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A note from the publisher



Starting with this week, you'll notice some changes in Iron County Today. It starts with our new size, a bit smaller and more reader-friendly. This new size and design is just the beginning of changes we're making to our award-winning community newspaper.

In the weeks ahead, you'll see a wider variety of content, including increased coverage of school news, crime news, in-depth feature stories, and more "fun" content and entertainment for the family. We've talked to our loyal readers and received some ideas and suggestions about how to keep

Iron County Today fresh and evolving. We're excited about the new look and feel we'll be bringing to your homes.

Thanks for your continued support of Iron County Today. Enjoy!

R. Gail Stahle
Publisher

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Showcase
Newsies 'seize the day' in Cedar City

IRON COUNTY



Elder Care Network

DISCUSSES HEALTH OF CAREGIVERS



GETTY IMAGES

by Kelsey **KEENER**

IRON COUNTY TODAY

Health and Life Coach Jill Armijo presented to the Elder Care Network on the topic of “honoring your thoughts for best selfcare,” focusing on the mental health of caregivers.

Armijo began by sharing her experience learning to canoe, and

comparing canoeing to caregiving, saying both are scary, cumbersome, fun, tiring and require trust and communication.

She explained that caregivers can sometimes feel trapped and powerless in a situation, or feel resentment, loneliness, anger or fear. She then went on to explain that in working with caregivers, she uses an exercise to identify a

circumstance, thoughts about that circumstance and the following feelings, actions and results.

Armijo explained that a circumstance is something that is out of one’s control, a fact and something that can be proven.

“In anybody’s life and especially in a caregiver’s life, a lot of times

see **CAREGIVERS** » 10

Parowan Mayor charged with theft

by Kelsey **KEENER**

IRON COUNTY TODAY

PAROWAN — Parowan Mayor Preston Griffiths has been charged with one count of theft, a Class A Misdemeanor.

According to a statement from the Iron County Attorney’s Office, Griffiths allegedly took inventory from his former employer, Tru-Value Hardware, on multiple occasions after using significant unauthorized discounts to the taken items.

The Cedar City Police Department began investigating the allegations last December due to conflicts of interest with the Parowan Police Department and the Iron County Sheriff’s Office. A release from CCPD states the department “found evidence to support the theft allegation,” and presented the case to the Iron County Attorney’s Office and probable cause to issue a summons was found.

A statement was also issued from the city of Parowan, explaining that the city has been made aware of the charge and the Parowan City Council has reviewed the charging documentation. According to the released statement, the city has not been financially harmed and does not have any direct financial involvement with the situation. The city has not yet obtained a



PRESTON GRIFFITHS

FILE PHOTO

see **MAYOR** » 10



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New Center aims to assist women business owners

by Kelsey **KEENER**

IRON COUNTY TODAY

Southern Region Program Director for the Women's Business Center of Utah, Debbie Drake, spoke during the Cedar City Chamber of Commerce luncheon last week on the topic of women in business.

Drake began by introducing herself and providing information on the recently opened WBC office in Cedar City. She explained that the WBC is funded through an agreement between the Salt Lake City Chamber of Commerce and the U.S. Small Business Administration.

"We have a grant from the Small Business Administration

and we comply with their rules," she said. "I'm also a Salt Lake Chamber employee, they host the Women's Business Center. We're our own 501C3 but we're under their umbrella; it's really nice to have the support of the Salt Lake Chamber behind me."

Drake said the WBC received a grant last year to open up the Southern Region office earlier this year and explained the WBC's mission.

"Our mission is to help Utah women business owners build confidence, create new opportunities and experience success in small business ownership through individual mentorship, group and online training," she said.

She explained that many

women in the area start a new business in order to provide supplemental income and often have many other job and familial commitments, which is one of the reasons why she is passionate about helping women succeed in entrepreneurial adventures for the benefit of the entire community.

Drake said the WBC offers one-on-one business advising, group trainings, free online trainings and regular monthly meetings. She also summarized some of the data produced by the American Express



DEBBIE DRAKE SPEAKS

to local community members and leaders about the importance of assisting and celebrating women business owners throughout Southern Utah.

COREY BAUMGARTNER

see **WOMEN** » 9

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Community members receive bystander intervention training

by Kelsey **KEENER**

IRON COUNTY TODAY

Community members gathered last week at Southern Utah University to receive bystander intervention training from men's engagement specialist Marty Liccardo from the Utah Department of Health Violence and Injury Prevention Program.

The training was structured so that those in attendance would have the knowledge and skills not only to be able to intervene in potentially harmful situations as a bystander, but also to be able to train others on bystander intervention.

Liccardo began by introducing the "Upstanding" program developed by the UDH, explaining that it teaches bystander intervention to promote safety and health and to prevent violence and harm. He added that there are many organizations implementing bystander intervention training and that it can be adjusted to fit different spaces and places.

He went on to discuss topics that help to provide a foundational understanding of factors that affect the occurrence of violence and harm and what bystander intervention is. Liccardo provided definitions of both risk factors (something that increases the likelihood of a poor behavioral or health outcome) and protective factors (a characteristic that decreases that likelihood by providing a buffer against risk). He said risk factors are often the same for many types of violence.

"One of the things we've seen is that protective factors and risk factors that are the same for rape, are the same for domestic violence, suicidal ideation, and opioid addiction," he said. "A lot of these underlying factors are the same and a lot of the things we can use to keep people safe and protected and away from the negative health consequences

are the same as well."

Liccardo added that we frequently only respond and react to the events and patterns that cause violence or harm, instead of addressing the root causes.

"What we tend to do with most of these issues, especially health issues, is we respond and react," he said. "But what we want people to start thinking about is 'what are root causes to these problems so we don't have to keep doing that?', 'how do we stop them before they happen?'"

