieu of flowers please donate to the Ken Bettridge charitable account at State Bank of Southern Utah (phone number 435-865-2300).

Submitting an Obituary

There is no charge for obituaries of 400 words or less. Submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. 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.

LADY REDS RUN BY WOLVES

by Tom ZULEWSKI
Iron County Today

Only two games into the season, Cedar Lady Reds girls basketball coach Corry Nielson admitted he's still trying to put the pieces together to make his team the best it can be.

Against the Enterprise Wolves on Dec. 5, Cedar showed its coach they're going strong out of the gate.

Logann Laws led four players in double figures with 17 points, and the Lady Reds sprinted out to a huge lead after the first quarter on the way to a 73-40 rout over Enterprise to improve to 2-0 on the young season. Junior Mayci Torgerson added 14 of her 16 points in the first half as Cedar took control from the start.

"That's the kind of team we have," Nielson said. "We can bring six, seven or eight players in and they all can do pretty much the same thing. We aren't tall enough to sit back and have people attack us.

"We have the saying 'all gas, no brakes.'"

Cedar's car was hitting on all cylinders after building a 45-17 halftime lead against Enterprise. In spite of failing to score in the first four minutes of the third quarter, the Lady Reds still finished with 16 points in the period and expanded the lead to 33 after three at 61-28.

About the only concern for Nielson was the difference in trips to the free-throw line. The Wolves enjoyed a 31-14 edge and made 21 to Cedar's 12.

"That's a weakness of ours," Nielson said. "We're gonna address it, but when you play the kind of style we play, it lends itself to a little more fouling and we can't do that."

Emmy Brower added 11 points and Denim Henkel chipped in 10 to help the Cedar offense.

"Enterprise is a good team. I was



COURTESY OF JENNIFER WEAVER

LOGANN LAWS LED CEDAR WITH 17 POINTS in a 73-40 win over Enterprise.

nervous," Nielson said. "I'm still trying to find out who we are."

Cedar finished its week with a pair of road games in Northern Utah. They opened with a 64-25 rout over defending

4A champion Salem Hills on Dec. 7 and played at Lehi the next day. The Lady Reds held the Skyhawks to just seven points after intermission.

Torgerson led Cedar with 18 points in the win and Samantha Johnston helped out with 17, including five 3-pointers.

To wrap up the trip, the Lady Reds rolled to a 47-30 victory over Lehi and improved to 4-0 on the season. They will return home to play Timpanogos on Thursday night in a 7 p.m. tipoff.

Mustangs beat Falcon boys at North-South

by Tom ZULEWSKI
Iron County Today

ST. GEORGE — Canyon View boys basketball coach Robbie Potter knows the preseason is all about finding rhythm, where all five players on the floor at any given moment put complete games together at both ends of the floor.

Facing the Mountain Crest Mustangs on Dec. 7 at the Juniper Ridge North-South Tournament, the Falcons found out the approach works for the opposition as well.

Despite falling behind by as many as 12 points in the second half, Canyon View rallied before falling 60-53 to the Mustangs. Ethan Wilson led the way with 16 points, including four 3-pointers in the victory.

"They had kids who stepped up and knocked down some threes. They haven't had that yet this year," Potter said of the Mustangs. "We had some guys play good games and others slipped off a little bit. We're working towards region and getting everyone on the same page, playing well."

The Falcons trailed 37-25 midway through the third quarter, but cut the gap to

see **CV HOOPS** | 22



Cedar

73



Enterprise

40

Enterprise	5	12	11	12	--	40
Cedar	24	21	16	12	--	73

Enterprise - Christensen 1, S. Shurtliff 4, Robinson 10, Staheli 4, Farnsworth 4, E. Shurtliff 15, Terry 2. Totals 8 21-31 40. 3-pointers - Robinson 2, Staheli 1.

Cedar - Laws 17, Torgerson 16, Oldroyd 5, Davis 2, Gleave 2, Johnston 8, Wilden 2, Henkel 10, Brower 11. Totals 27 12-14 73. 3-pointers - Torgerson 2, Oldroyd 1, Johnston 2, Brower 2.

"We have the saying 'all gas, no brakes.'"

