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NEW PROGRAMS SEEK TO INCREASE NUMBER OF WOMEN IN TECH CAREERS



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**today**

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WEDNESDAY, MARCH 13, 2019

VOL. 11 NO. 15



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WEDNESDAY, MARCH 13, 2019

VOL. 11 NO. 15

# Evidence presented for suspected murder of 2-year-old

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

The preliminary hearing for the case of the State of Utah versus Gavin Haar, charged with the murder of a two-year-old boy, was held last Wednesday morning.

The boy was brought to the Cedar City Hospital early in the morning on June 12, 2018, after becoming unresponsive.

The couple cited a four-wheeling accident as the basis for the child's injuries, but medical professionals became suspicious due to inconsistencies with their explanation and his injuries.

"The physical examination as well as the injuries didn't seem to add up with what the parents were saying," reported County Attorney Chad Dotson.

When law enforcement was called to

investigate, officials found inconsistencies in the couple's explanations of the situation. One of the investigating detectives testified during the preliminary hearing, explaining those inconsistencies and citing text messages exchanged between Haar and Hall. According to reports from officials, Hall was on her way to her night shift at Linn's Bakery around 11:45 p.m. Monday, June 11. Around 12:30 a.m. on

June 12, hall received texts from Haar saying the boy was not breathing and to tell anyone who asked that his injuries were from four-wheeling.

A doctor who treated the boy when he was brought to the hospital also testified, explaining the unsuccessful resuscitative efforts made and reporting that the child

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## NEW PROGRAMS SEEK TO INCREASE NUMBER OF

# WOMEN IN TECH CAREERS



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

In celebration of International Women's Day last Friday, several local organizations collaborated to provide a Women and Technology luncheon at Southwest Technical College.

Southern Utah University, Southwest Technical College, Tech Up Southern Utah, the Women's Business Center of Utah, Silicon Slopes and the Iron County School District participated in Women and Technology to discuss reversing the

*"Early exposure for our students, in particular girls, is very important for them to be likely to go into and continue with technology"*

— **Cory Henwood**

trends showing a lack of women participating in technology-related career fields and educational programs.

The first of four speakers, Chief Marketing Officer for the Leavitt Group Melanie Johnson addressed statistics regarding women in the workforce and in computer science career fields. Women hold more than half the jobs in the economy, but only about 20-25 percent of tech jobs. It is estimated that by

2020 there will be 1.4 million technology jobs and graduates are on track to take approximately 30 percent of those jobs. Women are also currently on track to take three percent of those jobs.

Johnson also offered a possible explanation of why women are represented less in jobs related to technology, saying that part of the problem is that young girls lose interest in math and science from a very young age, which is likely due to a lack of exposure and encouragement. She said a similar drop off is occurring in college and in tech career fields.

Johnson said the reason women are needed in higher numbers in technology fields is due to a need for diversity.

"When you think about diversity and how critical that is for innovation; when you are bringing to the table different experiences and different perspectives, you are going to have more new ideas, and have more creativity. You're going to have more capability to solve problems and you're going to end up with a better product," she said. "From a marketing stand point, which is my background, you have to understand the customer's need and you have to understand the audience and then you have to have the diversity on the innovation and creation side in order to meet that need."

ICSD Digital Teaching and Learning Coordinator Cory Henwood discussed measures that are being implemented within the school district to offer exposure to science and technology for students at younger ages. Henwood said a lot of what's being done is possible through a grant under Senate Bill 190.

Henwood explained the Cool2Code project, which is designed to build excite-

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**ROCKY MAZOROW ADDRESSES AN AUDIENCE** of business leaders and community members at Southwest Tech concerning the vital importance of having more women in technology based careers.

COREY BAUMGARTNER

# SUU Range Club competes internationally

by Kelsey **KEENER**  
Iron County Today

The Southern Utah University Range Club had the opportunity to compete in rangeland management skills on an international level at the Society for Range Management's Annual Meeting last month.

Six students from the SUU Range Club competed against approximately 200 university students from 27

North American universities in plant identification, the Undergraduate Range Management Exam, a poster contest, an extemporaneous public speaking contest and a webpage design contest.

Range Club member Julian Mesick placed second in the URME contest at the annual meeting. Range Club member Cory Farnsworth placed in the top ten of the public speaking contest. The Range Club placed in the top ten for both the webpage contest as well as the poster

contest, and 11th in plant identification.

Assistant Professor of Agriculture and club mentor Randall Violet said the annual meeting allows students to not only participate in contests, workshops and career fairs, but also allows the rangeland management program at SUU to build its reputation.

"Our program is only six years old basically and we're competing against Utah State that's had 100 years of range management," Violet said. "We're in the infancy stage and so being able to compete with universities like that just gives our program credibility."

Students are also able to network with leaders from agencies like the Bureau of Land Management, the US Forest Service and the National Resource Conservation Service.

"It's paying dividends," Violet added. "Our students are getting jobs, they're getting internships and they are being sought out, especially in our region in the US Forest Service and the BLM."

The rangeland management program at SUU prepares students to be rangeland management specialists, and graduates are filling jobs all over the west upon completing their education.

Violet said rangeland management is an important aspect of protecting public lands, especially considering how much of Utah is public land.

"These people are being bestowed the honor and the skill and the stewardship of taking care of that public land," he said. "And the majority of our public land agencies are required by Congress to be managed for multiple uses and so livestock grazing, mineral extraction, recreation, and timber harvesting have to be able to coexist not only for social reasons but also for economic reasons."

He added that the students participating in the school's Range Club and competing at the SRM annual meeting will be the ones filling the open positions in agencies charged with those responsibilities.

"These people are going to be the ones that are called on to try to balance that social and economic scale from the standpoint that they have to generate revenue; they have to create some funds but yet they still also have to take care of the resource," Violet said.



**2ND PLACE WEB PAGE WINNERS (LEFT TO RIGHT):** Julian Mesick, Chris Reil, Trevor Williams, Cory Farnsworth, Taylor Moosman, Sadie Leyba, SRM President Barry Irving.



**LEFT TO RIGHT:** SRM President Barry Irving, Julian Mesick, contest sponsor Jack Armstrong of Synergy Consultants Inc.

## 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. For a juvenile the name is "(Male/Female) Juvenile Offender" and juvenile is of age less than 18 years.

### March 4

**SHELBY D, COTTAM, Cedar City, UT**  
Poss. Of Forged Writing/ Device

**FEMALE JUVENILE OFFENDER, Cedar City, UT.**  
Retail Theft

**TIMOTHY R FRANKLIN, Cedar City, UT.**  
Retail Theft, DRUG-Poss/use of Controlled Substance

**KEVIN W JR KELLETT, Cedar City, UT.**  
Protective Order Viol

**JERROD G ROBKER III, Cedar City, UT.**  
DV-Presence of Child (2 counts)

### March 5

**MARY S PHILLIPS, Beryl, UT.**  
DRUG-Poss C/S/ in Correctional Facility, Theft

**DEAN A SHALLENBERGER, Cedar City, UT.**  
Probation/Parole Violation

**SHERRY L GOWER, Cedar City, UT.**  
Retail Theft

**AMANDA M LONG, Parowan, UT.**  
DRUG-Poss C/S Marijuana/ Spice, DRUG-Poss of Drug Paraphernalia (2 counts), DRUG-Poss/use of Controlled Substance, Retail Theft

**CHRISTIAN T PEACOCK, Cedar City, UT.**  
Animals Disturbing Neighborhood - 1st Offense

**March 6**

**MOISES R SOMBRA-DEL-GADO, Las Vegas, NV.**  
DRUG-Poss of Drug Paraphernalia, DRUG-Poss C/S/ Sched I/II/III/Analog, Object Rape of a Child, Immigration Detainer

**JENNIFER L HUNT, Cedar City, UT.**  
Intoxication (2 counts), Assault

**MURELLT WALL, Cedar City, UT.**  
Intoxication, Assault of Pregnant Person

**ZACHARY T DAVIS, Homeless, Washington County Jail, UT.**  
Federal Contract Prisoner

**BRYAN E LITTLE, Cedar City, UT.**  
DUI

**DUSTIN L SHERRATT, Cedar City, UT.**  
Forgery, Failure to Stop on Command, DRUG-Poss C/S

Sched I/II/III/Analog, DRUG-Poss of Drug Paraphernalia  
**WILLIAM I ZERKLE, Cedar City, UT.**  
DUI of alcohol w/BAC at or over .08, Driving on Denied

### March 7

**RANDY D GROVER, Cedar City, UT.**  
DRUG-Poss C/S/ Marijuana/ Spice, DRUG-Controlled Subs Sched III, IV, V, DRUG-Poss of Drug Paraphernalia, CDL - Suspended / Revoked

**TRACY G PACKWOOD, Parowan, UT.**  
Obstructing Justice, Forgery, Theft - Less than \$500, Theft/ firearm or operable veh, DRUG-Poss w/Intent to Dist C/Substance, DRUG-Poss C/S Sched I/II/III/Analog (2 counts), DRUG-Poss of Drug Paraphernalia

**COLTON M STEPHENSEN, Herriman, UT.**  
DRUG-Poss/use of Controlled Substance

**March 8**

**RICKY M GENTRY, Cedar City, UT.**  
DV-Presence of Child

**DAVID A RUDER, Cedar City, UT.**  
DRUG-Distribute/Offer/ Arrange Dstbon C/S

**March 9**

**DARREN E GREEN, Cedar City, UT.**  
Failure to Stop on Command of Police (2 counts), Driving Without Insurance, DUI, Drive on Revoked/Suspended License, Revoked/Suspended Registration, Knowingly Fail Reg Sex Offender

**SHAWN M WINKELS, (Parowan Gap), UT.**  
Fugitives from Justice

**March 10**

**SERENITY R BLEDSOE, Enoch, UT.**  
FTA - Warrant (2 counts)

**KELLY L SNYDER, Cedar City, UT.**  
DUI

**CHASE T ROUNDY, ST. George, UT.**  
DUI

**SHAD P JENSEN, Cedar City, UT.**  
Intoxication

**BRADEN L SMITH, Cedar City, UT.**  
Failure to Disclose Identity, Intoxication, Aggravated Assault

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# Judge denies Oshley's motion to withdraw guilty plea

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

Judge Keith Barnes denied John Weston Oshley's motion to withdraw his guilty plea to the charge of aggravated attempted murder in a review hearing Thursday morning.

Oshley was arrested Jan. 27, in Enoch, UT, when law enforcement officers responded to a call of a man screaming for help. The alleged victim had wounds consistent with being stabbed and assaulted and identified Oshley as his attacker to officers. Officers obtained and executed search warrants for Oshley's

home; finding clothes and a weapon in a garbage can near the home with large amounts of blood on them.

Oshley appeared for a roll call hearing on Feb. 5, where it was stated he wanted to enter a guilty plea and waived his preliminary hearing. Oshley entered into the guilty plea on Feb. 12, and when he appeared for sentencing the following week expressed his desire to withdraw that plea, so a review hearing was scheduled for March 5.

During a review hearing on Tuesday, Oshley cited his reasoning for wanting to withdraw his plea as a desire to slow the process down and

take a closer look at documentation regarding his arrest as well as his options for moving forward.

After hearing from Oshley, Oshley's court-appointed attorney and the county attorney during Tuesday's review hearing, Judge Barnes considered the motion for two days. He announced his ruling denying Oshley's request during an additional hearing March 7.

Judge Barnes' reason for denying the motion was that he felt Oshley entered into the plea agreement knowingly and voluntarily.

Oshley will be appear for sentencing April 30 at 8:30 a.m.

## EVIDENCE

*Continued from page 1*

was pronounced dead at 1:49 a.m. on June 12. The medical examiner who performed the autopsy testified during the preliminary hearing as well, reporting that the cause of death was blunt force trauma to the abdomen.

"Basically, an incident where there was such force applied through a strike of some kind that caused the child's intestines to press

against his spinal column, tearing his lower intestines, causing blood and other fluids to enter his stomach cavity, which caused him to go into shock very rapidly," explained Dotson. "(The medical examiner) also testified that the manner of death was homicide, meaning (the child) could not have done this to himself."

A witness whom the couple lived with the couple from May 13 to June 2 of last year testified to kicking them out during to Haar's behavior. A second witness that the couple

lived with testified to seeing the boy on the Sunday prior to his death in good condition. They then observed several bruises the next day and questioned the couple about them.

Haar is charged with one account of first-degree felony murder and two accounts of child abuse. Hall is charged with obstruction of justice and two accounts of child abuse. Hall waived her preliminary hearing. Haar was bound over on all charges against him and his arraignment hearing is set for April 30, at 1:30 p.m.