Then he discussed three levels of prevention – primary, secondary and tertiary. Primary intervention happens before direct violence or harm has occurred and to prevent it from happening altogether. Secondary prevention happens during a situation where violence or harm is occurring to mitigate the

outcome. Tertiary prevention occurs after the harm has been caused to help reduce harm in the future. Liccardo said ideally, bystander intervention is a form of primary prevention, though it can be helpful for any level of prevention.

"We tend to call secondary prevention, prevention -- it's not," he said. "It's hopefully in some ways a prevention of further harm

down the road, but true primary prevention is always the goal. One of the reasons I point this out, is when we talk about bystander intervention, you're going to see opportunities for secondary, tertiary and primary prevention. What I hope for is that we continue to encourage the people we teach this practice to will focus on primary prevention whenever they can encounter it, but to not negate the other two factors."

Liccardo also said that addressing the social determinants of health is important in order to make sure future bystander intervention trainings are helpful to everyone and

“*...there's always an opportunity to talk about these kinds of things. It's never too late to help somebody*”

» **Marty Liccardo**

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Employee of the Week

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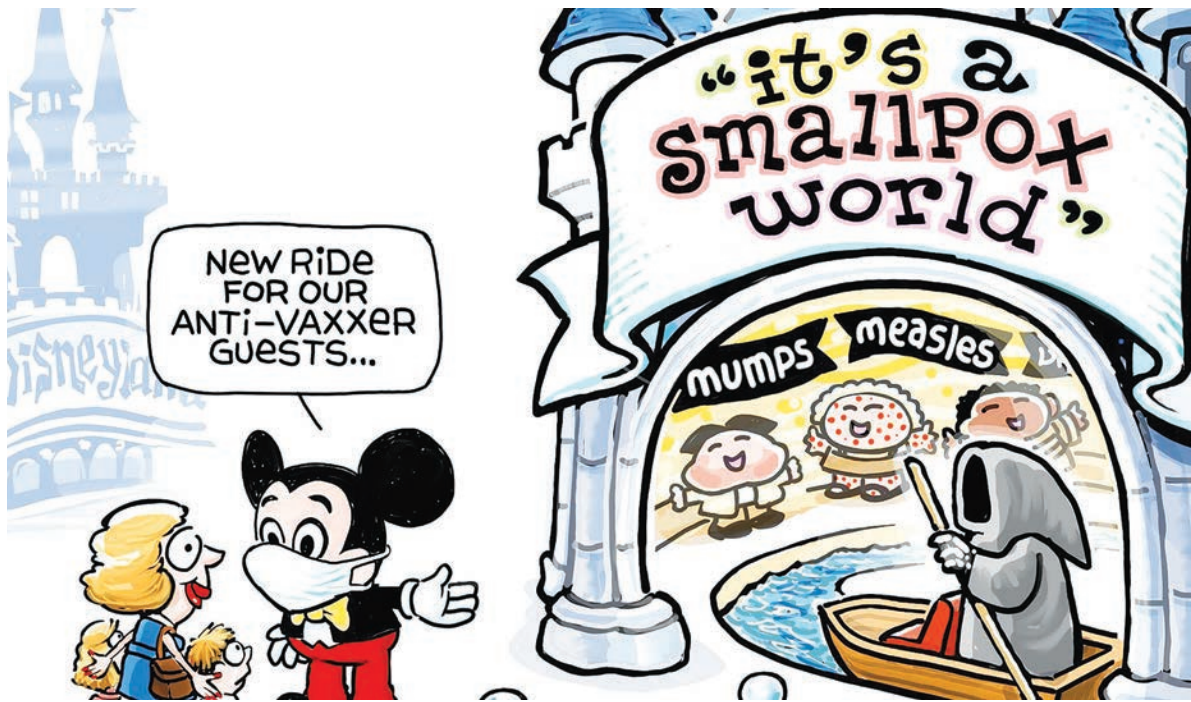
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OPINION



The good, the bad, and the ugly

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

Last week we saw the Good, the Bad, and the Ugly. The Ugly occurred across the Pacific Ocean where a white nationalist murdered Muslim worshippers at a mosque. No more needs to be said except that evil goons like the killer are the reason I still support the death penalty.

The Good comes from Utah Jazz management in their swift condemnation of the man who spewed racial taunts at Oklahoma Thunder star Russell Westbrook. Not only did the Jazz ban the guy (reportedly a former Utah Highway Patrolman) from attending any event at the Vivant Smart Home Arena, but team owner Gail Miller reiterated the point in a brief speech for fans attending the Jazz-Timberwolves game.

When fans hear racist, obscene, or inappropriate comments or behavior, she

said they should shout “Stop! We have a code of conduct in this arena, and it will be strictly enforced.”

She said, “We do not permit hate speech, racism, sexism, or homophobia. We do not allow disruptive behavior, including

plain-spoken comments were timely. As she noted, “No one wins when respect goes away.”

And now the Bad...

Politicians, including many in Utah, continue to defer to the small minority of parents who believe, despite all scientific

evidence, that vaccinations are harmful. These lawmakers have given this small minority the right to refuse immunizing their children against measles, mumps, polio, diphtheria, small pox, and tetanus – and by doing so, put others at risk – especially those who medically cannot receive vaccines due to cancer treatment, immune problems, etc.

Diseases that were eradicated 60 years ago due to vaccinations are now causing

serious illness and death. Around the world, there are 20 times more cases of measles in just the first 6 months of last year that there were in all of 2016. The U.S. is seeing a major outbreak in Washington State.