— Corry Nielson, Lady Reds head coach



Mtn. Crest

60



Canyon View



53

Canyon View	7	12	17	17	--	53
Mtn. Crest	10	20	10	20	--	60

Canyon View - Lyman 8, Farrow 20, Drye 3, Holmes 10, Brindley 8, Sorenson 4. Totals 19 7-8 53. 3-pointers - Farrow 4, Drye 1, Holmes 1, Brindley 2.

Mountain Crest - Wilson 16, Young 11, Barber 7, Welch 7, Leishman 6, Nethercott 13. Totals 20 11-14 60. 3-pointers - Wilson 4, Young 3, Barber 1, Welch 1.

Redmen break through, earn first victory

	Cedar 60
	Enterprise 47

by Tom ZULEWSKI
Iron County Today

CEDAR CITY — Trey Tebbs scored 21 points and Tanner Eyre added 15 as the Cedar Redmen won their only game of the week, beating the Enterprise Wolves at home, 60-47 on Dec. 4 for its first victory of the season.

Cedar (1-4) led only 29-25 at the half, but outscored Enterprise 20-9 in the third quarter to secure the win. Tebbs and Eyre each hit four 3-pointers from the floor and the Redmen had 11 in total as a team.

Cedar will host Lincoln County tonight at 7 p.m. before heading to Enterprise to play in the Blue and Gold Tourney on Friday against Rockwell. Tipoff of that game is at 5:30 p.m.

Parowan boys remain unbeaten

Rams beat Panguitch 56-44 for road win

by Tom ZULEWSKI
Iron County Today

Porter Wood put on a display of offensive fireworks for the Parowan boys basketball team as they stayed perfect on the season with a trio of victories and improved to 6-0 overall.

Wood started with 23 points as the Rams got past Panguitch 56-44 on the road Dec. 5. Parowan built an 11-point halftime lead at 28-17 before the Bobcats rallied, but outscored them 18-12 in the final quarter to secure the victory.

The senior fared even better the second night, pouring in 40 points as Parowan erased an 11-point halftime deficit and came away with a 73-66 overtime win over Wendover in the opening game of the Central Utah Boys Basketball Preview in Richfield on Dec. 7. Krue Stubbs added 19 points in the victory.

The Rams completed the sweep the next night with a 55-48 win over Wayne. Wood finished with 20 points, Stubbs added 17, and the Rams were a perfect 11-for-11 from the free-throw line.

Parowan will play one more non-region game at Snow Canyon tonight before opening Region 18 play at North Sevier on Friday. Both games tip off at 7 p.m.



LEVI SAYLOR DRIVES FOR A SCORE IN PAROWAN'S 56-44 VICTORY over Panguitch that keeps the Rams unbeaten on the season.

DAVID MINEER



CANYON VIEW'S HARLEE NICOLL BRINGS THE BALL into the forecourt during the Falcons' 54-44 loss to Enterprise.

JR ROBINSON

Falcons fall to Enterprise

by Tom ZULEWSKI
Iron County Today

In the quest for continuing signs of growth as a basketball team, the Canyon View Falcons girls found out the biggest challenges can sometimes come from within.

The Enterprise Wolves used a big second quarter to pull away and beat the Falcons 54-44 on Dec. 4. Kindy Christensen led four players in double figures for Enterprise with 12 points, and the Wolves shot nearly 80 percent from the free-throw line (23-of-30) to keep Canyon View at bay.

"The biggest problem was us. We were flat and came out with no energy," CV head coach Jaycee Barnhurst said. "We got in trouble in the second quarter, a lack of cutting, lack of being confident with the ball, lack of attacking the basket. We were content to not do anything."

The teams were tied 7-7 after a sluggish first quarter, but the Wolves outscored the Falcons 18-8 in the second – including 10-of-11 at the free-throw line – to take a 25-15 lead into the break. Enterprise would stretch the lead to as

much as 16 points in the third quarter before the Falcons rallied. CV closed within seven at 49-42 late in the fourth before the Wolves made their last five points at the free-throw line.

"We had a much better fourth quarter,"



Barnhurst said. "If we can find a way to play like that for 32 minutes, that's the goal. Find ways to put complete games together."

Ashlyn Banks led the Falcons with 18 points in the loss. Ronnie Robinson added 11 points for Enterprise, while Ellie and Sofie Shurtliff helped with 10 apiece.

Two nights later, Canyon View rolled to a 51-29 road win over Bryce Valley to even its record on the season at 2-2. The Falcons held the Mustangs to just two points in the first and fourth quarters to come away with the convincing victory.