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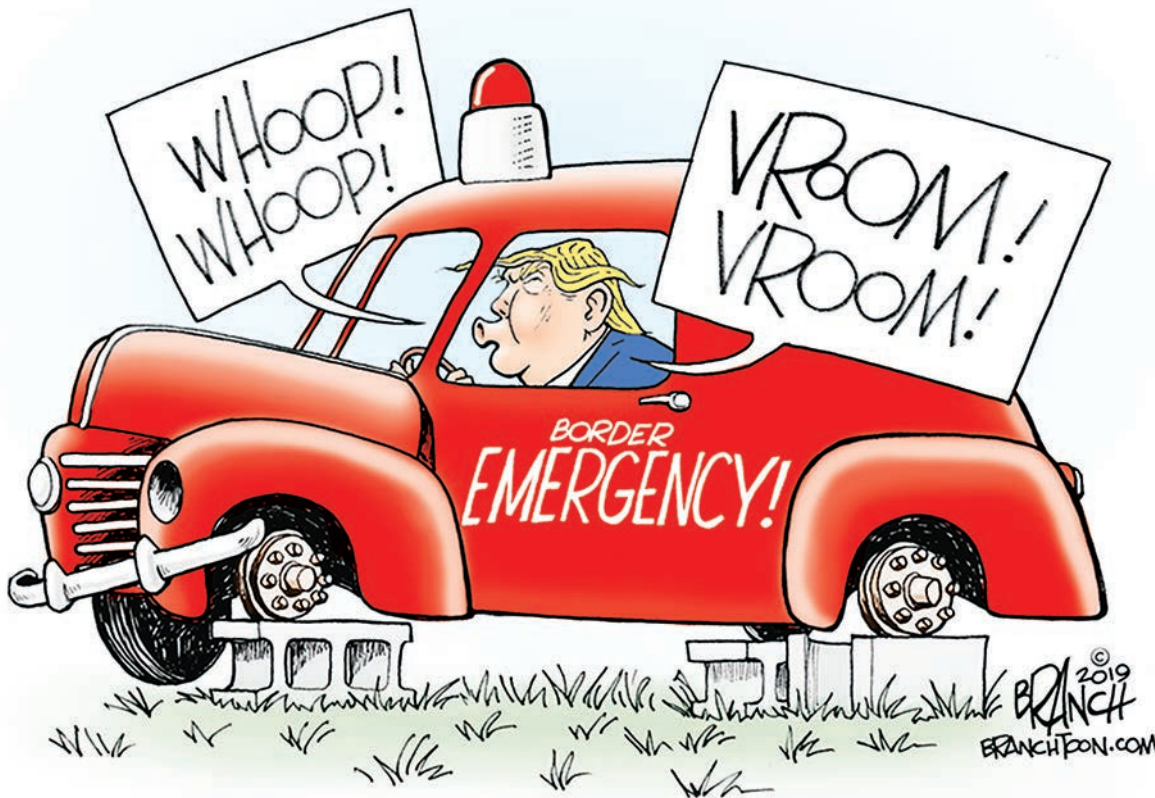
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**Opinion**



**The feud with food**

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

**F**or all the talk about gym memberships, weight loss programs, and fitness/lifestyle gadgets, the country's waistlines are still growing. The blame is not on food itself, but the food we decide to eat.

The Battle of the Bulge is not only a World War II event. The obesity rate in the U.S. has soared from 13% when I was in high school (early 1960s) to 40% today. Technology has provided us with a more sedentary lifestyle, but the major concern is what we put in our stomach.

You and I share a love of food. Historians often point to the ability to store surplus grain as the generator of human society, since it allowed people to settle in one place. Today, we are increasingly settling in one place – restaurants. The National Restaurant Association claims Americans eat out an average of 185 times per year, and spend more than half of their total food dollars at restaurants. Only about one in every four households turn on their stove or grill every day of the year. Even rarer is a home-cooked breakfast.

My wife and I are part of this change. With no children at home, we dine out most every night either at restaurants or bringing meals home in take-out bags. We like to think we eat healthy (grilled salmon with vegetables, Caesar salad with grilled chicken, etc.), but admittedly we don't follow calorie guidelines or worry about ingesting all of the vital food groups.

What we typically avoid, however, are fast-food joints. Namely, the burgers and fried chicken restaurants singled out last week as unhealthy in a

study in the Journal of the Academy of Nutrition and Dietetics. The study found that fast-food meals are steadily coming with more fat, more salt, and more calories as Americans equate "value" with portion sizes.

The study found that fast-food entrée portion sizes and calorie counts have risen 20% since 1991, and fast-food sweets now contain 60% more calories and are 52% larger. Just in the past 20 years, fast-food entrees have increased 39 grams in weight, with 90 additional calories, and the amount of sodium surged by 50%.

Yes, eateries now have written nutrition cards and calorie counts. But, hey, we're hungry – we're not going to a library to read, we're heading to the restaurant! Sure, you can order a lower-calorie grilled chicken wrap at McDonalds. But what is being featured on the company's current advertising campaign? Big Macs topped with bacon! Stop by a Wendy's and count the number of customers ordering the fruit salad compared to the double cheeseburger.

We cannot blame the restaurant industry. It prepares what we order. And you can show me photos of clogged arteries, but I still won't eat kale!

Food is more than fuel for the body. It has become an indulgence, especially for double income families. A tempting meal is one phone call (or app) away. Rather than get in your car, you can simply reach out to DoorDash or Uber Eats. Many Utahns now view Maverick Stores as their go-to restaurant, not simply as gasoline providers.

The dining-out trend is one of the major changes in our society – for better or for worse. Oh, and I have to end this column and go get in my car...Marie Callender's is having a pie sale!



**Cyclops**

by Bryan **GRAY**  
Columnist

**From the Editor**

**Kung Flu Fighters**

**A**s flu season continues its mortal combat upon our health, it's important to learn the necessary ways to prevent illness. However, the flu ninja can strike quickly and silently. It can turn the bravest of warriors into Coughing Tiger, Hurting Dragon. And while we cannot avoid every assassination attempt on our health from the flu, or other illnesses, we can alleviate some of the discomforts of being sick through healthy wisdom. Our first line of defense may be getting a vaccine. We may also go on the offensive and to try



**COREY BAUMGARTNER**  
Managing Editor

and counteract the flu's effects with medicinal over-the-counter counterpunches. If those seem to be ineffective versus the flu, we may seek stronger medicines and healthy practices from a trusted medical sensei, or samurai specialist. However, there are no substitutes for sunshine (Vitamin D), rest and drinking lots of fluids. No, not more coffee and caffeine, but good old H2O. And while you may feel like raising your fists of fury, it's best to rest and listen to your body, mind and heart. Because if you are to learn the way of the dragon with your health, you must become a master over more than just your physical body. Get better soon.

# OFFICERS PROMOTED



KELSEY KEENER

**THE CEDAR CITY POLICE DEPARTMENT** promoted three individuals during last week's City Council meeting. Pictured from left to right: Jake Hoyt, promoted to Corporal; David Evans, promoted to Lieutenant; and Justin Ludlow, promoted to Sergeant.

## LEGISLATIVE UPDATE: **Week 6**

### Friends and Neighbors,

There's less than a week left of session, and we will hold our final committee meetings on Monday morning, March 11. Tuesday, Wednesday, and Thursday, March 12-14, will all be devoted to floor time debate. We will then be "adjourning sine die" at midnight on Thursday. (A legislative body adjourns sine die when it adjourns without appointing a day on which to appear or assemble again.) Because we will spend significantly more time on the floor, we will pass most of the bills in those last few days.

As a quick refresher, a bill is first introduced in one of the chambers, either House or Senate, then it is considered in a public committee meeting. If it passes that committee, then it is debated on the floor by the entire body. In the Senate each bill is debated twice, and in the House each bill is debated once. If a bill passes on the final floor debate, it is then sent over to the other chamber, where it follows the exact same process. This means each bill is presented in two committees, with opportunities for public comment, then is debated at least three times between the House and Senate before it passes. If it makes it through all of that process, the bill is then sent to the governor for his signature or veto. It's a long journey, but the lengthy process is part of the all-important checks and balance system that thoroughly vets a bill, and that journey is essential to creating sound policy.

Thursday, March 7, Governor Gary Herbert, Senate President Stuart Adams, and Speaker of the House Brad Wilson held a press conference to announce the agreement to hit the pause button on moving forward any tax reform bill this session. Once HB 441 came out, we all received significant input from business owners and constituents. Public comment is vital to good policy. We would like to spend more time getting input. The Legislature will continue to work on tax reform, and if we get to a place of good policy, the governor has committed to calling us into a special session. There is no deadline on this because we want this change to be driven by good policy, and not by a deadline.

We studied out tax reform during the interim, but since the HB 441 came out, we have received signifi-

cantly more input. I hope that this input will continue; please stay involved in the process.

I am still hearing some questions on why we need tax reform, especially in light of our budget surplus this year. One of my colleagues explained the need by using the example of receiving a raise. If you receive a raise from your employer your budget grows. However, if the cost of living—rent, utilities, food—have all increased at a higher rate than your raise, even though your salary increased, you're still going to find balancing your budget difficult. We experienced growth in revenue this year, but the problem is that the growth in revenue generated by our sales tax is growing at a slower rate than the rest of our economy. Our sales tax is used to fund most of the services provided by the state, like higher education, public safety, and roads, to name a few. The problem is our sales tax currently applies almost exclusively to goods, which is a shrinking economy, making the revenue unreliable. We need to modernize our sales tax to reflect the changing economy, which is moving towards services rather than goods.



**SEN. EVAN VICKERS**

Utah State Senate District 28

While tax reform has received most of the attention this last week, we did work on many other issues as well during that time. I presented on HB 188, T.H. Bell Program Amendments, which will change the program from a loan repayment program to a scholarship program as a way to entice more college students to become teachers.

We also passed HB 114, Self-Defense Amendments, also known as "stand-your-ground" legislation. Under the bill, a person would not be required to retreat from an aggressor, even if safety could have been achieved by retreating, and the prosecutor and judge would be disallowed from considering in a resulting court case that the reasonable force could have been avoided by retreating to safety.

Once again, thank you for taking the time to share your thoughts with me, your responses offer me a lot of insight. I appreciate the opportunity I have to serve as your state senator. Please feel free to share your thoughts and concerns with me, particularly during the legislative session. I can be reached at [evickers@le.utah.gov](mailto:evickers@le.utah.gov) or 435-817-5565.

Evan Vickers

**IRON COUNTY FORECAST**

AFTER ONE FINAL ROUND OF SNOW AND COLDER TEMPERATURES, THE WEEKEND LOOKS SPECTACULAR IN SOUTHERN UTAH WITH WARMING TEMPERATURES AND LIGHT WINDS. EXPECT AN ABUNDANT AMOUNT SUNSHINE BOTH WEEKEND DAYS.

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**WEDNESDAY**  
Snow, Windy  
**31°/22°**  
PRECIP: 80%  
WINDS: N 20-25

**THURSDAY**  
Mostly Sunny  
**39°/16°**  
PRECIP: 0%  
WINDS: N 12-18

**FRIDAY**  
Mostly Sunny  
**45°/17°**  
PRECIP: 0%  
WINDS: WSW 5-10

**SATURDAY**  
Sunny  
**52°/22°**  
PRECIP: 0%  
WINDS: SW 5-10

**SUNDAY**  
Mostly Sunny  
**56°/27°**  
PRECIP: 0%  
WINDS: SW 5-10

**MONDAY**  
Partly Cloudy  
**56°/30°**  
PRECIP: 0%  
WINDS: SW 5-10

**TUESDAY**  
Sunny  
**59°/35°**  
PRECIP: 0%  
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# HBO, Red Cross invite Game of Thrones fans to Bleed #ForTheThrone

by Samantha POLLARD  
For Iron County Today

To celebrate the final season of Game of Thrones, HBO and the Red Cross have partnered to ask fans and blood donors to Bleed #ForTheThrone this March. This is the largest blood donation promotional effort by an entertainment company in Red Cross history – with six days of coordinated giving March 7-12 from fans and blood donors at blood drives in 43 states across the U.S., including an immersive blood drive experience at South by Southwest in Austin, Texas.

As part of the partnership, fans who come to donate blood or platelets with the Red Cross now through March 17 will automatically be entered for a chance to win one of five trips to the season 8 world premiere of Game of Thrones. The trip

includes travel for two, up to two nights hotel accommodations and a \$250 gift card for expenses. Terms and conditions apply and are available at RedCrossBlood.org/HBOGameofThrones.\*

Additionally, those who come to donate March 7-12 will also receive exclusive Game of Thrones swag including a T-shirt, stickers to unlock a unique Snapchat filter and other items, while supplies last.

Right now, the Red Cross has less than a three-day supply of most blood types, and blood products are being distributed to hospitals faster than donations are coming in. Recent snowstorms and severe weather in many parts of the country have forced hundreds of blood drive cancellations, causing more than 20,000 blood and platelet donations to go uncollected.

Individuals of all blood types – especially type O – are asked to make an appointment to donate blood by downloading the free American Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities in Iron County Feb. 25-March 31

### Cedar City

- » 3/22/2019: 11:30 a.m. - 5 p.m., SWATC, 757 S. 800 W.
- » 3/26/2019: 11:30 a.m. - 5 p.m., Cedar Institute Building, 650 West Center Street
- » 3/27/2019: 11:30 a.m. - 5 p.m., Cedar Institute Building, 650 West Center Street

### Enoch

- » 3/20/2019: 2 p.m. - 7 p.m., Homestead Chapel, 1390 East Midvalley Road



GETTY IMAGES



COREY BAUMGARTNER

(LEFT TO RIGHT) Jason Miner (Long Term Care Nurse), Keaton Osborne (Medical Surgical Nurse), Faelynn Kartchner (Home Health and Hospice Nurse), Harmony Rosenberg (Community/Public Health Nurse), Natalie Nelson (Small Hospital Generalist), SheriDawn Neilson (Critical Care/ER), Annie Gibson (Labor and Delivery Nurse)

## Southern Utah nurses celebrated

When you think of nursing what word come to mind? Maybe needles, or perhaps medicine? For the 7 student nurses honored during this year's celebration awards dinner, sponsored by the SUU Department of Nursing, those words don't begin to describe their dedication, or that of so many other nurses throughout Southern Utah. As each nurse was presented their award, the feelings of the person who nominated them were shared. They

included more appropriate words such as: comforting, knowledgeable, compassionate, supportive, teaching, caring, reassuring and lifesaving. Should any of us ever require such assistance in our lives, may it come from such nurses as these. And to those who are striving to become nurses, keep going and don't give up. People need your caring and compassion—yes, maybe even your medicine and needles—more than you now know.

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# Second annual Sego Awards for female entrepreneurs

by Samantha **HANSEN**  
For Iron County Today

Braid, a workshop series and community for female entrepreneurs, and Convoi, a community and network for Utah's business leaders, in partnership with Sundance Mountain Resort and Big Monocle, today announced the opening of submissions for the second annual Sego Awards for female entrepreneurs. The opening of submissions will kick off with an exclusive launch party for the awards' 2018 winners on March 1, at Kiln in Lehi, UT. Some of last year's winners include Vanessa Quigley, co-founder

of Chatbooks; Ayde Soto, co-founder of SimpleCitizen; and Jenny Wecker, founder of Fawn Design.