Diseases that were eradicated 60 years ago due to vaccinations are now causing serious illness and death



Cyclops

by Bryan GRAY

COLUMNIST

bullying, foul or abusive language or obscene gestures.” In an e-mail, she noted a text message number that fans could use to alert arena and a management.

Since other NBA players have mentioned similar concerns about Utah fans, Miller’s

From the Editor

Above the fold

In the newspaper world, “above the fold” is the place where you can find the most important news of the day. It’s the news that gets top priority. Above the fold is prime real estate for journalists and advertisers because they know that it’s the part of the paper that gets viewed first. In the



COREY BAUMGARTNER

MANAGING EDITOR

online world it also refers to the content you can see without having to scroll down or click the mouse.

As your local newspaper, the Iron County Today will continue to provide stories, pictures and advertisements worthy of above the fold news. I also hope that as a community, we will continue to strive to live our lives as such. From our health and finances, to our family and friends, may we keep each other accountable and successful by treating each other above the fold.

OPINION

California's chaos a cautionary tale

In the March 7 edition of the Wall Street Journal, Charles R. Kesler wrote an editorial titled "California Has Become the Far Left Coast." He talks about the political climate of a state teetering on the edge of bankruptcy, and overrun in his opinion by Golden State Democrats, who make up 87 percent of the state's congressional delegation. That article spearheaded this op-ed from John Harmer, who served as Lt. Gov. of California under Ronald Reagan in 1974 and 1975. Prior to that, he was in the California State Senate from 1966 to 1974. Today, he lives in Bountiful, from where he wrote this about that state's failure to pass The Reagan Amendment.

by John **HARMER**

FOR IRON COUNTY TODAY

THE REAGAN AMENDMENT

On Wednesday, November 14, 1973, I sat opposite Governor Ronald Reagan in his office of the State Capitol in Sacramento, California. At that time I was the caucus chairman for the Republican members of the State Senate. For several months I had been deeply involved in the planning to win a special election for an amendment to the state constitution that Reagan had authored with the help of economist Dr. Milton Friedman. That amendment would have limited the taxing powers of the state and local government to a percentage of total California personal income.

The election for the amendment had taken place the prior week on Tuesday, November 6, 1973. Thousands of "volunteers" from the ranks of the California State Employees Union, the California Teachers Union, and the Union of County employees, had spent the prior week campaigning against the amendment. Through their efforts Proposition One, the Reagan Amendment, had been defeated.

I asked Reagan if he wanted to try again to have the amendment adopted. I assured him that we could get the necessary petition signatures so that the Amendment could be on the ballot in time for the primary election in the following June of 1974. He paused for a moment and then said, "No. I would have liked it to be my epitaph as Governor. Nothing I could have done for the people of California would have been as important as the passage of that amendment. The people have believed the lies that the Democrats, the public employees and the media have used to defeat it."

Thought of the Week

(from the desk of R. Gail Stahl, publisher)

“Laughter is the closest distance between two people.”

» Victor Borge

The people have spoken and that is the end of it.”

Reagan had thought of California as a microcosm of the nation as a whole. He frequently voiced the idea that if we could bring about a change in the pattern in California of tax, tax, spend, and spend, it would become possible to do the same things for the entire country.

Well, thanks to those who were at the public trough the state of California is now defacto bankrupt. The next step will be the day that the people of California will be coming to Washington through their members of Congress to have the rest of the nation save their state from involuntary bankruptcy. I am grateful that Ronald Reagan is not here to see that.

4 PINPOINT WEATHER

IRON COUNTY FORECAST

ANOTHER ACTIVE PATTERN AT THE END OF THIS WEEK WHERE A SERIES OF STORMS WILL HIT ONE RIGHT AFTER ANOTHER. LIKELIER MORE RAIN, BUT WITH COLDER AIR IN THE NIGHTTIME HOURS SNOW IS POSSIBLE TOO.

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	PRECIP: 80% WINDS: SW 10-15	
FRIDAY	Chance of Rain 51°/33°	
	PRECIP: 40% WINDS: SW 10-15	
SATURDAY	Chance of Rain 51°/34°	
	PRECIP: 30% WINDS: SW 10-15	
SUNDAY	Chance of Rain 49°/32°	
	PRECIP: 30% WINDS: N 5-10	
MONDAY	Chance of Rain 52°/35°	
	PRECIP: 30% WINDS: S 10-20	
TUESDAY	Chance of Rain 45°/35°	
	PRECIP: 30% WINDS: SW 5-10	

Cedar City Council approves vicinity plans

by Kelsey **KEENER**

IRON COUNTY TODAY

The Cedar City Council approved two vicinity plans and a final plat for developments within the city during last week's city council meeting.

The vicinity plan for Phase 2 of the Fiddlers Cove Subdivision was approved by city council last week and received a positive recommendation from Planning Commission. The subdivision is in the area of Fiddlers Canyon Road and includes 42 lots of sizes varying from approximately 6,000 square feet to 11,500 square feet.

A vicinity plan for Phase 3 of Fort Cedar was also approved last week. The planned unit development is located near 1450 West, north of Industrial Road and includes three lots that are approximately one-third of an acre.

A planning unit development called Quail Court at Cedar Knolls received final plat approval last week as well.

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Water district takes monumental steps to import water to Cedar Valley

by Jessica **STAHELI**

FOR IRON COUNTY TODAY

CEDAR CITY — The Central Iron County Water Conservancy District (CICWCD) recently secured 26,275 acre-feet of groundwater water rights from Utah's West Desert. Since 2006, the District has worked to acquire rights that will eventually lead to importing water to Cedar Valley from Wah and Pine Valleys which are 50 miles northwest of Cedar City. "The next step to bring this water here will be the approval of an Environmental Impact Statement (EIS)," said Paul Monroe, General Manager of District.