Banks led CV with 17 points and Jordan Nielson added 14.

The Falcons will return to action this weekend with a pair of games at the Central Utah Girls Basketball Preview in Richfield on Friday and Saturday. CV will face Millard on Friday in a 4 p.m. tipoff.

	Enterprise 54
	Canyon View 44

Enterprise 7 18 13 16 -- 54
Canyon View 7 8 8 21 -- 44

Enterprise - Christensen 12, S. Shurtliff 10, Robinson 11, Staheli 4, Farnsworth 5, E. Shurtliff 10, Terry 2. Totals 15 23-30 54. 3-pointers - Robinson 1.

Canyon View - Johnson 2, Nielson 6, Stefensen 2, Hansen 2, Whitehair 5, Banks 18, Newman 9. Totals 13 17-22 44. 3-pointers - Whitehair 1.

LOCAL STUDENT Signings

Falcons sign letters of intent

CEDAR CITY — Two more Region 9 senior athletes have signed national letters of intent. Canyon View High school seniors Larissa Dabb and Taylee Braegger, two friends and classmates shared the spotlight headed in different directions.

Larissa Dabb, who placed second overall in the 400-meter race at the state 4A meet in May 2018, signed to run track for Utah Valley University. Dabb said she was inspired to go out for track in high school by her older brother Seth, who is currently a member of the UVU Wolverines' track team. Dabb said she started out on the Drill Team and soon moved her focus to track.

Taylee Braegger signed her letter of intent to play softball for Western Nebraska. Taylee has been a starter for the Canyon View Falcons since she was a freshman and works to continue that goal for the upcoming season. Braegger said it means everything to her, continuing to play a sport she loves while working for her degree. She said she has met many amazing coaches and players through this journey and can't wait for it to continue.



CANYON VIEW SENIORS LARISSA DABB AND TAYLEE BRAEGGER signed letters of intent for, respectively, Utah Valley University and Western Nebraska University.

COURTESY PHOTO

CV HOOPS

Continued from page 20

four by the end of the period at 40-36 after Dallin Brindley drained a 3-pointer. The run continued into the fourth and Trevor Farrow – who led all scorers with 20 points – finished it off with a layup that put CV up 48-46 with four minutes left.

When Austin Young answered with a trey of his own on the next possession, the Mustangs regained the lead and made 7 of 8 from the free-throw line down the stretch to hold on for the win.

“We’re getting good competition, so we’re

“We’re getting good competition, so we’re finding out a lot about ourselves”

— **Robbie Potter, CV head coach**

finding out a lot about ourselves,” Potter said. “The losses only go on my all-time record. The kids know they’re playing for region and the state tournament, and that’s all that matters.”

After opening the tournament with a 76-67 loss to Sky View, the Falcons salvaged the final game of the tournament Dec. 8 with a 70-68 victory over Ridgeline to improve to 2-4 on the season. Farrow scored 31 points, including the game-winning basket with 1.4 seconds remaining.

The Falcons will return home to face South Sevier on Friday in a 7 p.m. tipoff.

Cedar's Webster signs with BYU



TOM ZULEWSKI

CEDAR HIGH RUNNING STAR MIC WEBSTER HAS SIGNED to run for the BYU Cougars following her graduation this spring.

by Tom **ZULEWSKI**
Iron County Today

CEDAR CITY — In her search for an in-state college to continue her running career, Cedar senior Mic Webster wasn't too picky. A good program combined with the “right” feeling made all the difference.

When all was said and done, Webster signed her official letter of intent Dec. 7 to join the BYU cross country and track teams. The senior will be joining a Cougar program that finished the season with a seventh-place finish at the NCAA Nationals last month.

“As I was talking with the coaches and figuring out their programs, BYU just felt right,” Webster said. “On my visit, I fit in with the girls and felt I'd be able to have friends there and have a good experience.”

Webster got a strong offer from Southern Utah, whose women's team made the NCAA national cross country meet for the first time, but ended up sticking with the Cougars. She will run track as well, focusing on the distance events.

“I may go for the 1,500 (meters), but we're not sure yet,” Webster said.

Cedar is defending its 4A state track championship for Webster's senior year, and the bond of the team spreads throughout the group.