The awards honor notable female entrepreneurs, CEOs, and founders in Utah, and celebrate their accomplishments and contributions to the state's economy. This year, two additional award categories will be offered for "Community and Culture" and "Food and Restaurants". The additional awards were added to encompass a wider variety of female entrepreneurs in Utah.

"Last year was such a huge success for us; it was inspiring to have a night

dedicated to the motivated and powerful women from our community," said Allison Lew founder of Braid. "We wanted to expand the categories this year to share the spotlight with more female entrepreneurs and celebrate their amazing accomplishments."

This year, award winners will be selected by a panel of judges made up of local business leaders. The top 50 finalists will be announced on April 10, 2019, after the submission deadline closes on April 2, 2019, and will be honored at a gala on May 10, 2019, at the Redford Conference Center at Sundance Mountain Resort.

"We started the Sego Awards to highlight successful female entrepreneurs in Utah and inspire the future of female entrepreneurs in our community," said Trent Mano, co-founder of Convoi. "We want to continue last year's positive momentum and hope that the expansion of award categories and the addition of a judging panel will allow us to recognize more of the incredible work Utah's female entrepreneurs are accomplishing in 2019."

To apply to win a Sego Award, visit: [segoawards.com/apply](http://segoawards.com/apply)

To nominate someone you know, visit: [segoawards.com/nominate](http://segoawards.com/nominate)

## WOMEN IN TECH

Continued from page 1

ment and interest in younger students in subjects like computing, coding and robotics through fun, hands-on activities and projects. The school district holds many events to encourage participation in the program, as well as programs that are offered after school, and partners with several local business and organizations to make the programs possible. Local science and technology experts also visit classrooms regularly to interact with students and build excitement for those subjects.

"Early exposure for our students, in particular girls, is very important for them to be likely to go into and continue with technology," he said. "If they're not introduced to it early, they're not likely to pursue it further and see how it ties in to their current passions, they're current skill sets and where they might be able to go with it and how it could be beneficial to them in addition to the number of jobs new careers available to them."

The district is also offering to cover testing fees for students wishing to pursue certificates and providing coding software for students who want to learn at their own pace. Henwood also announced plans to open a school fashioned after the Lasonde Entrepreneur Institute at the University of Utah, which will allow students to work through gaining essential skills through integrated hands-on projects largely at their own pace.

Computer Science Coordinator at Southwest Technical College Rocky Mazonow discussed statistics regarding Southwest Tech's female enrollment numbers, explaining that while there is growth in those numbers, they are still not ideal. She added that technology is not just a career field.

"Technology is a way to get things done more effectively," she said. "When we look at tech careers, technology is not really a career, technology is something that all careers can use to their benefit in order to make things more efficient."

Associate Professor in Information Systems at SUU, Shalini Kesar, also spoke about a program she has helped implement to encourage more females to get involved with technology. She helped start the Southern Utah chapter of Aspirations in Computing, a program that allows participants to compete with any tech-related accomplishments they have achieved at a national level. After noticing a low application rate, Kesar started the program.

"One thing we realized with Aspirations is that half of these girls didn't apply because they didn't have any exposure to tech programs," she said. "So last year we started Southern Utah Girls in Tech, we did a workshop (for the) Iron County school district ... We had over 2,500 volunteer hours from the community of Southern Utah alone. We did the workshop last year and it's free. We had over 200 high school girls come from 18 counties."

Kesar reported that now there are 650 applications for SUAIC, the program has secured five grants, and are involved with 15 local businesses and 35 volunteers from the community which will help to facilitate the program.

## It's time for Kindergarten Registration at Gateway Preparatory Academy

For the 2019-20 school year (students must turn 5 by September 1, 2019)

Please join us on one of the following dates:

**Tuesday**, March 19th from 9:00 - 11:00 am &  
**Wednesday**, March 20th from 3:30 - 5:00 pm



Based on entry assessment and teacher observation, **FULL DAY** option is available. Online Enrollment will be open on March 1st, but we must receive the following items in order to accept that enrollment:

Birth certificate, immunization record or personal exemption received from the State Public Health Office in order to enroll  
Please register online after March 1st at [gpacharter.org](http://gpacharter.org)



**Bring your child so they can meet the teachers, have a vision screening, complete a readiness assessment and see the classroom environment!**

**Questions: contact Joni**

435-867-5558 • [info@gpacharger.org](mailto:info@gpacharger.org)



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## AFRICAN CHILDREN'S CHOIR

*inspires true harmony  
in Cedar City*



by Corey BAUMGARTNER  
*Iron County Today*

Traveling more than 9,000 miles from Uganda, Africa, to Southern Utah, the African Children's Choir made an inspiring stop in Cedar City. Warmly welcomed and hosted by Pastor Pete Akins and the True Life Center, their personalities and music quickly found a home in hearts of those who heard them singing familiar hymns with the dynamic dancing, drumming and heartfelt harmonies of Uganda. "This year's tour, *Just As I Am*, reminds listeners to love more, despite any perceived differences in the people all around, because that's how God loves us, just as we are.

For these youth, spending nine months on the road during their musical tour can be difficult, but since 1984 the choir travels the world sharing love and hope through their music. During those nine months, they will stay with host families and also strive to maintain good study habits while on the road. Through generous donations and sponsorships,

each child in the choir receives quality education, food, shelter, medical assistance, school uniforms and supplies.

Through the additional support of the international Christian foundation, Music For Life, when the children return home to Uganda they will continue their full-time education and to pursue their dreams to become Pilots, Bakers, Teachers, Architects, Doctors and more.

As they are the change-makers for Africa's future, the choir's influence reaches far beyond the microphone and stage. Since 1984 the Children's African Choirs and Music for Life have helped educate over 52,000 children and supported over 100,000 more through relief and development programs. For more information on upcoming performances, to make a donation, or to sponsor one of the children in the choir, please visit: [www.africanchildrenschoir.com](http://www.africanchildrenschoir.com)



PHOTOS BY COREY BAUMGARTNER

**MEMBERS OF THE AFRICAN CHILDREN'S CHOIR**  
share inspiration through dance, drums and vocals during their "Just As I Am" tour in Cedar City.

# Pink Tea to raise funds for children of parents with cancer

by Becki **BRONSON**  
For Iron County Today

The Pink Tea of Southern Utah started nine years ago, as an event sponsored by the Cedar City Rotary Club to raise money for patients at the Cedar City Hospital Cancer Center. The Pink Tea was then given to a group of community members, who decided to continue it on their own as a fundraising event, focusing on raising money for local charitable organizations that benefit women and children. The Chair of the Pink Tea, Cyndi Wallace, who is also the Nurse Administrator at Cedar City Hospital, says, "The Pink Tea is the only event of its kind, with the focus solely on women and children's charities in Cedar City. It's sponsored by the Moms Club of Iron County, which is a national organization of young moms who come together to provide support and service opportunities for its members." The Pink Tea is the largest event that Moms Club is involved in during the year, and the Pink Tea Committee partners with them to organize and plan the event.

This year, the Pink Tea of Southern Utah will be March 23, 2019, from 2-5 p.m., at the Sharwan Smith Ballroom on the SUU campus. And as has been done the last few years, all of the proceeds from the Pink Tea go to Camp Kesem, which is an organization at Southern Utah University, organized and run entirely



COURTESY PHOTO

*"It's truly the most fun event, supporting the most wonderful cause"*

— **Cyndi Wallace**

by SUU students, that provides a free summer camp for kids whose parents had or have cancer.

Founded at Stanford University in 2000, Camp Kesem has since expanded to 116 chapters in universities in 42

states across the country. There are only 3 chapters in Utah, one at BYU, one at Dixie State, and one at SUU. Wallace says, "Last year Camp Kesem in Southern Utah took more than 120 kids to camp, at no cost to their parents. The

kids just got to be kids for a week during the summer, leaving the worry about their parent's cancer and treatment behind, while being supported by SUU student volunteer counselors with specialized training. This will benefit both the camper and the counselor, and it is a win/win for everyone! Last year, the Pink Tea raised enough money to send more than 20 of those campers to Camp Kesem."

The community is invited to support this Pink Tea event. The cost of a table for 10 is \$350, and individual tickets are \$40. It has become a tradition over the years to wear fancy hats, and there will be some on site for sale or rent for the day. There will be entertainment from the Neil Simon Festival Players, and some of the campers from Camp Kesem will share their inspiring stories. Wallace says, "There will be fabulous finger sandwiches and sweets, delicious hot tea and lemonade will be a satisfying afternoon treat. There will be a silent auction of many pieces of jewelry, art, and other items that are geared toward women and kids interests. There will also be a live auction with a quilt, and gorgeous items made and donated by the Cedar City Woodturners, along with other items. It's truly the most fun event, supporting the most wonderful cause: to bring some happiness and hope to a child through Camp Kesem."

Tickets and tables can be purchased at the SUU box office, at (435) 586-7872.

## Festival Playmakers to Perform 'Newsies!' musical

by Tyler **MORGAN**  
For Iron County Today

**CEDAR CITY** — Stop the presses! The Utah Shakespeare Festival Playmakers performing company is making headlines by presenting the high-energy musical Newsies! Public performances are on March 15 and 18 at 7:30 p.m. and March 16 at 2 p.m. in the Randall L. Jones Theatre.

Inspired by the true story of the 1899 New York City newsboy strike, Newsies! The Musical is a rousing tale of a courageous group of newsboys who become unlikely heroes when they team up to fight an unscrupulous newspaper tycoon. Tickets are available for \$5 at [bard.org/](http://bard.org/)

playmakers or by calling 800-PLAYTIX.

"This is a fun, exciting, high-energy (and inspiring) musical," said Michael Bahr, Festival education director. "It is a perfect vehicle for our Playmakers program, which trains young actors and then gives them a chance to perform on the Festival stages."

The Playmakers program provides young actors a chance to rehearse, learn, and then perform. The program trains youth in theatre fundamentals, including how to sing and dance with a live piano, rehearsal and performance etiquette, and how to work, share, give, and play with others.

Britannia Howe is directing and teaching this program. She created a similar program for young performers in Ashland, Oregon, and is thrilled to provide this training for young artists here in Cedar City.

"It's thrilling to know that the youth of Cedar City will be telling a story about adolescents their very age who lived one hundred years ago," she said. "Newsies has many themes, but my favorite is that children do, indeed, have power. It's for that reason I'm excited that Playmakers is producing this delightful play."

For more information, call the Ticket Office at 800-PLAYTIX or visit the webpage at [www.bard.org/playmakers](http://www.bard.org/playmakers).



COURTESY IMAGE



**BRADLEY J. COOK**

**Mormons and Muslims:  
A Kinship of Two Traditions**

WEDNESDAY, MARCH 20TH  
NOON – THE GREAT HALL

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**HOWARD R. DRIGGS MEMORIAL LECTURE**

# Spring is coming - save the worms!

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

**W**hen I couldn't leave my home for the third time in February, unable to get up a sloping driveway because of heavy snowfall, I thought of something I read some years ago: statistically, February is the coldest month of the year. One would think the mid-winter month of January would have that honor, but apparently not. It was explained that the many weeks of fewer hours of sun chill the earth to the point that it takes the earth and the atmosphere time to catch up, as it were. Gradually the earth accepts the warming rays of the sun, and in March, there is a noticeable warming trend.

Now this is just the kind of useless information that I love to pass along to others, who are not transfixed with interest, usually. However, one person said, "That makes sense. We might expect that June, with the most hours of sunlight would be the warmest month, but July and August are actually hotter. So, the reverse is also true." More riveting facts to pass along!

I am glad to be in March and looking forward to the day that ushers in the lightest and warmest half of the year: the spring equinox. Although I know that the cold and probably the snow aren't over, I have noticed a few little signs of spring already.



*Do worms have seasons of growth, like the rest of the earth?*

was a different bird—or a cold dove. And then I saw the first few tulip leaves poking up in various places around my yard, although they usually have appeared about 2 weeks earlier.

But a sure sign of spring or summer was the advent of my worm-saving ritual. As I walked to church after nearly 24 hours of rain, I began scooping up the worms that were stranded on the sidewalk after being flooded out of the lawns. I always gently pick them up and toss them back onto the turf. I know that they are useful to the soil and they are living creatures who have fallen within my ability to rescue. I do this all summer long, but that day there were dozens of them in my path. And they were all the same size: quite short. Do worms have seasons of growth, like the rest of the earth?

My long-suffering husband contained his irritation by quietly singing, "Lift thine eyes to the mountains." I've got a really good man; he didn't leave me, so I tried to avert my eyes and hurry along. But on the way home, two hours later, they were all desiccated and I felt bad. Spring is coming. Save the worms!

# Sheep to Shawl returns to Frontier Homestead State Park

by Todd **PRINCE**  
For Iron County Today

**CEDAR CITY** — Join us Saturday, March 16th, for a trip back in time as we explore the story of wool during the Sheep to Shawl event. Frontier Homestead State Park, in partnership with the Sagebrush Fiber Artisans, will allow participants to journey through the step-by-step process of taking wool from the sheep's back to yours. Join us from 10:00 a.m. to 2:00 p.m. and have fun with the whole family. Sheep will be attending as well to give visitors the opportunity to touch and feel them before and after their annual haircut. Shearing demonstrations will be given hourly starting at 10:30 a.m., with the final shearing at 1:30 p.m.

Demonstrations will include shearing, washing, carding, spinning and dyeing wool. Knitting and weaving will also be available for hands-on participation. Come enjoy the activities and visit with our talented craftspeople. Cost is \$2.00 per person or \$5.00 per family.