The District took another big step on Thursday when it received \$250,000 from the legislature thanks to the hard work of Representative Rex Shipp and Senator Evan Vickers. This money will be matched with \$500,000 over the next two years by the District to streamline and complete the EIS. "State officials understand and believe this is a good project," said Representative Rex Shipp. "The money will be well spent to help secure the future of Cedar Valley."

On February 27th, after nearly 13 years since the original filing and 5 years of litigation and mediation, Judge Barnes approved the settlement of water rights between the CICWCD, Beaver County, the Division of Water Rights and State Institutional Trust Lands Association (SITLA). The approval of these water rights comes at a significant point in time for Cedar Valley.

The Utah State Engineer is currently developing a Groundwater Management Plan of which the goal is to bring our aquifer back into equilibrium. Currently the State estimates that Cedar Valley receives 21,000 acre-feet of water into our basin annually. We use 28,000 thus we have an annual deficit of 7,000 acre-feet which has caused aquifer water levels to drop at an increasing rate over the past couple of decades. "We have done a good job the last couple of years working on the low hanging fruit," said Monroe. "We have built several diversions and are utilizing gravel pits



BECAUSE UTAH IS THE SECOND DRIEST STATE in the nation, water is a treasured resource that must be protected. In this case, also re-directed to where it's needed the most, Cedar Valley.

COURTESY OF CICWCD

to recharge our water which at times was going to waste. When it comes to conservation, we are leading the State in agricultural efficient products that promote smart watering techniques in our ag community." Last year Senator Vickers helped the District acquired a \$200,000 grant to improve center pivot irrigation and will retrofit over 20 pivots this year.

There is still room for improvement. We can all do a little better, be more efficient and use what we have wisely. This year the snow station near Webster Flat is 196% of median as of March 15 compared to last year at 60%. "We hope to offset these past few years of drought and put a lot of this runoff water back into the ground,"

said Brent Hunter, Chairman of the CICWCD. Community members and entities in Cedar Valley are beginning to understand the value of conservation and recharge. However, recharge and conservation alone will not meet the increasing water needs of the valley. Water must be imported as well. For more information or questions, contact CICWCD at 435-865-9901.

"We hope to offset these past few years of drought..."

» **Brent Hunter**




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Wildlife warnings for safe driving

by Faith JOLLEY

FOR IRON COUNTY TODAY

After “springing forward” the evenings will have more light and the mornings will be darker, which means a lot of Utahns will be commuting during lower-visibility hours.

During the winter, there is an increase in wildlife along the roadways, primarily due to big game animals migrating to lower elevations in search of food, according to Daniel Olson, wildlife migration initiative coordinator for the Utah Division of Wildlife Resources (DWR). The migration period for deer is typically April and May, and then again in November which, coincidentally, is when the highest number of vehicle and deer collisions occur, Olson said.

According to a DWR study, there were approximately 10,000 wildlife/vehicle collisions in 2012, Olson said. However, he estimates those numbers are lower now due to an

“*The migration period for deer is typically April and May, and then again in November*”

» Daniel Olson, DWR

increase in fencing and wildlife bridges that have been installed along migration routes across Utah highways.

Olson said deer are more active early in the morning and in the evenings, which coincides with busy commuting hours. This is also when low-light conditions make it difficult for drivers to see.

How to avoid wildlife collisions

As daylight saving time begins, here are some tips from Wild Aware Utah to help you avoid wildlife collisions:

- » Be especially alert at dawn and dusk.
- » Heed wildlife crossing signs. These signs are usually placed in areas known to have a high volume of wildlife/vehicle collisions.
- » Be alert on roadways near wooded, agricultural and wetland areas and also near lakes and streams.
- » Scan both sides of the road. Invite passengers to help watch for wildlife.
- » Do not drive distracted. Put away food, phones and other distractions.
- » When possible, use high beam headlights to illuminate the road.
- » Look for an animal’s eyeshine, which can be seen from a distance. Slow down once you have spotted an animal near the roadside.
- » Some animals travel in groups, so be sure to watch for additional animals if you see one.
- » Do not throw trash out of your vehicle. Trash and food scraps can draw animals to roadways.
- » If you see an animal near or in the road, here are some additional suggestions:
 - » Do not swerve for a deer or small animal. Stay in your lane and slow down.
 - » If several animals are standing in the road, do not try to drive through them or get out of the vehicle to chase or herd them. Honk your horn and flash your lights to encourage them to move on.
 - » If an animal has crossed the road, continue to drive slowly and be cautious because it may try to cross again.

What to do if you hit an animal:

- » Pull off the road and use your hazard lights if your car is undriveable.
- » Do not try to approach an injured animal.
- » Call 911 or contact your local police department if you were injured or if the animal is in the roadway and could pose a threat to public safety.

For more information about wildlife/vehicle collisions or deer migration, contact DWR wildlife migration initiative coordinator Daniel Olson at danielolson@utah.gov.



COURTESY PHOTO

AS A NEW MIGRATION SEASON for local wildlife begins, drivers must become more alert and vigilant, especially at dawn and dusk, to help avoid potential accidents.

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Bookings

Below are bookings as reported by the Iron County Sheriff's Department and Cedar City Police Department. Those arrested are innocent until proven guilty. For a juvenile the name is "(Male/Female) Juvenile Offender" and juvenile is of age less than 18 years.