“We have a good relationship with each other. The throwers like the runners and the runners like the jumpers, and it's a lot of fun for us,” said Webster, who finished second in the 1,600 meters last year and third in the 3,200.



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435-590-1157
cfcfutbolclub@gmail.com

Thunderbirds fall at Central Michigan

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

MOUNT PLEASANT, Mich. — The Southern Utah men's basketball team wrapped up a two-game road trip on Saturday in the state of Michigan, as they fell to the Central Michigan Chippewas 95-86.

"We had too many wasted possessions," SUU head coach Todd Simon said. "We shot 55 percent from the floor and lost which tells you a couple of different things, namely that were giving away too many possessions right now. Giving up 18 offensive rebounds and having 16 turnovers feeds directly to the result, so we need to clean up those issues and it's hard to do that on the road."

Both teams got out to a relatively slow start, as the T-Birds had only hit three free throws at the first media timeout.

As the opening half wore on both teams picked up the pace. With 6:32 to play in first 20 Brandon

Better hit a triple to cut the CMU lead to six, but the Chippewas were able to stay in control and took a 42-31 lead into the halftime break.

CMU held on to a sizeable lead in the second half until Cameron Oluyitan went on an individual 7-0 run to pull the T-Birds back within nine. Unfortunately for SUU, each time they got hot, so did the opposition.

The T-Birds had a stretch where they were five-of-six from the field, but due to impressive play by CMU it only cut their

lead to 11.

SUU hung around, but ultimately couldn't climb all the way back and fell to the opposition from the Mid-American Conference.

Jason Richardson hit an SUU career-high on Saturday, finishing with 22 points and shooting 8-of-11 from the field. He also hit three-of-three from behind the three-point line.

Better finished with a season-high 17 points, including knocking down four triples. Cameron Oluyitan finished with 12 points, which all came in the second half.

The T-Birds showed improvement from half to half, putting up 55 points in the second after only having 31 in the first. They also shot 62 percent in the final 10 minutes.

"On the offensive end we were able to get good looks, we're able to score the ball, we just have to do a better job making teams earn every possession with better transition defense and better rebounding," Simon said.

SUU dealt with foul trouble once again on Saturday, as Andre Adams and Harrison Butler both fouled out of the contest, while Dre Marin finished with four.

The Thunderbirds will return home this Saturday following Finals Week to face off against Pepperdine at 1 p.m. MT.

"We've got to bounce back, we've got to find our groove again," Simon said. "Every team goes through it, and we've got so many young guys playing that we need to find our rhythm and a couple guys need to step up."



Central Mich.
95



So. Utah
86



JASON RICHARDSON (3) OF SUU PASSES TO A TEAMMATE in the T-Birds' 95-86 loss at Central Michigan.



COURTESY OF SUU

HARLEY HANSEN (23) AND THE LADY T-BIRDS LOST 71-70 to Denver University on Saturday afternoon.

Lady T-Birds lose in heartbreaker to Denver

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

CEDAR CITY — The Southern Utah women's basketball team dropped their first home game of the 2018-19 season Saturday afternoon in a 71-70 heartbreaker to the Denver Pioneers.

"They are a great three-point shooting team, they are going to shoot a lot of threes and we knew that there were going to be a lot of long rebounds," head coach Tracy Sanders said. "We really struggled to make contact and go and get the ball and that's something we talked about at halftime. To put ourselves in position to win games, we have to do our job rebounding and at the free throw line."

It was a close contest for most of the afternoon, with neither team getting ahead by more than five points through the first three quarters. There were nine lead changes during that time and the game was tied for a total of 3:07.

After leading by two heading into the halftime break, the Thunderbirds found themselves down 48-45 after three quarters.

Both teams took it to the next level in the fourth quarter. The Pioneers used a 9-2 run to jump out to a 10-point lead with 7:03 remaining in the game. After a three from Harley Hansen and a layup from Kiana Thomas, Denver continued to pile it on, extending their lead to 14 with 2:43 to go.

It was from that point forward that the Thunderbirds were able to turn things around on the Pioneers, as a layup from Thomas launched a 18-5 run for SUU. Rebecca Cardenas single-handedly cut

the Pioneer lead from 12 to just four, as she scored four times in just a minute of play. Thomas knocked down a three-point shot to pull the T-Birds within one with a 1:07 on the clock. After a made free throw from DU, Cardenas nailed her third three in less than two minutes to give the Thunderbirds a 70-69 lead.