COURTESY PHOTO

**VISITORS LEARN THE ART** of spinning wool during the annual Sheep to Shawl Festival.

Friend's Group members are free with membership card.

This living history experience is hosted at the Frontier

Homestead State Park Museum, located at 635 North Main Street in Cedar City. Call 435-586-9290 for more information.



COURTESY PHOTO

**VISITORS WATCH INTENTLY** as a woolly sheep gets it's annual hair-cut.

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**UPCOMING EVENTS**

**WIND SYMPHONY CONCERT** with CEDAR HIGH SCHOOL AND CANYON VIEW HIGH SCHOOL  
Heritage Center Theater  
March 18 at 7:30 p.m.

**ZION TRIO CONCERT**  
Thorley Recital Hall  
March 22 at 7:30 p.m.

**ART INSIGHTS: BFA EXHIBITION RECEPTION**  
Southern Utah Museum of Art  
March 28 from 6-8 p.m.

**SUU OPERA MUSIC OF ANDREW LLOYD WEBBER**  
Heritage Center Theater  
March 27-30 at 7:30 p.m.

**UN/PITCHED CONCERT**  
Thorley Recital Hall  
March 22 at 7:30 p.m.

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

# NATIONAL NUTRITION MONTH

## Five tips for a healthy lifestyle



### Kathy's CORNER

by Kathleen RIGGS  
 Utah State University Extension

The Academy of Nutrition and Dietetics designates March as National Nutrition Month. It is a great time to focus on the basics of a healthy diet and set a few goals to be healthier. However, it is important to keep in mind that a healthy lifestyle doesn't happen overnight. If you pick one or two things to work on now, you may end up focusing on those items for several months. Then, only when you feel you have mastered what you have been working on, will you plan to select one or two more goals.

The following five tips for setting healthy lifestyle goals comes from USU Extension "Eat Well Utah" blogger, Candi Merritt,

**1. Eat a variety of healthful food from all food groups.** MyPlate tells us that everything you eat and drink matters. When you focus on eating a variety of foods from the five food groups, you are more likely to get the nutrients your body needs. If you find yourself eating the same handful of meals and snacks every week, try expanding your range of food choices by making it an adventure for you and your family. This can be done while grocery shopping- just make a point of selecting a fruit, vegetable or whole grain that are new to your household.

**2. Discover the benefits of a healthy eating style.** There is more than one way to eat healthy. A healthy eating style should take your preferences, culture, traditions, and budget into consideration. Start by making half your plate fruits and veggies. Add foods that you like from the grains, protein, and dairy group to fill your plate. (See: <https://www.choosemyplate.gov/what-healthy-eating-style>)

**3. Choose healthier options when dining out.** Eating out doesn't mean you have to throw your nutrition goals out the window. There are plenty of ways to make healthy choices at restaurants.



GETTY IMAGES

Planning ahead is the best way to stay on track. Choose which restaurant you'll eat at and review their menu before you go. (See: <https://www.choosemyplate.gov/ten-tips-eating-foods-away-home>)

**4. Be mindful of portion size.** Serving sizes and portion sizes don't always align. Become familiar with the differences. Children and teens may enjoy exploring more about the program "We Can" from the National Heart, Lung, and Blood Institute website. (See: <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/distortion.htm>) Once you understand how big portions should be, pull out measuring cups or a food scale to see how your portions add up. Getting the right amounts of the right kinds of food is an important part of a healthy eating plan.

**5. Keep it simple!** Eating right doesn't have to be complicated. If you are new to the world of nutrition and creating a healthy eating style, you may feel overwhelmed. Start by following MyPlate and you'll see how simple it can be. MyPlate is built

on 6 simple principles centered around the five food groups. (See: <https://www.choosemyplate.gov/start-simple-myplate#resources>). There is no fancy diet name for this plan and it is science-based from the USDA.

For more information from the Academy of Nutrition and Dietetics, visit their website: <https://www.eatright.org>

There are so many excellent resources online for learning more about nutrition and health. There are at least as many that tout fad diets and extreme weight-loss programs. Consider searching for information by topic and including distinguishing website extensions such as, Site: "extension", "edu", or "gov". For example, type in the search bar of your favorite search engine: "healthy cooking and snacking, Site: gov."

*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](mailto:kathleen.riggs@usu.edu) or call 435-586-8132.*



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# Calendar

## Wed, March 13

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

**WW - WEIGHTWATCHERS REIMAGINED!** Get guidance from trained wellness coaches and guides and in-person motivation from members, guides and coaches who are on the same path. Workshop every Wednesday at 9:30 am at the Cedar City Aquatic Center, 2090 W. Royal Hunte Drive Call or Text for more information (702)832-0555.

**THE WELLNESS PLACE: ZENDOCRINE WRAP**, how to do a Zencrine wrap and what it is used for. Cost \$5 to cover materials. 7 p.m. 583 S Main Suite #5, Cedar City, UT, Phone: 435-592-5308

**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**, Call Debbie at 435-559-9609 for time and location. Come 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 a.m., 203 E. Cobblecreek (KKCB upstairs).

**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.

**HEY CEDARS SQUARE DANCE CLASS**, 6:30 p.m., Cedar City Senior Center. Info from Pat at 435-531-6811 or Ralph at 435-669-4867.

**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.

**AL-ANON**, "Affected by someone's addiction or drinking? AL-ANON can help. 6-7 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.

**BIKERS AGAINST CHILD ABUSE (B.A.C.A.)**, Color Country Chapter Meetings, 7:00 p.m., 593 N. 1450 W., Cedar City.

**PARKINSON'S SUPPORT GROUP**, 2:30 p.m., Brookdale Sr. Living Center, 995 S. Regency Rd., Cedar City.

**CEDAR CITY LIBRARY BOOK CLUB**, 7 p.m., Cedar City Library in the Park. (We will be discussing the featured book, *The Great Alone* by Kristen Hannah. April will feature, *Eleanor Oliphant is Just Fine*, by Gail Honeyman.

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

## Fri, March 15

**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**, 7 a.m., 203 E. Cobblecreek (KKCB upstairs).

**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, March 16

**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**, 7 a.m., 203 E. Cobblecreek (KKCB upstairs)

**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, March 17

**ALCOHOLICS ANONYMOUS**, 7 a.m., 203 E. Cobblecreek (KKCB upstairs)

**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. Jude's 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, March 18

**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**, 7 a.m., 203 E. Cobblecreek (KKCB upstairs)

**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 pot hits, Latin, jazz, hip hop, and 80s choreography all included. People of all ages and fitness levels welcome. Moms can bring young children. For more information, call Allison at 435-327-2091

**CEDAR CITY COMMUNITY CLINIC**, 8 a.m. to 5 p.m. Call 435-865-1387 for an appointment. Accepts Medicaid, Medicare and all private insurances.

## Tues, March 19

**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.

**WW - WEIGHTWATCHERS REIMAGINED!** Get guidance from trained wellness coaches and guides and in-person motivation from members, guides and coaches who are on the same path. Workshop every Tuesday evening at 6:30 pm at the Cedar City Aquatic Center, 2090 W. Royal Hunte Drive Call or Text for more information (702)832-0555.

**THE WELLNESS PLACE**, 11 a.m. Body Systems, 7 p.m. How to Use Essential Oils, 583 S Main Suite #5, Cedar City, UT, Phone: 435-592-5308

**CEDAR CITY ROTARY CLUB WEEKLY MEETING**, For more information call (435) 865-7637.

**IMMUNIZATIONS/WIC/VITAL RECORDS**, 1 to 5:30 p.m., Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437.

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

**COLOR COUNTRY PICKLEBALL**, 7-10 a.m., 155 East 400 South in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

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

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

**ALCOHOLICS ANONYMOUS**, 7 a.m., 203 E. Cobblecreek (KKCB upstairs)

**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**, Southwest Tech, 757 W. 800 South, Cedar City. For more information, visit [www.lionsclubs.org](http://www.lionsclubs.org).

## Wed, March 20

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

**BOOK SIGNING & OPEN HOUSE**, Local author Rosalyn Eves celebrates the conclusion to her Fantasy Trilogy, *Winter War Awakening* (Knopf/Random House), Tuesday, March 19, 5:30-7:30 p.m., at Main Street Books. All ages are welcome. Event includes food, photo booth, games and prizes.

**WW - WEIGHTWATCHERS REIMAGINED!** Get guidance from trained wellness coaches and guides and in-person motivation from members, guides and coaches who are on the same path. Workshop every Wednesday at 9:30 am at the Cedar City Aquatic Center, 2090 W. Royal Hunte Drive Call or Text for more information (702)832-0555.

**THE WELLNESS PLACE**, 7:00 PM Skin: skin, anti-aging, acne, exfoliating and moisturizing, 583 S Main Suite #5, Cedar City, UT, Phone: 435-592-5308

**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**, Call Debbie at 435-559-9609 for time and location. Come 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 a.m., 203 E. Cobblecreek (KKCB upstairs)

**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.

**HEY CEDARS SQUARE DANCE CLASS**, 6:30 p.m., Cedar City Senior Center. Info from Pat at 435-531-6811 or Ralph at 435-669-4867.

**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, 900 E Midvalley Rd, Cedar City, UT 84721 Phone: 435-586-1119

**AMERICAN LEGION AUXILIARY MEETING**, 6 p.m., Cedar City Library in the Park, American Legion Conference Room. Info from Georgia Johnson 435-704-6654



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# A HUNDRED GOODBYES



**DAWN AERTS**  
Iron County Today

I don't like to say goodbye. But as I pack boxes and sort through past articles, it only makes sense to put something into words that feels like a hundred-goodbyes to the people I had the pleasure to meet while writing for this newspaper.

I've had a memorable two years in Cedar City -- finding my niche in growing art classes and a summer camp at North Elementary; helping with fundraising efforts at the

Frontier Homestead Museum, and more recently, writing stories that I hoped would capture a reader's attention.

It's a job that calls for good questions, getting quotes and details, taking a few photos and then moving on to the next article. If you happened to read any of those articles, it was all about community and more important, the people who offered up the 'time of day' so I could submit a story.

There were police interviews about car break-ins, and drug addiction, and the shooting spree in Las Vegas; features on a 90 year-old-piano-player, a long-time dollmaker and a Salsa-dancer. There was the couple who lost their pet ducks to animal control and the story of a retired Olympic Archer.

I spent time with earthquake-specialists and water-use experts; emergency managers and a cupcake

*In the end, writers, like me, just pass through the 'pages' of a community.*

maker; professionals who care for abused children, and those who provide families for Foster Care. There were articles on lost pets, new animal shelters and about people who try to preserve history.

In short, I will step away from what some describe as a 'hamster-wheel' of news-writing, but I would say -- is one of the best jobs you could imagine!

I don't know if I've always reached the reader's expectations? But I have always tried to provide an accurate, interesting account that uses a 'compression' of paragraphs in order to find its way into the weekly news stand 'on time.'

As a newbie writer at the Minneapolis Star Tribune, I had wondered if I could generate enough ideas or find enough topics to include in a weekly schedule. That wasn't the case. As a senior editor once put it, "If you take the time to listen to a person for just five minutes, you will have a compelling story."

It's true.

That said, I will put away my press-badge one more time, hang up the camera bag and box my files as I return to the familiar landscapes 'Up North' in Wisconsin. It is the third time I have retired from a writing 'gig.' But I continue to value the opportunities I've had to visit with people who make this community a better place to live.

Thanks to the Editor who gave me free-reign to pursue and explore all of these topics; the talents of the Iron County Today news staff and the interviewees who gave me 'the time of day' by sharing their experiences and personal stories. In the end, writers, like me, just pass through the 'pages' of a community.

# A more excellent way of life



## The Rut LESS TRAVELED

by Corey BAUMGARTNER

For many evangelical churches, the celebration of Lent began on March 6, or Ash Wednesday. Lent commences the forty days before Easter and symbolizes two significant Biblical events. One, the 40-day journey by Jesus into the wilderness to fast and pray in preparation for the continuation and finalization of His mortal ministry. The second, the 40-year wandering of the Israelites in the wilderness following their rescue from Egyptian slavery.

During Lent a person chooses to give up something of significant value in their life for forty days. It could be a temporal temptation such as television, or a more spiritual sacrifice, such as overcoming a bad habit, or an addiction. This act of self-denial for self-improvement is a personal and usually private sacrifice. It is done to not only increase piety, but to remind oneself that to truly live a more excellent life there are things that must be left behind to achieve it. This includes bad, or unhealthy habits, laziness, and people, places or patterns that poison one's life and are unworthy of one's time, talents and energy. Thus, they choose to sacrifice what enslaves them to live a better, healthier, and happier life. The choices lead to changes that become temporary or transformational.

This pious process of penitence takes patience and it is not always a piece of cake. Lent is a purposeful denial of things of a lesser value to make room for and to obtain things of a higher value. These forty days aren't meant to only be a transition of time, but a transformation of one's life. Lent is not just about having less for forty days but obtaining more peace and happiness during the other 325 days of the year and for the rest of one's life.

Therefore, I encourage and challenge each you (including myself) to take time for real reflection about the direction you are living your life. Are we truly seeking out the more excellent and exalting experiences? I know it's not easy to keep looking up and moving forward when there seems to be so many distractions and destructions from the past trying to decoy and detour you from living a better life in the present. It can be easy to lose sight of who you are and where you're going if you only focus on where you've been. I've found that focusing on my direction, not my perfection, or imperfections, allows me to continue moving forward, despite life's frustrations, detours and dead-ends.

No matter our individual beliefs, we don't have to celebrate Lent for these principles to have an inspired impact on the quality of our lives. We can make new commitments to excel and expel anything that is weighing us down, holding us back and keeping us from reaching our own resurrections of dreams, joys and hopes for our futures. Today, let us each strive to thrive, not just survive, and choose to live a more excellent way of life.