March 12

KERRY S DEMILLE, Cedar City, UT.
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss C/S/ Marijuana/Spice

AJANI N COX, Cedar City, UT.
Threat w/Weapon, Criminal Mischief

GINGER J TAYSOM, Cedar City, UT.
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss C/S Sched I/II/Analog

TONY B TAYSOM, Cedar City, UT.
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss C/S Sched I/II/Analog,
Resisting/Interfering w/Arrest

JAYSON HENRY, Cedar City, UT.
Speed Regulations

AMARAT SARGENT, Newcastle, UT.
Probation/Parole Violation

AARON P TIPLER, Cedar City, UT.
Receive Stolen Property

KIMBERLY D TIPLER, Cedar City, UT.
Obstructing Justice

MALE JUVENILE OFFENDER, Cedar City, UT.
Retail Theft

SARAH A HENDERSON, Cedar City, UT.
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss C/S Marijuana/Spice

JAYSON HENRY, Cedar City, UT.
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss C/S Marijuana/Spice,
DUI - Metabolite, CDL - Suspended /
Revoked, Resisting/Interfering w/
Arrest

March 13

RHIANNON S WILLIAMS, Cedar City, UT.
DRUG-Poss/use of Controlled
Substance

JASON GARCIA, Cedar City, UT.
DRUG-Poss Marijuana Less
Than 16oz, DRUG-Poss of Drug
Paraphernalia

JORGE HERNANDEZ, Escondido, CA.
Federal Contract Prisoner

CHANCE HORNE, Hurricane, UT.
Retail Theft

AARON J HOUCHE, Cedar City, UT.
Driving on Denied

JAMES S REYNOLDS, Cedar City, UT.
Federal Contract Prisoner

AARON P TIPLER, Cedar City, UT.
Receive Stolen Property

TERESA L WALKER, Cedar City, UT.
No Proof of Insurance

MALE JUVENILE OFFENDER, Cedar City, UT.
Warrant of Arrest

MALE JUVENILE OFFENDER, CVHS, Cedar City, UT.
Theft

MALE JUVENILE OFFENDER, Cedar City, UT.
Theft

MARCUS E OPPENHEIM, Cedar City, UT.
Criminal Mischief, Intoxication

March 14

LESIA A ALLRED, St. George, UT.
Assault

KACEE J ALVORD, West Jordan, UT.
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss/use of Controlled
Substance

MARA JANSONS, Cedar City, UT.
Assault

MALE JUVENILE OFFENDER, CVHS, Cedar City, UT.
Theft

FEMALE JUVENILE OFFENDER, CVHS, Cedar City, UT.
Theft

AMANDA N LOWE, Cedar City, UT.
DRUG-Distribute/Offer/Arrange
Dsbton C/S/, DRUG-Poss of Drug
Paraphernalia, Probation/Parole
Violation, Retail Theft

TIMATHY R EVANS, Cedar City, UT.
Drive on Suspended/Revoked
License, Assault, Retail Theft

March 15

ELIZABETH C MCCROSKEY, Cedar City, UT.
Retail Theft

JESSICA L ROBISON, New Harmony, UT.
Mental Health Court Violation,
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss C/S Sched I/II/Analog

March 16

CAITLIN M BEAM, Cedar City, UT.
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss C/S Marijuana/Spice

FEMALE JUVENILE OFFENDER, Cedar City, UT.
Consume Alcohol by minor

FEMALE JUVENILE OFFENDER, Cedar City, UT.
Retail Theft

FEMALE JUVENILE OFFENDER, Cedar City, UT.
Retail Theft

MALE JUVENILE OFFENDER, Cedar City, UT.
DRUG-Poss C/S Marijuana/Spice

MALE JUVENILE OFFENDER, Cedar City, UT.
Possess Alc by minor

JUSTIN K ROBINSON, Cedar City, UT.
DUI of alcohol w/BAC at or over
.08, Alcohol Restricted Driver Lic,
Resisting/Interfering w/Arrest

March 17

NIKODA J BENTLEY, Cedar City, UT.
DRUG-Poss/use of Controlled
Substance, DRUG-Poss of Drug
Paraphernalia

JACOB P DALTON, Enoch, UT.
DRUG-Poss of Drug Paraphernalia,
DRUG-Poss C/S Marijuana/Spice

TYLER B DAVIS, Cedar City, UT.
Poss of Drug Paraphernalia,
DRUG-Poss C/S Marijuana/Spice

FRANCISCO P DIEGO, Cedar City, UT.
Open Container in Vehicle, DUI of
alcohol w/BAC at or over .08

FLOYD V FIECHTER, Cedar City, UT.
Assault

NORA S MORTENSEN, Beryl, UT.
Child Abuse-Inv Physical Inj

WOMEN

« CONTINUED FROM PAGE 2

annual State of Women-Owned Businesses Report. Nationally, women-owned firms experience 58 percent growth versus 12 percent growth for all firms and the vast majority of women-owned businesses are owned by women 45 years of age or older. She said the state of Utah is second in the nation for economic clout and growth for women in business.

Drake provided a breakdown of the WBC's data from last year in which the WBC served 179 clients, provided 227 consultations; making up 433 consulting hours, provided 134 trainings; making up 318 training hours and had 3,735 people attend trainings. She reported that 89 percent of WBC clients were female and 11 percent were male; and 50 percent of clientele had already started their business while 50 percent were in the process of starting a business. The services provided last year by the WBC resulted in 79 new businesses started, 318 jobs created and 8.2 million dollars of revenue.

Over the last year, the WBC has also awarded \$15,000 in grants to 12 women business owners in Utah, created a new website (wbcutah.org), opened the Southern Utah office, piloted a new growth program and implemented a new data management system. Additionally, the WBC has facilitated four women business owner focus groups in Moab, Vernal, St. George and Richfield.

Drake further discussed what the WBC is doing in Southern Utah to help women business owners. The WBC offers group trainings on the third week of every month at 9:30 a.m. and 5:30 p.m. Also, on May 9, there will be a breakfast event to celebrate women in business and provide an opportunity for networking. Drake asked attendees to assist in helping find business owners to participate in the celebration.