However, the Pioneers were able to draw a late foul and convert both free throws to take back the lead. Lockdown defense on the final possession gave them the 71-70 victory.

Cardenas was the leading scorer for the T-Birds, putting up 16 points for the second consecutive game. Thirteen of her 16 points came in the fourth quarter, including all three of her three-point

shots. The junior also pulled in seven rebounds, dished out five assists, and had four steals.

"She is one of the most competitive people that I have coached and I love that about her," Sanders said of Cardenas' fourth quarter performance. "She brings it every day in practice and what she does in practice carries over into games. In those shining moments, she steps her game up and I think she likes being in those situations."

Hansen and Megan Kamps had 12 points each with Hansen

coming away with five steals.

The Pioneers came into the game shooting 45.5 percent from three-point range. The Thunderbirds were able to hold them to just 26.1 percent from three, including 1-for-11 in the second half.

The Thunderbirds will play their final non-conference game on Wednesday December 19 on the road against Boise State.



Denver
71



So. Utah
70

Denver	15	16	17	23	-- 71
So. Utah	14	19	12	25	-- 70

Denver - Nelson 20, Gritt 11, Smith 8, Loven 8, Romanowski 5, White 11, Malonga 4, Simental 2, Mech 2. Totals 28-68 9-11 71. 3-pointers - Nelson 2, Gritt 1, Loven 2, White 1.

Southern Utah - Cardenas 16, Hansen 12, Kamps 12, Reid 11, Larsen 5, Thomas 7, Shepherd 5, Robins 2. Totals 26-66 11-20 70. 3-pointers - Cardenas 3, Hansen 1, Reid 1, Thomas 1, Shepherd 1.

Falcon wrestlers able to stop Thunder

by Tom ZULEWSKI
Iron County Today



TOM ZULEWSKI

For the Region 9 wrestling opener, the Canyon View Falcons knew facing the Desert Hills Thunder would be one of the tougher tests they would have on the season.

After struggling through some early matches, Alex Allen helped CV come through and seal a satisfying victory.

Allen pinned Tate Richins in the opening round at the 1 minute, 18-second mark as the Falcons went on to beat Desert Hills 51-25 on Dec. 6. The junior 195-pounder delivered one of six pins on the night in front of an appreciative home crowd.

"I don't feel too nervous, just go out and do what I needed to do," Allen said. "I've wrestled since I was in first grade, and coming from Kanab, I learned a good work ethic. I can get caught sometimes, but other times I can execute and get done what needs to be done."

Canyon View wrapped up the night with a victory by Gabe Blad at 220 pounds by a 7-3 count over Peyton Williams, and Riley Robertson's third-round pin of Enoka Fuilalalato at heavyweight.

Head coach Dallas Lowry said the

confidence of the team only grew with the middle weight efforts of Dawson Stoor (145), Brady Lowry (152), Colten Shumway (160) and Brayden Cavalieri (170), who all won their matches by pin.

"We're so strong through the middle, I just don't see anybody touching those kids," Lowry said. "I loved the community coming out and supporting us like they did. It was so loud and noisy."

"Canyon View wrestling has always been a good, strong sport, and that's not gonna change."

Jake Olsen was the only other winner for the Falcons in the dual. He opened the night with a pin of Dylan Pace at 1:33 in the 106-pound match.

Canyon View will face Pine View on the road in its next region dual Thursday night starting at 7 p.m.



Canyon View

51



Desert Hills

25

106 - Jake Olsen (CV) p. Dylan Pace (DH), 1:33

113 - Cole Finlinson (DH) p. Tessa Campbell (CV), 2:24

120 - Garrett Barney (CV) won by forfeit

126 - Brody Finlinson (DH) def. Jake Smith (CV), 4-1

132 - Zayden Rowley (DH) def. Cole Lake (CV), 12-3

138 - Ryker Boice (DH) p. Braidon Adams (CV), :47

145 - Dawson Stoor (CV) p. Parker Boice (DH), 2:40

152 - Brady Lowry (CV) p. Quade Jones (DH), :34

160 - Colten Shumway (CV) p. Lance Kinross (DH), :40

170 - Brayden Cavalieri (CV) p. Jayden Peterson (DH), 2:36

182 - Gage Hall (DH) p. Hunter Anderson (CV), 2:43

195 - Alex Allen (CV) p. Tate Richins (DH), 1:18

220 - Gabe Blad (CV) def. Peyton Williams (DH), 7-3

285 - Riley Robertson (CV) p. Enoka Fuilalalato (DH), 4:40

Thunderbirds announce 2019 softball schedule

by SUU ATHLETICS
STRATEGIC
COMMUNICATION

For Iron County Today

CEDAR CITY — The Southern Utah softball team and head coach Kortny Hall have announced their full schedule for the upcoming 2019 season.