*Are we truly seeking out the more excellent and exalting experiences?*

coreybaumgartner@hotmail.com

## People

### Birth

#### Jaxynn Love Turner

Hi everyone. I'm Jaxynn Love Turner. I was born February 14th, at 7:53 p.m. I weighed 7 lbs. 12 oz. and was 20 inches long. My dad is Nick Turner and my mom is Allyson Adams. I have 2 big sisters who love me, Destiney & Julia Rose. My proud grandparents are Grandpa & Grandma Savage (Paul and



Gerri) and the late Garland Turner and Grandma Julia.

### 50th Anniversary



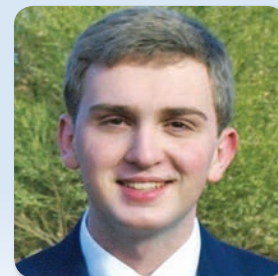
#### Merlin Dee & Ellen Sorensen

Merlin Dee and Ellen Sorensen will celebrate their 50th Wedding Anniversary on Thursday, March 14th, 2019. A reception will be held in their honor on Saturday, March 16th, 2019, at the Homestead Chapel, 1390 E Midvalley Rd. in Enoch, Utah, @ 6:00 p.m. No gifts please.

### Mission

#### Elder Aitken

Parker Boyd Aitken, son of Conrad and Peggy Aitken, has been called to the Chile Santiago South Mission, for the Church of Jesus Christ of Latter-day Saints. He will be speaking in sacrament meeting at 9am in the Valley View Ward at 1985 N Main St. in Cedar City, UT, 84721. He will enter the Mexico City Missionary Training Center (MTC) on March the 26th.



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**IRON COUNTY today**

# Schools

## Water fair flows with water saving wisdom

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

The Central Iron County Water Conservancy District and Utah State University Extension partnered to put on the sixth annual Water Fair for Iron County fourth graders last week.

The fair consists of several different stations focused on conserving water, the water cycle and where Iron County's water comes from.

The Utah Division of Water Rights provided a Water Rights station; a Water Jeopardy game was hosted by the CICWCD; Source Protection was covered by the Rural Water

Association of Utah; USU Extension discussed Clouds and the Wonders of Water; The US Forest Service offered enviroscares, which discussed how pollutants affect the water supply; and the USU Extension Master Gardeners program covered the importance of plants.

Brandon Wiggins, an assistant professor of physics at Southern Utah University, also performed a "magic of water" science show for the students.

According to Utah State curriculum, students begin to learn about water in fourth grade and the Water Fair is intended to compliment what

they learn in class.

Horticulture and Water-Wise Landscape educator for USU Extension Candice Schaible said the fair provides a unique way for students to learn about water.

"We get a lot of comments from teachers that things like this—like the enviroscape table—those are things that they couldn't bring into the classroom," she said. "They can't do that in their classrooms so it's nice to be able to go somewhere for half a day and kind of experience all of it. I think it takes what they learn in the classroom and presents it a little differently so it sticks better."



PHOTOS BY COREY BAUMGARTNER

**IRON COUNTY ELEMENTARY STUDENTS LEARN** about the importance of chemistry between the elements and the earth during the annual water fair. From fire and electricity, to holding a cloud and watching how quickly pollutants can contaminate the water table.

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# Schools

## NEWS Nuggets

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

### Enoch Elementary

Enoch Elementary fourth grade students attended the Water Fair at the Heritage Center Festival Hall on Thursday, March 5. Students learned about water conservation and ways they could be more conscientious of water use and waste. They were able to learn through hands-on activities and experiments with water.

If you would like to order a yearbook, you may do so online at [yearbookordercenter.com](http://yearbookordercenter.com). Our code is 14661. Orders are due by April 20 and the cost is \$20 per book.

We would like to remind parents to encourage their students to read and track minutes each day on their Kite Flight for Reading and Sight calendar. The Lions Club will hold the 15th annual Kite Flight Festival on April 27. Students can earn prizes for the minutes they read.

Pictured is Mrs. Melinda Huntsman's fourth grade class



### Parowan Elementary

The halls of Parowan Elementary are once again silent, but not for the past several weeks. The Parowan Third Grade once again prepared for their annual Iron County Pioneer Program and last Wednesday it all came to the final production. Students learned about their pioneer heritage with singing and dancing, memorized parts, melodramas, and much, much more. The third graders and their teachers select citizens of Parowan who have contributed much to the community and honor them during the program. This year Ronald K and Cheri Smith were chosen. Students enjoyed learning about the Smiths by memorizing excerpts of their personal

history for the program. Students display a pioneer project and receive a personal book containing one ancestor of each student in the Parowan Third Grade as part of the unit. Mrs. Skougaard and Mr. Burton thank Principal Trevor Heaton for his support and also the parents for coming, along with the Smith's for their great service to our community and all who made this a wonderful program.

### South Elementary

South Elementary 3rd Graders enjoyed performing their Presidents Day Program for parents and students on February 15th. The program honored past and present presidents with an emphasis on George Washington and Abraham Lincoln. The students also reminded their audience of the contributions each person makes as a citizen of the United States. Cultural diversity was also celebrated and followed up with classroom presentations.



**CONGRATULATIONS TO JACK PARSON OF SOUTH ELEMENTARY** for winning the Iron County School District Spelling Bee.

### Escalante Valley

Spring Pictures will be held at Escalante Valley on Friday, March 15th beginning at 8:30am. Only those with money and envelopes will have their picture taken. Please watch for information to be sent home with your student soon.

Our next Mustang STRONG assembly will be held at 2:00 p.m. on Friday, March 15th. The 6th grade will present a Marvin & Jessie skit, with the focus on being grateful. Student awards will be handed out for 3rd Quarter Perfect Attendance, Reading, Nobility, & Kindness.

### Canyon View Middle

Last week, Canyon View Middle School's HOPE Squad worked to get the school focused on mental health hygiene, with the theme, "Be Good to Your SELF"--with Sleep, Exercise, Light, and Fun. Each day, a message about creating mental wellness was emphasized. Monday was

pajama day. The message was about the importance of sleep and its impact on mental health. Tuesday was athletic attire day, and the focus was on exercise; Wednesday was Hat Day, and students learned about the critical need for sunshine. Thursday was Funky Sock Day. The emphasis was on how having fun every day is critical to mental health and well-being. On Friday, to wrap up HOPE Week, we had an assembly where the CVHS Madrigals, Jazz Band, and the Trash Can Band entertained us and brought more fun. Music has been shown to have many benefits for brain health and mental wellness. Please continue to "Be Good to Your SELF".

### Three Peaks Elementary

This week, the fourth graders at Three Peaks Elementary attended the 6th annual Water Fair. Students learned about the water cycle and the importance of protecting the water supply in our community. Our students also competed against fourth graders from other schools in a heated game of Water Cycle Jeopardy. This was a great opportunity for the students and we would like to send out a huge thank you to everyone who made this event possible. We will be hosting our annual STEM Festival the week of March 18-22. The culminating activity is our classroom/or individual STEM projects for parents to view. Please watch for flyers with specific times for each grade level.



COURTESY PHOTO

**MEGAN BATES** receives a \$100 dollar scholarship savings account in the Zions Bank's Pays for A's program.

## Zions Bank rewards Cedar City student for great grades

by Kallie **FEUZ**  
For Iron County Today

**CEDAR CITY** — March 6, 2019 — Cedar High School ninth grader Megan Bates won a \$100 scholarship savings account as a regional winner in the spring drawing of Zions Bank's Pays for A's program.

Pays for A's rewards students who put in the effort to make their grades count. Scott Bealer, manager of the Zions Bank Cedar City branch, congratulated Bates on her win during a branch presentation on Feb. 27.

Bates was entered into the drawing by bringing her report card to Zions Bank and was paid for every "A" she received. More than 2,200 students throughout Utah and Idaho entered the drawing.

"In an era of increasing costs for higher education, it's more important than ever for students to start saving for the future. We're proud that Megan has taken an important step towards achieving her academic goals," Bealer said.

Over the past 15 years, Pays for A's has rewarded thousands of students across Utah and Idaho for working hard in school. Students ages 12 to 18 can participate by bringing their most current term-end report card into any Zions Bank location. Students do not need a Zions Bank account to participate. They'll receive \$1 per "A" deposited into their savings account, or 50 cents per "A" if they opt for cash. For each "A" on their report cards, students are entered into a drawing to win one of 150 regional scholarship prizes each worth \$100 and one grand prize worth \$1,000 in each state.

For more info, visit [www.zionsbank.com/pays4as](http://www.zionsbank.com/pays4as).

# WHAT DOES AGRICULTURE MEAN TO YOU?

by Kelsey KEENER  
Iron County Today

In light of National Agriculture Day tomorrow, March 14, here is a compilation of answers from students studying agriculture at Southern Utah University to the question: What does agriculture mean to you?

"Honestly it means everything to me. I was born into a cattle ranching family so agriculture provided us with food, a house and everything we needed. But the whole world is reliant on agriculture. Even kings and presidents need food to eat, so that makes agriculture one of the most noble jobs." -Riley Esplin

"Agriculture is steaming a chicken pot pie after a long day of work, a day of fun riding horses and watching calves, and a sunset on a fresh-cut hayfield. Agriculture is a family working together, one nation under God. Agriculture is freedom." -Cory Farnsworth

"It is a way of life that gives you the opportunity to learn important life lessons." -Wade Jensen.

"Agriculture, to me, is one of the primary things (there are many others) that sets human beings apart from the rest of the animals. The ability to cultivate the land to produce our food has allowed our species to become stationary, to build cities and civilizations around the farm. Literally every advancement in technology that mankind has achieved has its roots in agriculture." -Dave Gnann

"To me, the agriculture industry can best be described as anyone who dedicates themselves to keeping the world fed." -Julian Mesick.

"Agriculture is a way of living that supports all life. Its significance is such that the whole world is dependent upon it. But, it's greatest value and importance to me is the lifestyle lived, values taught and standards upheld by the individuals who experience agriculture from its source, not its end: those who have alfalfa in their jeans, water in their veins, and dirt under their nails. Agriculture has a way of building and strengthening a person physically, but also in character as well...more than most other occupations. Agriculture is a lifestyle of living! It requires 100 percent effort, but rewards you with more than what you started with." -Jalysa Farnsworth

"It means getting your hands dirty and working your butt off from sun-up to sundown. It means looking at what you accomplished at the end of the day and being proud of what you see. It's a way a life: not always pretty or easy, but 100 percent worth it." -Caitlin Pfnister.

Professors from the university's agriculture department answered the question as well.

"Agriculture means providing the world with food, fiber, pharmaceuticals and energy. Agriculture is the science of life, a way of life that is connected to the earth." -Randall Violett (Assistant Professor of Agriculture)

"Agriculture is the one culture that makes all other cultures possible. It does have its own culture and its one that mankind needs in many different ways." -Dean Winward (Associate Professor of Agriculture).

# SUU to celebrate annual Founders Week

Each March, our Founders Celebration salutes our rich past and promising future with a variety of events. Importantly, it pays tribute to the steadfast and visionary men and women who sacrificed greatly to establish the institution and to the enduring spirit of those founders, as it honors, as well, those who have devoted comparable service to the building of the University over many decades.

## 2019 Founders Week Schedule:

### MONDAY, MARCH 18

SUU Trivia Night Game Show & Back Up the Mountain  
7 P.M. - 9 P.M.  
Sharwan Smith Center Ballroom.  
Sponsored by Student Programming Board and Student Involvement & Leadership.

### TUESDAY, MARCH 19

Lunch on the Main  
11:30 A.M. TO 1:00 P.M.  
Founders stories and lunch for students at the Library Plaza, Library Entrance, Centurium, Founders Monument (Old Sorrel), Old Main and the Sharwan Smith Center.

### WEDNESDAY, MARCH 20

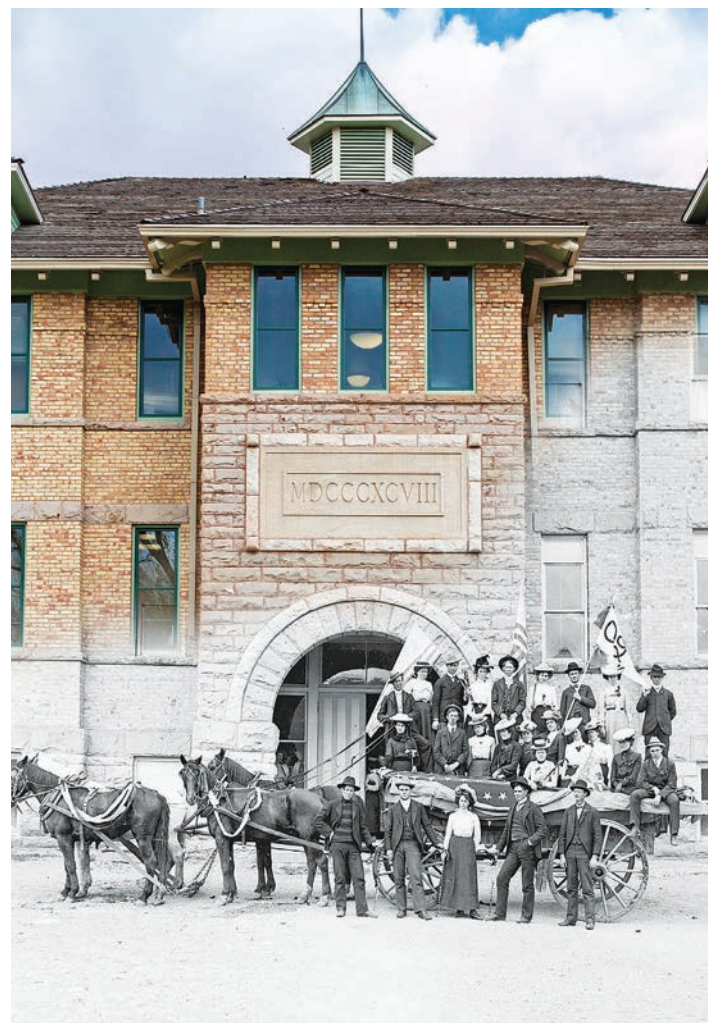
Howard R. Driggs Memorial Lecture  
12 NOON  
Gilbert Great Hall, Hunter Conference Center  
Dr. Bradley J. Cook will present "Mormons and Muslims: A Kinship of Two Traditions."