"One of the things I'm having a struggle with is finding those people," Drake said. "There's not a denotation on your business license or anything that says this is a women-owned business. I'm having to rely on people just letting me know who they are and asking them as I come up to them. So, I'm asking for everybody's help, if you know of women business owners in the area have them contact me because I'd love to help celebrate them on May 9."

There are also features of several women business owners on the WBC's website compiled from interviews about their businesses.

"One of things women love is stories of other women that have been successful, that have done it before, so you know it can be done," Drake said. "We ask them 'what are the struggles you've had to deal with; what have you done to overcome that; what's helped.'"

The WBC is working with the Utah Women's Networking Group and Utah's Own to put on a women's entrepreneurial conference in April and is in the process of working with other chambers of commerce throughout Southern Utah to establish training and virtual networking and training resources for the 15 counties Drake oversees south of Nephi and Price.

CYCLOPS

« CONTINUED FROM PAGE 4

Yes, parents have rights. If they want to believe the ravings of a former sitcom actress rather than their doctor and medical scientists, so be it. But they should not have the right to endanger lives of those who cannot help themselves (from cancer patients to infants). We have a law requiring use of seatbelts; parents cannot violate the law by saying the seatbelt takes away parental discretion.

I agree with a man who wrote a letter to the editor to one of Utah's daily newspapers. If parents refuse to vaccinate their children, he wrote, those children should not be allowed to attend any publicly-funded educational facility, endangering children attending the public school. Yes, the non-immunized child is also being punished; it wasn't his or her choice to have an idiot as a parent.

There are still folks who believe the moon landing was fabricated, that cigarettes are not harmful, and that the U.S. government bombed the Twin Towers. But unlike vaccination fears, these beliefs don't hurt anybody except relatives who have to attend family reunions. The anti-vaccine crowd has the ability to blind and kill other children.

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TRAINING

« CONTINUED FROM PAGE 3

not just a select group.

After covering the foundational understanding, Liccardo moved on to addressing how attendees could go about their own trainings. He suggested first introducing the trainer, then finding out what the trainee group's norms might be in order to address the training so that those in attendance feel comfortable participating in activities and exercises.

He said that stigma and false perceptions affect intervention and prevention of harm and violence.

"Often times when we really, truly unpack barriers to intervention, it's rooted in the norms, with stigma and false perceptions of issues, people, places, and ideas," Liccardo said. "It's really important we realize that stigmatization doesn't help victims and it doesn't help perpetrators."

Liccardo also explained that many community or social norms

add to the stigmatization of victims and used the value of modesty as an example.

"There's nothing wrong with modesty," he said. "It's neither good nor bad; it is a personal, family, social, community or societal norm. There's nothing inherently good or bad about it other than when we use that to hold people accountable for other people's violence."

Then he discussed the theoretical framework that helps explain why bystanders don't always intervene in a situation where there might be potential violence or harm. Liccardo explained the Social Ecological Model theory, saying it's important to understand what factors effect individuals and their behavior in order to prevent violence.

"Yes, we want to look at individuals, but we need to understand how they're impacted by and how they impact our society and our culture and how we can use these things to create protective factors over risk factors," he said. "What kinds of norms, factors, structural issues impact a person's ability to get help?

... This is where we start to look at policies -- changing policies shifts cultural attitudes."

He also discussed the ways social norms can influence a person's behavior, explaining that norms are often misperceived by the majority, which leads to encouraging people to conform to false norms by displaying attitudes and behaviors that are believed to align with the misinterpreted norm. Correcting these misperceptions allows individuals to act according to their actual beliefs, which are usually more positive and consistent with prevention of violence.

Liccardo added that understanding implicit or unconscious biases is an important first step to understanding what may prevent an individual from helping someone in need and maneuvering around those concerns in order to feel confident intervening as a bystander.

Liccardo then explained the basic bystander approach, saying that the role of bystander is not to stop violence, just to interrupt it. And that can be done either directly or

indirectly. For example, an indirect intervention might be asking someone who is arguing with a spouse for the time or for directions. He also said there is never a wrong time to help someone.

"The foundation, the essence of intervention is are you going to directly target the harm or are you just going to interrupt it in some way," he said. "Don't ever think that you've missed an opportunity when there's always an opportunity to talk about these kinds of things. It's never too late to help somebody."

He added that safety and boundaries are in important aspect of intervention, and that bystander intervention challenges harmful norms and stigmas.

"Bystander invention asks us to reflect on the humanity of someone and challenge our own stigmas in the ways that we can," Liccardo said.

The training concluded with attendees discussing possible scenarios of both direct and indirect intervention and addressing potential responses to intervention, both negative and positive.

CAREGIVERS

« CONTINUED FROM PAGE 1

we feel like our circumstances are what causes our feelings," she said. "Circumstances are not the cause of our feelings or the actions that we take, or the results that we experience in our lives. The thing that is responsible for our feelings is our thoughts about our circumstances."

She also said it's important for caregivers to feel supported.

"It's really important that caregivers feel supported in their decisions one way or another and don't feel trapped," Armijo said. "If a caregiver feels trapped in their situation, whether it's having to give care or not being able to give care, or feeling that they have to go visit or feel powerless, they can feel a lot of emotions from their thoughts about their loved one being in a nursing home. However, the circumstance of somebody being in a nursing home or being at home is neutral. ... People might also judge a caregiver, or say things to them that can make them feel like they have some of these feelings."

Armijo said the first tool that is necessary for caregivers to have is to acknowledge that they do, in fact, have a choice.