The Thunderbirds will open the season on February 8 at the Sportco Kickoff Classic hosted by

UNLV. They will played a large variety of teams at the tournament including Seton Hall, Long Beach State, Utah Valley, North Dakota, and the host Rebels.

Two weeks after their opening tournament, the team will head to San Diego, California for a three-game, two-day series with the University of San Diego.

The following weekend, starting March 1, the Thunderbirds will host the St. George Red

Desert Classic at the Canyons Complex in St. George.

Southern Utah will then play a three-game series against Utah Valley in St. George on March 9-10 before going to their final tournament of the season on March 15, in Riverside, California. The Thunderbirds will take on Northern Kentucky twice and the host UC Riverside Highlanders twice.

The T-Birds will open Big Sky Conference play on March 22 in Sacramento, California against the Sacramento State Hornets. They will play a doubleheader on the 22nd with the final game of the series to be played on the 23rd.

Southern Utah will then return to Cedar City to host their first games of the season at Kathryn Berg Field. They will host UMKC for a doubleheader on March 27 and BYU for a single game on April 2.

Continuing Big Sky play, the Thunderbirds will head to Weber State for a series on April 5-6 before hosting Northern Colorado on April 12-13. Their final road stretch of the season will take place at Portland State on April 19-20 and a single game at BYU on April 24.

The Thunderbirds will wrap up the regular season at home with a series against Idaho State on April 26-27 and a series against Montana on May 3-4.

SUU 2019 Softball Schedule

DATE	OPPONENT	LOCATION	TIME (MT)
Sportco Kickoff Classic (hosted by UNLV)			
February 8th	Seton Hall	Las Vegas	8:00 AM
February 8th	Long Beach State	Las Vegas	10:30 AM
February 9th	Utah Valley	Las Vegas	1:00 PM
February 9th	North Dakota	Las Vegas	8:30 PM
February 10th	UNLV	Las Vegas	1:00 PM
February 23rd	San Diego (DH)	San Diego	12:00 PM
February 24th	San Diego	San Diego	12:00 PM
St. George Red Desert Classic (hosted by SUU)			
March 1st	CSU Bakersfield	St. George	12:30 PM
March 2nd	Baylor	St. George	3:00 PM
March 2nd	Utah State	St. George	12:00 PM
March 3rd	Notre Dame	St. George	2:30 PM
March 3rd	St. Mary's CollegeCalif.	St. George	10:00 AM
March 9th	Utah Valley (DH)	St. George	1:00 PM
March 10th	Utah Valley	St. George	1:00 PM
UC Riverside Tournament (hosted by UC Riverside)			
March 15th	Northern Kentucky	Riverside	9:00 AM
March 15th	UC Riverside	Riverside	2:00 PM
March 16th	Northern Kentucky	Riverside	2:00 PM
March 17th	UC Riverside	Riverside	1:30 PM
March 22nd	Sacramento State (DH)	Sacramento	1:00 PM
March 23rd	Sacramento State	Sacramento	1:00 PM
March 27th	Missouri-KC (DH)	Cedar City	1:00 PM
April 2nd	BYU	Cedar City	3:00 PM
April 5th	Weber State (DH)	Ogden	12:00 PM
April 6th	Weber State	Ogden	12:00 PM
April 12th	No. Colorado (DH)	Cedar City	12:00 PM
April 13th	Northern Colorado	Cedar City	12:00 PM
April 19th	Portland State (DH)	Portland	1:00 PM
April 20th	Portland State	Portland	1:00 PM
April 24th	BYU	Provo	6:00 PM
April 26th	Idaho State (DH)	Cedar City	12:00 PM
April 27th	Idaho State	Cedar City	12:00 PM
May 3rd	Montana (DH)	Cedar City	12:00 PM
May 4th	Montana	Cedar City	12:00 PM



COURTESY OF SUU

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

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

DEADLINE TO PLACE ADS IS FRIDAY AT NOON

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120 ACRES, RUSH SALE! Beryl Best Location, wide road, power line, Detailed Map, at "GoodDeals", www.gloryhouse-news.com Pay Cash \$88,000.00 Hurry, price is going up. 626-533-8888, TSAI (property owner)

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LEGAL NOTICES

DEPARTMENT OF HOMELAND SECURITY

FEDERAL EMERGENCY MANAGEMENT AGENCY

Proposed Flood Hazard Determinations for the City of Cedar City and Unincorporated Areas of Iron County, Utah, Case No. 18-08-0328P.