**WEDNESDAY, MARCH 20**  
Founders Dinner & Awards  
6:30 P.M.  
Gilbert Great Hall, Hunter Conference Center  
RSVP to Camaree Staheli or call 435-865-8656  
Distinguished Service Awards will be presented Mike Richards and Brad Cook, with Anne Judd being posthumously inducted into the SUU Hall of Honor.

**THURSDAY, MARCH 21**  
Brett Young Concert  
7:30 P.M.

America First Event Center. The concert is SOLD-OUT, but please check tbdrtickets.com the day of concert for tickets that may open up based on final stage set-up and line of sight.

**FRIDAY, MARCH 22**  
Campus Beautification Day  
9 A.M. - 2 P.M.  
Campus wide clean-up and beautification. Sponsored by SUU's Circle of Omicron Delta Kappa and SUU Grounds.



ORIGINAL FOUNDERS POSE PROUDLY in a before and after photo of Cedar's beloved Southern Utah University. COURTESY OF SUU

<p><b>MILTS</b> STAGE STOP Open 7 Days a Week 586-9344 www.miltsstagestop.com</p>	<p>Dinner for Two <b>\$40.00</b> CHOOSE FROM 4 ENTREES: 10 oz. Prime Rib • Jumbo Shrimp 8 oz. New York Strip • 7 oz. Salmon Includes Salad Bar and a Side Reservations Recommended No Take Out With this coupon. Exp. Mar. 31, 2019</p>	<p>Cedar City's Original Steakhouse <b>EXPERIENCE CANYON DINING</b> Just a few miles up Cedar Canyon - SR14</p>	<p><b>RUSTY'S</b> RANCH HOUSE Open Monday-Saturday 586-3839 www.rustysranchhouse.com</p>	<p>Dinner for Two <b>\$35.00</b> CHOOSE FROM 5 ENTREES: Coconut Shrimp • Half Rack Ribs Ribeye Steak • Flat Iron Steak • Salmon Includes a Salad and a Side Reservations Recommended No Take Out With this coupon. Exp. Mar. 31, 2019</p>
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# Obituaries

## Steven Kerry Pace



Steven Kerry Pace passed peacefully from this life on February 27, 2019, in Glendora, CA, after valiantly submitting to the effects of liver cancer.

Steve was the second child of Gordon Harvey and Betty Renee Pace, born on June 14, 1958, in Lynwood, CA. His childhood was spent in Downey, CA, and Boulder City, NV. As a boy, Steve expended his energy by playing his bongos and drum set in neighborhood garage bands. He loved riding his horse on the family farm in New Harmony and excelled at sports, aspiring to throw a football like his NFL heroes. Steve was a member

of the Church of Jesus Christ of Latter-day Saints and enjoyed passing the sacrament. He had a lifelong love of the Book of Mormon. He attended Las Vegas Vocational-Technical College, certifying in carpentry and becoming a skilled carpenter—taking pride in his work building award-winning cabinetry.

At age twenty-six, Steve's life took a drastic turn as a result of a motorcycle accident in Whittier, CA. He suffered severe brain trauma that would require him to live in assisted living facilities, under constant medical care for the next thirty-four years of his life. During those years Steve has maintained a love for his family and his Heavenly Father. He has exemplified tremendous courage and patience, as well as a resolute determination to make the best of the challenging circumstances life threw at him. He's been an inspiration to all that have known him. The family desires to express their heartfelt appreciation to Steven's doctors, nurses and other caretakers over the past 34 years—most recently at Glendora Grand Care Center, and Foothill Presbyterian Hospital—both in Glendora, CA.

Steven is survived by his father, Gordon H. Pace of New Harmony, UT; siblings, Mark Pace, Banning, CA; James Pace (Carolyn), New Harmony, UT; Gregory Pace, Las Vegas, NV; Nancy Thornley (Russ), Vineyard, UT; 12 nieces and 6 nephews. Steve was preceded in death by his mother, Betty Pace, and 1 niece.

Funeral Services for Steven were held on Saturday, March 9, 2019 at 11:00 am at the New Harmony Ward Building in New Harmony, Utah. Family and friends gathered at 10:30 a.m. prior to the service. Interment was in the New Harmony Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent at [www.sumortuary.com](http://www.sumortuary.com).

## Gara Ann Newman Branin



Gara Ann Newman Branin passed in her sleep on March 3, 2019, at her home in Cedar City, Utah.

Gara was born April 18, 1938, in Tyrone, Pennsylvania, to Esther and Paul Newman. She loved her hometown of Tyrone and in spite of moving away after graduating from Tyrone High School, she continued to regularly visit family and friends there her entire life. She also did her best to contribute to the Tyrone economy by mail-ordering large amounts of chocolate from Gardners Candies for her family every Easter and Christmas.

She graduated from high school in 1956 where she was head cheerleader, sang in the choir, and excelled academically. She graduated from Indiana State Teachers College in Indiana, Pennsylvania, and pursued graduate work at Penn State. She again excelled in academics and was very active in her sorority. She became a school teacher, teaching several grades until eventually specializing in reading education. She retired from Greenwood Elementary in American Fork, Utah. One of Gara's legacies is that thousands of children learned to read under her compassionate eye.

Gara joined the Church of Jesus Christ of Latter-day Saints in 1962, and married John "Jack" Branin in 1964. The couple moved from Pennsylvania to Utah in 1968. They have one child, John "Jeb" Branin (Pamela) and four grandchildren; J. Kyle Branin, John J. Branin (Ashley), Katy Jensen (Jack), and Cole Branin (Elyssa). They have one great-grandson, John Michael Grant Jensen.

Gara loved her family, reading, travel, creme-filled donuts, the colors blue and yellow, her dogs, scarves, and Elvis' hips. In her later years she developed a love for the music of Queen and Deep Purple. Go figure. She loved to collect and display knick-knacks, especially items that reflected her Swedish heritage. She treasured her circle of friends, near and far, and was always generous in assisting anywhere she saw a need.

Gara's funeral will be held on Friday, March 22, 2019, at 11:00 a.m. in the Cross Hollow Stake Center of the Church of Jesus Christ of Latter-day Saints, 2830 Cody Drive, Cedar City, Utah. Her ashes will be interred at Blair Memorial Park in her beloved Tyrone near her parents and grandparents. In lieu of flowers, the family requests that books or monetary gifts in Gara's name be donated for children in her community through the Iron County Holiday Assistance Program at <https://www.suu.edu/siel/cec/holiday-assistance.html>. Online condolences can be sent at [www.sumortuary.com](http://www.sumortuary.com).

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

## Jeff Pyle



On February 11, 2019, friends in the Grand Canyon, Flagstaff, Brian Head, Parowan, Colorado and Las Vegas areas lost one of their own. Jeff Pyle, 55, was taken from us all too soon due to complications with pneumonia. Born in Ukiah, CA, Jeff was a natural athlete and lettered in cross country at Chaparral/Clark High School in Las Vegas. Jeff enjoyed the outdoors, river running, telemark skiing, camping, hiking, growing orchids and other exotic plants and working in his yard. After high school Jeff became a snowboard and ski instructor in both Brian Head, Utah and Breckenridge, Colorado. For 35 years Jeff was a Grand Canyon river guide, enriching the lives of thousands of passengers with his knowledge of geology, flora and fauna. His professionalism was known to all along with his quick wit and great sense of humor. One calculation has Jeff sleeping under the stars on the river for over 5 solid years of his life. Interesting to note when Jeff had time off between his trips, nothing gave him more pleasure than to go camping on a river with Kristi Groberg, the love of his life, and friends. Jeff is survived by his mother Georgia Krch, uncle Warren Krch, sister Elizabeth Palcovic, nephew Jeff Palcovic, niece Kelsey Haschak,

## Donald Esplin Jones



Our loving father Donald Esplin Jones passed away on March 5, 2019, in Layton, Utah. He was born July 16, 1931, at the Iron County Hospital in Cedar City, Utah, to Henry Marvin and Lucy Esplin, the last of their four children. He was raised on 200 West (Hospital Street) in Cedar City in a home that remained within the extended family for generations. He started working in the family business, Jones Motor Company, where his lifelong love of the automobile started. He attended Cedar High School and played as a center on their basketball team. The Cedar High fight songs were a frequent staple throughout his life.

After graduation, he attended the "good old BAC" (the forerunner to Southern Utah University) for two years before moving to Salt Lake City where he obtained a bachelor's degree in accounting at the University of Utah. Don served in the Army Counterintelligence Unit in Japan during the Korean War. He frequently quipped that he was sent there to stamp out any intelligence they found in the Army. He returned home to marry his sweetheart who he had met at the BAC, Nelda LaVoe Clark, on July 1, 1955, (a marriage later solemnized in the Salt Lake LDS Temple). They settled in Cedar City and both worked at Jones Motor Company. He loved to

recount stories of driving to cities and towns in Nevada, charged with selling the vehicle he drove there. Nelda would often be dispatched to pick him up. In 1959 they welcomed a daughter, Shauna, again at the Iron County Hospital.

Opportunity intervened and his young family moved to Southern California in 1961, where Don worked in accounting at Hessel Chevrolet. He took his next opportunity at North American Aviation where he was a programmer in the punch card era of the early computer age. During this time, Don also attended business school after work, eventually earning his MBA in finance and accounting from UCLA. In 1964, they were blessed with a son, Kyle, while living in Torrance, California. Don's career took the family to Chicago, Denver and finally Ogden, Utah, as he worked his way up the corporate ladder. His intellect, work ethic, dedication and strong moral compass guided his progress. He ended his career at Browning Arms as a Vice President and Chief Financial Officer—a job he loved.

Throughout his working life Don was a fiercely committed husband and father spending most of his time outside work with family. Vacations were a major event—some carefully planned, others with little forethought, and some a pleasant mixture of both. He coined the term "Gorilla Tourism" to refer to the often non-stop pursuit of ticking off as many sites as possible in a single day. He continued to travel for most of his life and saw much of this beautiful world. Until age slowed him down, Don also enjoyed backpacking, skiing, and golfing. He loved to read, watched Jeopardy most nights, and was a huge sports fan with a particular love for the Utah Jazz and Brigham Young University. Don was a big supporter and proponent of Southern Utah University.

He is preceded in death by his wife Nelda and his three siblings, Austin Jones, Afton Bateman, and Willard Jones. He is survived by his daughter Shauna (Rick) Bellamy and son Kyle (Sydney) Jones and 4 grandsons Matthew, Nathan, Mark Jones and Miles Bellamy, along with his sisters-in-law Trudy Jones and Marilyn Clark.

Funeral services will be held at Cedar City 17th Ward (256 South 900 West) on March 16 at 11:00 a.m. Friends may call prior to the services starting at 10:00 a.m. Interment will be at the Cedar City Cemetery, under the direction of Southern Utah Mortuary, with a luncheon to follow at the SUU Alumni House. Online condolences can be sent at [www.sumortuary.com](http://www.sumortuary.com).

# Religion

## To the One



### GOD'S Porch

by Corey BAUMGARTNER

[LUKE 15:3-7]

It's been said that the greatest lie the devil ever told was convincing the world that he doesn't exist. However, I believe that there is an even greater lie. The lie that once you are lost you cannot be found and there is no way back.

You may feel like a lost sheep today, but you are not a lost cause. In the parable of the Good Shepherd who leaves the ninety and nine sheep to find the one is a powerful example and reminder of Jesus' love for each of us. He's not leaving the ninety and nine because He loves them less, but because He loves you just as much as each one of them. He trusts them to stay together while He goes on a search and rescue mission. He may even ask one of them to accompany Him on the journey; not as a witness, but as an accomplice in one of the greatest works one can do in this life.

Would you go with Him? Perhaps you may be tempted to stay in the comforts of the fold. You may be tempted to think that because the lost sheep foolishly wandered off alone it will have to find its way home alone. However, there are so many places to get lost in this world. Some lost sheep may not even realize they

*Jesus Christ not only has a map to show the way home, He is the Map!*

are lost, or they may have become weary and wounded by the wolves of wickedness and cannot make it back on their own. Some may even feel that they have strayed too far, and/or for too long to be welcomed back even if they did return.

To the one who feels this way and who may wonder as you wander, if there is a way back; there is! To the one who feels that there is not enough mercy for your misery, I humbly remind you that if you have lost your way and don't know how to get back home, the tender mercies and love of Jesus will not only find you but will accompany you every step of the way back home. Jesus Christ not only has a map to show the way home, He is the Map! You cannot fall farther than His outstretched arms can reach and catch you. And you cannot be trapped in a darkness where His light cannot shine through to guide and guard you back home.

No matter where you are on, or off the covenant path, don't give up on Jesus. He will never give up on you. The last part of verse 4 doesn't say that the Lord will try to find you until it gets dark, or cold. Or that He'll look for you until he gets tired, hungry, or feels He has looked in enough places. No, it says He looks for the lost sheep until he finds it—until He finds you and we all rejoice. It's time to be found and come home.

[coreybaumgartner@hotmail.com](mailto:coreybaumgartner@hotmail.com)

## NEW HEIGHTS



COURTESY OF SUU

## Flippin' Birds take down Utah State with highest road score of 2019

by Kyle **BIRNBRAUER**  
SUU Athletics Strategic Communication

**LOGAN, Utah** — The Southern Utah gymnastics team scored their second-highest score, and highest road score, of the season Friday night as they beat Utah State 196.350-195.275.