"There's a lot of things that go into a choice," she said. "And if a caregiver feels like they're trapped

and they have all those negative feelings, it's really important that we let them know that they have a choice."

The second tool that caregivers need is the ability to observe and honor their own thoughts.

"If we have thoughts of resentment and loneliness, or if we have thoughts that lead to those feelings, then our actions and the results in our lives are not going to be what we're looking for," Armijo said. "Observing your thoughts helps you to realize what you're telling yourself as most of us go through life and really don't notice our thoughts a lot."

She said it's important to observe one's thoughts, because they need to align with a desired goal or result in order to achieve it. Armijo used one of her goals, writing in a journal every day, as an example. She said her thought was originally 'writing in a journal is just pain' which resulted in her not developing the habit. When she decided to instead think 'I only have to write two or three sentences,' she was able to achieve her goal.

"Willpower does not sustain you through any goal," she said. "You have to be really aligned; your thought has to be that this goal is what you really, really want."

Armijo encouraged Elder Care Network members to share the exercise of identifying the thoughts that are leading to particular feelings to help caregivers realign their thoughts with their desired outcomes and ultimately lead healthier lives.

and conduct of our judicial system, including the presumption that Mr. Griffiths is deemed innocent until a jury of his peers or judge declares otherwise."

Griffiths was charged on March 7, and is scheduled for arraignment at the Fifth District Court in Cedar City, on March 26.

MAYOR

« CONTINUED FROM PAGE 1

copy of the official police report and the statement explains that the city "will honor the proper course

SUU COLLEGE OF
PERFORMING & VISUAL ARTS
SOUTHERN UTAH UNIVERSITY

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.

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Showcase

ARTS &
ENTERTAINMENT
IN IRON COUNTY

EXTRA! EXTRA!

Newsies 'seize the day' in Cedar

by Corey BAUMGARTNER

IRON COUNTY TODAY

The Utah Shakespeare Festival Playmakers can start making room on the mantle for a Pulitzer due to their exceptional performance of *Newsies*, the musical. Following three outstanding performances on March 15, 16, and 18, the *Newsies* continues to strike familiar chords in the hearts of audiences everywhere.

Well, at least from Brooklyn to Cedar, *Newsies* reminds us that even though life isn't always written in black and white, courage cannot erase our fear. Rather, courage is when we face our fear.

And though we may not find the "fancy clam wit the poyle inside," minute by minute is how we win it. And until the world brings us something to believe in, we've got to stand as one so that someday becomes somehow as we become crazy enough to believe that we can succeed.

And if the things that we do today really will become tomorrow's news, then let us do our best to live a life worthy of being printed above the fold in the newspaper of our lives.

And whether or not you ever become famous, the "woild can still be ya erster" if you're willing to seize the day!



Music of Andrew Lloyd Webber presented by SUU

by Ashley H. **POLLOCK**

SUU COLLEGE OF PERFORMING & VISUAL ARTS

Cedar City, Utah: SUU Opera Theatre and SUU Orchestra will perform The Music of Andrew Lloyd Webber on March 26-29, 2019, at 7:30 p.m., in the Heritage Center Theater. The show is directed by Carol Ann Modesitt and conducted by Dr. Xun Sun, with Megan Goodrich as Assistant Director and Choreographer, and Dr. Brian Chan as rehearsal pianist. Tickets are \$10 for adults and \$5 for youth. Southern Utah University faculty, staff, and students are free with a valid ID card. Faculty and staff IDs are allowed one guest. Tickets can be purchased at the door the night of the concert or

online at www.suu.edu/pva.

Andrew Lloyd Webber is known throughout the world as a musical theatre genius. His musical talent brought such greats as Joseph and the Amazing Technicolor Dreamcoat, Cats, Phantom of the Opera (the longest-running Broadway show in history), and Evita.

Carol Ann Modesitt, Director of SUU Opera Theatre, shares, "The Music of Andrew Lloyd Webber is a review and adaptation of 20 songs from Andrew Lloyd Webber musicals. This is a new way to present his music. One of the things that makes it unique is the production can be performed in any order. It is up to the producer and director to choose which songs are performed and

the order in which they are performed. The show involves 15 students from the vocal area with accompaniment by 30 instrumental students."

Songs that will be highlighted in this production are, "I Don't Know How to Love Him", "Another Suitcase", "Unexpected Song", "With One Look", "Buenos Aires", "Music of the Night", "Love Never Dies", "Close Every Door", "There's A Light at the End of the Tunnel", "The Phantom of the Opera",

"As If We Never Said Goodbye", "I Believe My Heart", "Memory", "Jesus Christ Superstar", "Love Changes Everything", "Don't Cry for Me Argentina", "Think of Me", "All I Ask of You", "Wishing You Were Somehow Here Again", and "Song of the King".

Hum along with your Andrew Lloyd Webber favorites in this exciting concert. For more information about the Department of Music at SUU, please visit www.suu.edu/pva/music.

Just who is Queen Alizabeth?

by Mary Anne **ANDERSEN**

CEDAR CITY ARTS COUNCIL

Decades ago I took a linguistics class that I was really looking forward to. I have always loved words and language and thought this class on the use, structure, and development of language would be right up my alley. It must also be admitted that I have always been something of a language snob, priding myself on the correct usage of lie and lay, infer and imply, further and farther, and assuming that my careful pronunciation was equally correct.

Imagine my dismay to be told that while there are some absolutes in language usage—infer and imply are indeed two different words—pronunciation is not the black and white matter I thought it to be. There is hardly such a thing as standard English pronunciation, even in this day of the homogenizing public media. The most that can be said of the way I say "often" and the way you say "often" simply tells the listener where we are from, not that my way is right. Really?!