The Department of Homeland Security's Federal Emergency Management Agency (FEMA) solicits technical information or comments on proposed flood hazard determinations for the Flood Insurance Rate Map (FIRM), and where applicable, the Flood Insurance Study (FIS) report for your community. These flood hazard determinations may include the addition or modification of Base Flood Elevations, base flood depths, Special Flood Hazard Area boundaries or zone designations, or the regulatory floodway. The FIRM and, if applicable, the FIS report have been revised to reflect these flood hazard determinations through issuance of a Letter of Map Revision (LOMR), in accordance with Title 44, Part 65 of the Code of Federal Regulations. These determinations are the basis for the floodplain management measures that your community is required to adopt or show evidence of having in effect to qualify or remain qual-

LEGAL NOTICES

ified for participation in the National Flood Insurance Program. For more information on the proposed flood hazard determinations and information on the statutory 90-day period provided for appeals, please visit FEMA's website at www.fema.gov/plan/prevent/fhm/bfe, or call the FEMA Map Information eXchange (FMIX) toll free at 1-877-FEMA MAP (1-877-336-2627).

ICT #0085

Published Dec. 5 & 12, 2018
Iron County Today

NOTICE OF JUDGMENT OF FORFEITURE

THE STATE OF UTAH gives notice to any person or entity claiming an interest in certain property ("the Property") described as:

Eighty Nine Thousand, Four Hundred and Ninety Six Dollars, (\$89,496.00) in United States currency.

The Honorable Judge Bell of the Fifth Judicial District Court for Iron County, State of Utah, has entered a "Judgment of Forfeiture" in Case no. 181500222 forfeiting the Property to the State of Utah. Any claim you may have to the Property will be waived if you fail to file a written petition with the court at 40 North 100 East, Cedar City, Utah 84720 and serve a copy upon the state prosecutor addressed to Chad E. Dotson, 82 North 100 East, Suite 201, P.O. Box 428, Cedar City, Utah 84720 according to the procedures outlined in Utah Code Ann. § 24-4-105(10) within thirty (30) days of this notice.

ICT #0086

Published Dec. 5 & 12, 2018
Iron County Today

SUMMONS

In the 5th Judicial District of Iron County

Court Address 40 North 100 East, Cedar City, UT 84720

Plaintiff/Petitioner:
Diane Vivienne Rose V.
Defendant/Respondent:
James DeWayne Rose

Summons for Publication Case Number 184500287

Judge Barnes

The State of Utah To:
James DeWayne Rose

A lawsuit has been started against you. You must respond in writing for the court to consider your side. You can find an Answer form on

LEGAL NOTICES

the court's website: www.ut-courts.gov/howto/answer/.

You must file your Answer with this court: 5th District Court, 40 N 100 E, Cedar City, UT 84720. You must also mail or hand deliver a copy of your Answer to the other party or their attorney: Diane V. Rose, 4260 N Morgan, Enoch, UT 84721.

Your response must be filed with the court and served on the other party within 30 days of the last day of this publication which is December 27, 2018.

If you do not file and serve an Answer by the deadline, the other party can ask the court for a default judgment. A default judgment means the other party wins, and you do not get the chance to tell your side of the story.

Read the complaint or petition carefully. It explains what the other party is ask-

LEGAL NOTICES

ing for in their lawsuit. You are being sued for Divorce.