"This was our best meet of the year. We put everything together tonight and they looked fantastic," head coach Scotty Bauman said. "Even our exhibition kids looked awesome. It was good to see some different girls go in there and really do a good job. I'm so proud of them."

Freshman Karley McClain had a career night as she scored a 39.450 in the all-around. The combined score places her sixth all-time in program history and earned her her third all-around event title in her young career. She was also named vault and beam

*"This was our best meet of the year. We put everything together tonight and they looked fantastic"*

— **Scotty Bauman, SUU head coach**

event champion after scoring a 9.850 on vault and a 9.900 on beam.

"Karley went in there tonight with some serious intent. She had a look in her eyes that she was ready to get going. And that is still just the tip of the iceberg for that one," Bauman said.

The Thunderbirds scored a new season-high on the floor exercise, finishing with a team score of 49.200. McClain and Karen Gonzalez both led the way for Southern Utah on the event with 9.875's.

Molly Jozwiakowski was right behind them, earning a 9.850, and Caitlin Kho and Madison McBride rounded out the scoring with a 9.800 each.

Over on beam, the Flippin' Birds scored a 49.125, improving on their score from a week ago by almost a full point. McClain had the top score with a 9.900 and Shylen Murakami followed with a 9.850. Hannah Nipp scored a 9.825 and Alyssa LaDieu earned a 9.800. Gonzalez and Autumn Jorgensen

rounded out the scoring with a 9.750.

"Our beam team looked incredible and I was really impressed with them. We have been in that situation before and didn't do well, but I really liked what I saw out there tonight and they answered a lot of questions in their own minds too," Bauman said.

The Thunderbirds also broke the 49.000 mark on bars where they scored a 49.050. Stephanie Tervort scored a career-high 9.875 to lead the way on the event and earn herself the title of bars event champion. Kho and McClain scored a 9.825 each and Murakami earned a 9.775. Gonzalez rounded out the scoring with a 9.750.

McClain led the way once again over on vault, scoring a 9.850. Morgan Alfaro and Madison McBride both earned a 9.800. This was McBride's first vault of the season. Tervort scored a 9.775 and Kho scored a 9.750.

# SUU basketball: milestones achieved, opportunities lost?

As the regular season wound down over the last week for the Southern Utah men's basketball team, a major goal was clearly in sight. One win in the final three games would eradicate a long nightmare that came with more than a decade of futility.

After three straight losses, the community is still waiting.

With the regular season complete, SUU finished with a 9-11 record in the Big Sky and 14-15 overall. While it was the most successful season in terms of wins in conference, it put the T-Birds in the No. 7 seed for the tournament that makes its debut in Boise, Idaho today. That position could have clearly been a lot higher.

SUU had to face what could only be described as a tough stretch in that final week-plus. A road trip to Montana and Montana State is never fun, and they had to come home to face a very good Northern Colorado team that was trying to chase down the Grizzlies for the regular-season crown and No. 1 seed.

They had their best chance against the Bobcats in Bozeman on March 4. SUU led by nine with just over 12 minutes left in the second half, but got buried by a 23-4 MSU run over the next 7 1/2 minutes that sent them home with a seven-point loss.

But the T-Birds came home with a milestone already achieved; the most wins at home – seven in a row – in its Big Sky tenure.

That streak died in depressing fashion at the America First Events Center on March 7 in a 70-53 loss to the Bears. Northern Colorado simply couldn't miss from long

range, hitting nine 3-pointers among 13 first-half field goals and building a 20-point halftime lead.

The lead went to as much as 24 in the second half before the Bears left town with hopes for the No. 1 seed very much alive, especially after Montana lost at Portland State later in the evening.

Meanwhile, Southern Utah's chance for its first winning conference season in 17 years died with the loss to the Bears. The T-Birds have to win twice in Boise now to avoid stretching its streak of overall losing seasons to 12 straight.



## RANDOM Thoughts

by Tom ZULEWSKI  
Sports Writer

One thing SUU head coach Todd Simon said after last Thursday's game has stuck with me heading to the tournament. It was clearly a challenge to try and beat three of the top teams in the Big Sky, but when you get right down to it, a very real chance at a first-round bye had to be a powerful motivator.

It didn't happen. It wasn't that close. SUU still hasn't beaten Montana in its seven years in the Big Sky (0-12), so that part of the story can be understood.

But in the now, Portland State finished two games ahead of the T-Birds thanks in large part to a pair of wins over the Grizzlies. With the tiebreaker in its favor, the Vikings will be enjoying an off day today in Boise before getting ready to face Weber State as the No. 5 seed in the conference quarterfinals Thursday.

It could have just as easily been the T-Birds, but like last year, they'll have to win four games in four days to get to the NCAA Tournament.

Good luck. We've documented this before, and it's worth repeating. Since the Big Sky included everyone in the conference tournament, the three previous championship games have been 1-vs.-2 (Weber State over Montana), 1-vs.-3 (North Dakota over Weber State) and 1-vs.-3 (Montana over Eastern Washington).

Simon also mentioned after the Northern Colorado game how the T-Birds have been a "momentum team" all season long. They had lost five of six coming into last year's tournament, and have lost five of seven heading into today's opener against 10th-seed Idaho State.

SUU sent the Bengals home from Reno a year ago, and ISU hasn't advanced out of the first round since 2009. It would be a safe bet to say they're due.

But if the T-Birds are a momentum team, the time to ride a winning wave to the heart of March Madness starts right now.

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

# TORGERSON NAMED REGION 9 MVP

by Tom ZULEWSKI  
Iron County Today

On the strength of the first undefeated season in school history and the first 4A state championship that went with the achievement, the Cedar Lady Reds dominated the selections with Mayci Torgerson named the Most Valuable Player and Japrix Weaver winning Defensive Player of the Year honors for a team that finished with a 25-0 record.

Torgerson, a junior transfer from North Sevier, averaged nearly 13 points a game for the Lady Reds, including a season-best effort of 24 points in a 73-44 home win over Dixie on Jan. 24. Weaver, also a junior, returned from a knee injury in late December and averaged just over a steal per game in 19 games played.

The all-Region 9 first-team selections voted on by the coaches included: Logann



COREY BAUMGARTNER

Laws and Samantha Johnston, Cedar; Tylei Jensen, Snow Canyon; Sina Tapasa, Dixie, and Sophia Jensen, Pine View.

The all-Region 9 second team included: Denim Henkel, Cedar; Katelyn Phillips and Kelli Nance, Desert Hills; Avery Papa, Pine View, and Madi Hirschi, Hurricane.

The all-Region 9 third team included: Jordan Nielson, Canyon View; Haley Homer, Hurricane; Olivia Harris, Snow Canyon; Joslyn Bundy, Dixie; and Rachel Myers, Desert Hills.

### LADY REDS #23 MAYCI TORGERSON

fearlessly drives to the basket, displaying skills that helped her become the Region 9 MVP.

## Scoreboard

### Scores

#### SUU Men's Basketball

- 3/4 Montana St. 90, So. Utah 83  
Montana 66, No. Arizona 64  
Idaho St. 78, Weber State 74
- 3/7 No. Colorado 70, So. Utah 53  
Weber State 93, Idaho 59  
Ea. Wash. 91, Idaho State 62  
Portland St. 81, Montana 69  
Sac. State 70, Montana St. 67
- 3/9 No. Ariz. 89, No. Col. 78, OT  
Ea. Wash. 80, Weber State 77  
Idaho State 70, Idaho 68  
Montana 86, Sac. State 68  
Portland St. 84, Montana St. 80

#### SUU Women's Basketball

- 3/4 Montana St. 70, So. Utah 55  
No. Arizona 82, Montana 65
- 3/7 No. Colorado 88, So. Utah 71  
Idaho 86, Weber State 78  
Idaho State 74, Ea. Wash. 45  
Montana St. 64, Sac. State 58  
Montana 73, Portland St. 70
- 3/9 No. Ariz. 79, No. Colorado 68  
Weber St. 70, Ea. Washi. 66  
Portland St. 68, Montana St. 55  
Montana 75, Sac. State 67  
Idaho State 73, Idaho 67

### Standings

#### Big Sky Mens Basketball

	CONF.	OVERALL
Montana	16-4	23-8
Northern Colorado	15-5	21-10
E. Washington	12-8	14-17
Weber State	11-9	17-14
Portland State	11-9	16-15
Montana State	11-9	14-16
Southern Utah	9-11	14-15
Sacramento State	8-12	14-15
Northern Arizona	8-12	10-20
Idaho State	7-13	11-18
Idaho	2-18	5-26

#### Big Sky Womens Basketball

	CONF.	OVERALL
Idaho	16-4	19-10
Northern Colorado	15-5	21-8
Idaho State	15-5	20-9
Portland State	14-6	22-7
Montana State	11-9	16-14
E. Washington	9-11	10-19
Montana	9-11	14-15
Northern Arizona	8-12	12-17
Sacramento State	6-14	10-18
Southern Utah	4-16	7-22
Weber State	3-17	6-24

### Schedule

#### Big Sky Mens Basketball Tournament @ CenturyLink Arena, Boise, Idaho

- FIRST ROUND –
- 3/13 No. 8 Northern Arizona vs. No. 9 Sacramento State, 9:30 a.m.
- No. 7 Southern Utah vs. No. 10 Idaho State, Noon
- No. 6 Montana State vs. No. 11 Idaho, 2:30 p.m.
- QUARTERFINALS –
- 3/14 No. 1 Montana vs. Northern Arizona-Sacramento State winner, Noon
- No. 4 Weber State vs. No. 5 Portland State, 2:30 p.m.
- No. 2 Northern Colorado vs. Southern Utah-Idaho State winner, 5:30 p.m.
- No. 3 Eastern Washington vs. Montana State-Idaho winner, 8 p.m.

Editor's note: The first two rounds of the Big Sky women's tournament were played Monday and Tuesday, which were past our press deadline. All scores will be included in the March 20 edition.

# FREE Classifieds

WEDNESDAY, MARCH 13, 2019

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

**1 Week** \$.14/word - 30 Words - \$4.20 (minimum). More than 30 words - \$.14/word.  
**2 Weeks** \$.12/word - 30 Words - \$7.20. More than 30 words - \$.12 per word.

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

Submit your classified ads at [www.ironcountytoday.com](http://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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## ANIMALS

**SENIOR MAN WITH NICE HOME:** Seeking small dog, (Under 10 lbs.) for companion animal, in good health, house broken, over 1 year old. 435-383-3099. Art, need within about 30 days.

**MICROCHIP CLINIC AT PETSENSE:** Saturday, Mar 16th 12-4. \$40 per pet. FFCK9s member price is \$30 each. Make an appointment for \$5 off. Contact Chelsie 503-812-8778.

**CANINE GOOD CITIZEN CLASSES** and Agility Classes beginning on Thursday, 3/28 with Gail Workman 435-592-5487 #BuildTheDogPark on Facebook

**LIVE VIDEO FUNDRAISER ON Facebook** for Iron County Shelters! Sat, March 23rd 3PM MST Go to <https://www.facebook.com/>

## ANNOUNCEMENT

**~THE \*JOY\* OF HARMONY** RE-Parenting Seminar- FREE. M-Th, April 15-18. 10:00am--5:00pm. Learn to L.O.V.E. Yourself and MASTER Your E-Motions. TEENS-ADULTS. Call 435-868-1230 for more info and to apply.

## AUTOMOBILES

**1997 RED FORD EXPLORER.** Asking \$1500. OBO. Good condition, paint/interior/motor. Runs good. 150,000 miles, V8. Tow package. New fuel pump/radiator/battery. Leave message or ask for Jerry @435-865-2820 or Brad @435-586-4008.

**2000 SUBARU LEGACY, ALL** wheel drive, auto trans, surround sound, stereo CD player, good family transportation, good upholstery. It's too much car for me. \$2,000 or make reasonable offer. 435-559-1657

**2005 SUBARU FORESTER:** 4 door, AWD, stick shift- 5 speed, rebuilt engine w/1,00 miles, clean, nice, asking \$3800. 435-592-6436.

**2001 CHEVY ASTRO VAN** Set up as an over-night camper. Cabinets can be removed. 10100 miles excellent shape new Michelin tires. 435-559-7781.

## AUTOMOBILES

**2001 ISUZU RODEO 105,000** miles High Clearance, Bid Foot tires \$1500. 531-6494- leave message.

## FOR SALE

**LOTS OF GOOD WOMENS** blouses size 18-2x all for \$10. 4-Purple Velvet Pillows w/bling: \$5/ea. Slot Machine: \$300. 435-586-4910 or 435-559-0838.

**ALL OCCASION GIFTS 100% NATURAL HOT/COLD PACKS,** Adult & Child sizes bean bag chairs, Quilts, Weighted Blankets, Jeans Bags. Endorsed and used by many professionals. [minkspears@gmail.com](mailto:minkspears@gmail.com) for a brochure 435-559-1657

**CIVIL WAR ERA BRASS POWDERED FLASK:** 160 years old! Nice patina, no dents or dings. Asking \$90. Not a replica. Great addition to your collection of arms. 435-383-3099. Cedar City.

**MEN'S XL DARK BROWN** leather jacket by Guess. New, never worn. (\$168 new) \$40. Men's Glen Eagles dark tan belted trench coat. Size 42 L. New, never worn. \$35. 435-865-7503.

**LADIES BLACK LEATHER JACKET.** (Winlet of N.Y.) Size medium. \$25. Ladies' red leather 3/4 length jacket. Beautiful unique style. (Wilson's leather) Size Large. (\$329 new) \$65. 435-865-7593.

**METAL LATHE WITH TOOLING** and Stock, Milling Machine with tooling, DRO and Stock. Meade 2080 8-inch Schmidt Cassegrain Telescope with Field Tripod, Solar Filter, many extras. Bob 435-867-4330

## MISCELLANEOUS

**RECLAIM YOUR LIFE! STOP** Being a Slave to Debt! Get out of debt, increase your income, and pay less taxes. Let debt be a thing of your past! 435-559-1657

## REAL ESTATE

**FOR RENT PAROWAN-OLDER,** craftsman style home plenty of space/storage on a large Main St lot. 4-5 beds, 2 1/2 bath. No pets no smoking. \$1175 mo. Sam 435-559-4199

## REAL ESTATE

**74 ACRE FEET OF** water rights for sail north of highway 56 in Cedar valley. \$3,500 an acre foot OBO. Text or call if interested. 435- 592-0144.

**FOR SALE- PAROWAN AREA:** 20.4 acres with 2 acre feet of water and drilled well. Power at street, beautiful views, easy access. Located off paved road. \$109,000, MLS# 82527. Call Jeff Johnston, High Country Realty Inc. Parowan. 435-590-2836.

**CEDAR CITY REALTY LLC:** New Office now open. Visit us for a free market analysis. 5 North Main St. 435-212-1416. [Wgdavidson45@gmail.com](mailto:Wgdavidson45@gmail.com)

**LOOKING TO BUY 1** level home in Cedar City, Minimum each 4 bedroom/2 bath. No Real Estate Agents. Call 714-693-1981. FriendsOfFestivalCountryK9s/ and watch video to purchase. Credit cards accepted. For questions call Chelsie (503)812-8778

## RENTALS

**FOR RENT PAROWAN-COMMERCIAL/RESIDENTIAL** zoning- large craftsman style home on Main Street. Plenty of space for family/business! Close to everything, No pets, no smoking 435-559-4199

**BEAUTIFUL TWIN HOME,** 5 bed, 3 bath, dbl car garage, hardwood flooring, tile, A/C, finished basement, lots of storage, fenced yard, sprinklers, NO pets/smoking, Cedar City, \$1500/mo. 435-559-9070

**SINGLE FAMILY HOME .5BR** 3ba lovely private yard, carport, full basement, walk to SUU & downtown. \$1200/MO, first & last, minimum 1 year lease 435-586-9064.

## SERVICES

**LICENSED COMPUTER REPAIR \*VIRUS** Repair \*Data Recovery \*Networking \*PC Security \*Computer Clean-up \*Housecalls -FAST Turnaround Time and Flat Rates A+ PSYCHLONE COMPUTERS 435-590-2114

## SERVICES

**SAM VEST: SAMS HANDYMAN** services. Handyman Sam 110 E 200 S, Parowan. Contact me at any time. No Jobs too big or too small. We can tackle them all. 435-393-5203

**QUILT YOUR OWN QUILTS.** Rent my machine and do your own custom quilting. OR... I will do it for you, custom quilting from baby-king. (435) 865-6880

**HANDYMAN. LICENSED, AFFORDABLE & guaranteed.** Carpentry, concrete, masonry, drywall, flooring, painting/staining, landscaping, roofing, welding & pressure washing, minor electrical/plumbing etc. and general repairs/maintenance. Excellent references. Call Pat 435-559-4520

**GIL'S MOBILE WELDING. I'LL** come to your home/business. Repair fencing, gates, wrought-iron, utilities trailers, farm equipment, cosmetic repair small/big household metal items. Fair pricing/free estimates. Don't toss it, I'll weld/fix it. 435-383-3259.

**CAPT. RICK-HANDYMAN CARPENTER/PAINTER: REPAIRS & Renovations** Decks, Railings, Fences, Doors, Windows, Kitchens, Baths, Appliances, Varnishing, Light Trucking. Honest & Reliable, Clean & Careful, Cedar City Area Rick 435-477-9032. Cell:612-802-6205.

**~MUSIC IS \*FUN\* DA-MENTAL~ SMALL** GROUP Classes. \*\*PRE-Schoolers:Wednesdays 1-2:30 OR 4-5:30. \*\*AGE 7-12s:Thursdays 1-2:30 OR 4-5:30. \*\*TEENS/ADULTS:Wednesdays 7-8:30. Rhythm, instruments, classics, etc. Learn Emotional Empowerment and Creativity. Also offering: PIANO/Violin Lessons. 435-868-1230.

**DAD & SON'S PROPERTY** Maintenance. Honest & dependable, free estimates, fair pricing. 435-383-3259.

## SERVICES

**CLOCK REPAIR. GRANDFATHER** CLOCKS, antique clocks, and cuckoo clocks. Over 30-years experience. Pick-up and Delivery. Call Bill, 435-477-1211.

**A-NAY LAWN & LANDSCAPE.** Fall clean up: leaves, trees, shrubs, etc. Snow Removal. Call Christian for Free Estimate Servicing the Cedar City Area. 801-231-9319.

**CARING COMPANION SERVICES: PROVIDES** care and companionship for seniors in need, including transportation, shopping, meal preparation, medication reminders and respite care. References available. Call: Linda Peterson (435) 233-6802.

**SUFFERING WITH ALLERGIES? OR** bothered by pet odors - you deserve a fresh in home environment year round! Call 435-705-0651

## WANTED

**MAN SEEKS PRIVATE OPPONENTS** for pro style wrestling matches at Orem, Utah. 30-69 years old, 5'-9" to 6'-7" tall, 175-295 pounds. waynesine55@gmail.com.

## YARD SALES

**GIANT GARAGE SALE: MACHINE** Tools, Hand Tools, Electronics, Electrical, Pneumatics, Hardware, Furniture and Household Items. March 15th and 16th from 9AM to 2PM. 605S 2475W Cedar City.

## LEGAL NOTICES

### NOTICE OF ORDINANCE PASSED

Notice is hereby given that the Enoch City Council passed Ordinance No. 2019-03-06 at a regular meeting of the Enoch City Council held on March 6, 2019. The ordinance was to change the zoning of property owned by Grimshaw Drilling located on 600 E. in Enoch, UT from residential use to Research/Industrial Park. For more information call the City Recorder at 435-586-1119 or view changes on website at <http://www.cityofenoch.org/ordinancespublic-notices.html>

ICT #0109

Published March 13, 2019  
Iron County Today

### NOTICE OF PETITION TO CHANGE NAME (OF PERSON UNDER 14 YEARS OF AGE)

Notice is hereby given that Aubrey Marie Moreno, Resident of the City of Sandia Park, County of Bernalillo, State of New Mexico has filed a petition to change name her child in the Second Judicial District Court, Bernalillo County, New Mexico, wherein she seeks to change the name of her child as follows: Current Name: Devon William Lassester, to proposed name Devon William Moreno. The petition will be heard before the Honorable Victor S. Lopez, District Judge, on the 17th day of April 2019, at the hour of 11:15 am, at the Bernalillo County Courthouse. Hearing Room 510

Respectfully submitted,  
Aubrey Marie Moreno

ICT #0110

Published March 13  
& 20, 2019  
Iron County Today

**YOUR AD  
HERE!  
CALL TODAY!  
867-1865**



**24 HOUR**  
EMERGENCY  
TREE SERVICE

**FREE**  
ESTIMATES!

**\$50 OFF!**  
TREE TRIM  
OR REMOVAL  
WHEN MENTIONING THIS AD

**T.M.S. TREES**

**ALL TREE SOLUTIONS**  
435.592.6347

# DANCE NIGHT

On Friday, March 15 from 6:30-8:30pm the Cedar Senior Center will host a community dance night for all. The Canyon Reverb band will be playing the music, so don't miss this event. We will have these dances the third Friday of each month. For more information call Elaine at 435-586-0832.

**CANYON REVERB** is a group of musicians that just like to play music. We perform rock and roll, country western, waltzes and other fun songs that encourage all dancing styles. Join us for a great night of music and dance. Bring your friends and family!



Left to Right Back Row: John Morris, Josh Coburn, Shawn Hand  
Left to Right Front Row: Jay Jackson, Des Penny, Sara Penny

## JJ's Window Cleaning & Blinds

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**15% OFF**  
BLIND CLEANING  
Exp. 5/29/19

**15% OFF**  
WINDOW TINTING  
— Minimum 3 windows —  
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**Festival Abbey Carpet & Floor**  
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Vinyl • Engineered Wood  
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**435-586-6061**

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987 N. Main, #11 Cedar City • 435-865-7865  
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*Soak in Epsom Salts and a Cleansing Oil*

Relax while our staff member soothes your feet & resets weak body systems.

Call The Wellness Place  
**435-592-5308**



583 S. MAIN #5 (behind Pizza Hut)  
MON-FRI 9AM-6PM • SAT 10AM-6PM

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*It's coming...*

# THE LIST

**WHAT TO SEE & DO IN IRON COUNTY**

**MAY-NOV, 2019**

The LIST (formerly 101 Things to Do in Iron County) is a robust, stylish and esteemed local magazine showcasing the one-of-a-kind events and destinations our county has to offer! 25,000 copies are distributed to homes, motels, restaurants, and other locations throughout Iron, Beaver and Washington Counties.

*Want to make the list?*

If you have an event taking place between May and November of 2019, or know of an Iron County destination we should highlight, contact us at [news@ironcountytoday.com](mailto:news@ironcountytoday.com) to discuss how to have it added to the LIST!\*

Have a business or organization? Showcase it for months with an eye-catching advertisement! CALL 435-867-1865.

\*Any items published to the LIST will be done so at the discretion of the Editor of Iron County Today

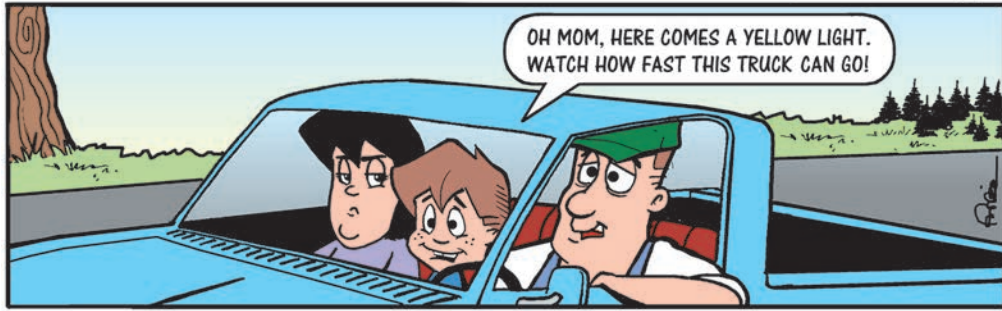


# Comics & Puzzles

WEDNESDAY, MARCH 13, 2019

## Amber Waves

by Dave T. Phipps



## R.F.D.

by Mike Marland



## The Spats

by Jeff Pickering



## Weekly SUDOKU

by Linda Thistle

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

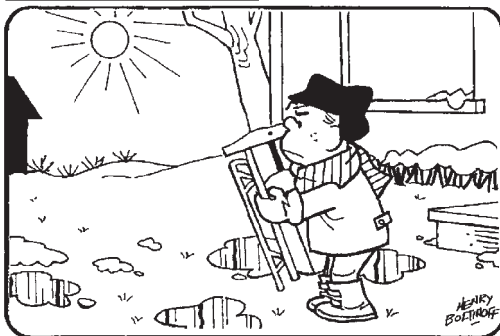
### DIFFICULTY THIS WEEK: ◆

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

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Scarf is different. 2. Boots are higher. 3. Small shed is wider. 4. Puddle near sled is missing. 5. Snow is gone from window ledge. 6. Bush on left has been moved.

## King Crossword

### ACROSS

- Hindu prince
- Persian leader
- Bigshot, for short
- Verve
- Horseback game
- Tokyo's old name
- Chamber of the heart
- Born
- Good-looking guy
- Bandleader Xavier
- Lucky roll of the dice
- Arrived
- Thing
- Pots and pans and such
- Chignon
- Yours
- Neither mate
- Pavement
- Cicatrix
- Always
- Swerves
- "Monopoly" buy
- Desert-like
- Superlative ending
- South American nation
- Chicken — king

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

- Cupid's alias
- Family
- and don'ts
- Transmitted
- TV award
- Cleric's address (Abbr.)
- Brewery product
- One of the Brady Bunch
- Country song?
- Rotate
- Pawn
- Every last bit
- Cornmeal creation
- With a — (forcefully)
- Concept
- Bard
- Scout
- Coal diggers' org.
- Bro and sis
- Needle case
- Feuds
- Hit on the head
- Burn something
- Lubricant
- Bellow
- Blunders
- Dozens
- First lady
- Lead astray
- Namely (Abbr.)
- over heels
- Norway's capital
- Unsigned (Abbr.)
- Leftovers
- Before
- Shade tree
- Felon's flight
- Whatever number

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## Trivia test

by Fifi Rodriguez

- GENERAL KNOWLEDGE: What is the international word (NATO phonetic alphabet) for the letter "O"?
- GEOGRAPHY: Which U.S. city lies further west: Los Angeles, California, or Reno, Nevada?
- MUSIC: Which Latin rock band had a hit with the 1999 album "Supernatural"?
- LITERATURE: Which 19th-century author wrote a book of short stories called "Twice-Told Tales"?
- LANGUAGE: What does the phrase "fifth column" refer to?
- ANATOMY: What part of the human body is referenced by the adjective "hepatic"?
- U.S. PRESIDENTS: What was the name of President Bill Clinton's family cat?
- NICKNAMES: Which West Coast city's nickname is "Emerald City"?
- ORGANIZATIONS: How many countries are members of Interpol, an international police organization?
- MOVIES: Who played the character "Ice-man" in the 1986 movie "Top Gun"?

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

Answer

### Weekly SUDOKU

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

Solution time: 21 mins.

Answers

### King Crossword

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1. Oscar; 2. Reno; 3. Santana; 4. Nathaniel Hawthorne; 5. A group of spies or traitors within your own defensive line; 6. The liver; 7. Socks; 8. Seattle; 9. 194; 10. Val Kilmer

Trivia Test Answers