Dated: 11-30-2018 /s/Diane V Rose Diane V Rose

ICT #0087 Published Dec. 5,12, 19 & 27, 2018 Iron County Today

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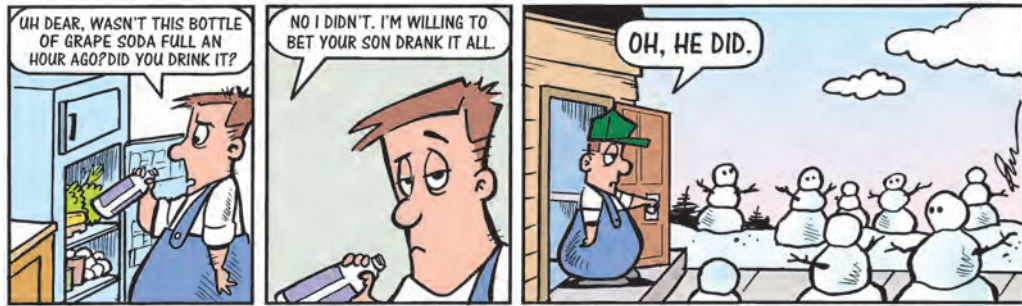
IRON COUNTY today

Comics & Puzzles

WEDNESDAY, DECEMBER 12, 2018

Amber Waves

by Dave T. Phipps



R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Jewelry rack is missing. 2. List is shorter. 3. Feathers are missing. 4. Pendant is missing. 5. Skirt is different. 6. Sign is different.

King Crossword

ACROSS

- 1 Leno's network
- 4 Plant bristle
- 7 Outdoor garment
- 11 Cupid's alias
- 13 Luau dish
- 14 "Do — others ..."
- 15 Hindu wrap
- 16 Type measures
- 17 Adolescent
- 18 Gear parts
- 20 Tempo
- 22 Gratuity
- 24 In the same place (Lat.)
- 28 Swiss Guards' site
- 32 Japanese cartoon art
- 33 Verve
- 34 Fix the soundtrack
- 36 Smile
- 37 Harsh
- 39 Pavlova performances
- 41 Improved
- 43 Sticky stuff
- 44 Aware of
- 46 16 ounces
- 50 Overly proper person
- 53 Witty one
- 55 — gin fizz
- 56 Apiece

1	2	3		4	5	6		7	8	9	10		
11			12		13				14				
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50	51	52				53		54		55			
56						57				58			
59						60						61	

- 57 Ostrich's cousin
- 58 Tackles' teammates
- 59 Sharpen
- 60 Actress Susan
- 61 Request
- 7 Acting without restraint
- 8 Individual
- 9 Devoured
- 10 Heavy weight
- 12 Not budging
- 19 Toper's interruption
- 21 "The — Daba Honeymoon"
- 23 Cushion
- 25 Tragic
- 26 Send out
- 27 Clothing store section
- 28 Part of speech
- 29 Lotion additive
- 30 Without slack
- 31 Gist
- 35 Satchel
- 38 Coop dweller
- 40 Prune
- 42 Plied the oars
- 45 Appellation
- 47 Arm bone
- 48 Agrees silently
- 49 Silbert's furniture
- 50 Church seat
- 51 Cheery remark?
- 52 "Rocks"
- 54 Fellow

DOWN

- 1 Bird's home
- 2 Scottish hillside
- 3 Heart of an apple
- 4 Gorilla
- 5 Sonogram area
- 6 Some Japan-

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Trivia test

by Fifi Rodriguez

- U.S. PRESIDENTS: Which president declared that Thanksgiving would be celebrated on the last Thursday in November?
- TELEVISION: What was the name of Roy Rogers' horse on the TV series?
- ACRONYMS: Where did the name "jeep" come from?
- ASTRONOMY: The planet Venus has how many moons?
- LANGUAGE: What is unusual about the words facetious, abstemious and arsenious?
- FOOD & DRINK: What is foie gras?
- GEOLOGY: What is the only rock that floats?
- LITERATURE: In what 19th-century novel is the character of Captain Nemo introduced?
- GEOGRAPHY: What inland U.S. state has the longest freshwater coastline?
- GENERAL KNOWLEDGE: What is the birthstone associated with the month of June?

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

Answer

Weekly SUDOKU

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

Solution time: 21 mins.

Answers

King Crossword

- Abraham Lincoln; 2. Trigger; 3. The military, where a "general purpose" vehicle was known as a GP; 4. None; 5. All three words are spelled with the vowels in correct order; 6. A pate made of duck or goose liver; 7. Punice; 8. "Twenty Thousand Leagues Under the Sea"; 9. Michigan; 10. Pearl

Trivia Test Answers

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