But I am becoming concerned with a phenomenon I have noticed lately. People are increasingly likely to replace the initial "e" in a given word with the neutral vowel called a schwa. It is a sound that is not quite any of the vowels that we know and is written as an upside-down lower case "e". It is unstressed and we say it multiple times a day, I'm sure, but I am starting to

consider it lazy speech in some cases.

Examples: (since my keyboard has no symbol for the schwa, I will use a small "a") amergency, as in dire situation; aeventually, as in sooner or later; aleven, as in before twelve. Or how about Queen Alizabeth, as in the beloved monarch across the ocean. Now here is a problem I didn't anticipate: my spellcheck doesn't like these words and is either correcting the problem or dotting my screen with red-underlined words. By the way, do you say eether or ither? And those are just a few words of the lengthy list I have in front of me.

I have begun monitoring myself to see if I indeed use a long "e" when I say enamel or essentially or emotion. I think I do, but that is not the sound I always hear, even when listening to my faithful NPR. Is this a

slow-evolving trend or am I just starting to pay attention? The reverse is never true. I've never heard ettention. You might start listening to others and yourself, just as an intellectual exercise.

Another pronunciation trend I AM becoming guilty of is the vocalization of the "g" at the end of words. More and more often, I hear a guttural "g" instead of a nasal "ng" sound at the end of words ending in "ing". Do you say goinnng or goinguh?

So, I'm trying not to be too snooty, but there is one trend that really fries me: the word is vigilant, people, NOT vigilant; vigil, NOT vignal. That word we need to get right.



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SUMA's 25th Annual Art Auction on Friday

by Emily **RONQUILLO**

FOR IRON COUNTY TODAY

CEDAR CITY — Celebrate the legacy, history and future of Southern Utah Museum of Art (SUMA) during the 25th Annual Art Auction on Friday, March 22, from 5 - 8 p.m.

After years of support from Rusty's Ranch House and Milt's Stage Shop, the 25th Annual Art Auction will be held for the first time at the Southern Utah Museum of Art. The new location invites guests to mingle and enjoy artwork in the space they helped build and continue to support. SUMA's galleries also allows for more guests to attend the event and creates the opportunity to truly showcase each artists' work.

Michael Bahr, education director at Utah Shakespeare Festival, will return as this year's emcee along with Scott Burns. The live auction will feature a wide variety of media including paintings, photographs, ceramics, fused glass and sculptures. Proceeds from the evening will go toward SUMA's upcoming summer and fall exhibitions, which will be announced publicly for the first time at the auction.

"The Art Auction is more than a fundraiser for SUMA. The money raised during the event allows us to bring a rich collective of nationally and internationally recognized artists to the southern Utah community," said Jessica Farling, director/curator of SUMA. "The Art Auction supports new exhibitions that will share the beauty and history of the region, boost tourism through cultural connections and present new and diverse perspectives."

The evening's festivities will begin at 5 p.m. with a social hour on the Sam and Diane Stewart Family Foundation Plaza just outside SUMA's front doors, with live music by Wilhelm, a local gypsy jazz band. Guests will be invited to enjoy drinks and hors d'oeuvres while perusing the artwork in the live auction before it begins at 6 p.m. The main gallery space will be transformed into a lively yet casual atmosphere with music by Mountaintop Sound and a legacy installation honoring past recipients of the LaRae King Friend of Art Award.

New this year, guests will have the opportunity to bid on different artistic experiences and workshops, in addition to works of art, in the silent auction. These packages will

range from a private glass fusion workshop with Carrie Trenholm to a guided hike through Zion National Park with Michael Plyler.

The Art Auction features more work from local and regional artists than in previous years. This year's participating artists include: Arlene Braithwaite, Royden Card, Jenny Christiansen, Megumi Dold, TJ Eisenhart, Jeremy I Fagergren, Nick Froyd, Richard Hardin, Susan Harris, Willamarie Huelskamp, Brad Holt, Brian Hoover, Mary Jabens, Roland Lee, Glen

SUSAN HARRIS
Gastropod
Teapot, circa
2007
Stoneware
(Ceramic),
Soda-Fired,
9" x 7.5" x 5.25"



IMAGES COURTESY OF SUMA

Lyman, Andrew Kent-Marvick, Marta Mitchell, Valerie Orlemann, David Pettit, Micah Player, Michael Plyler, Ron Rencher, Debbie Robb, Mike Ryan, Tatiana Roulin, Kate Starling, Anne Steinhauer, Carol Stenger, Anna Tillet, Carrie Trenholm, Kim Twitchell, Robyn Twitchell, Katharine Villard, Diane Walsh, Mona Woolsey, Russell Wrangle, and Steve Yates. Additional auction items are provided by Art Works Gallery in Cedar City and Thunderbird Foundation in Mount Carmel Junction.

Join the Southern Utah Museum of Art as they celebrate and support the visual arts in southern Utah. Tickets are \$50 for Friends of SUMA members and \$60 for not-yet members. Registration is available online through Eventbrite, or by going to SUMA's website at go.suu.edu/artauction. The 25th Annual Art Auction would not be possible without the generous support from Zions Bank; Rainbow Sign and Design; Artisans Art Gallery; and Ripple Effect.



ARLENE BRAITHWAITE
Ponderosa
Silhouette, 2017
Pastel, 18" x 18"



MICHAEL PLYLER
Two Textures, 1997 Color Photographic Diptych, 23" x 28"



**THE MUSIC OF
Andrew Lloyd Webber**

Performed by the SUU Opera Theatre and the SUU Orchestra
March 26-29, 2019 at the Heritage Theatre at 7:30 p.m.

Sheep to Shawl Festival – business as ewe-sual

by Shary **BARUFFI**

IRON COUNTY TODAY

This year's Sheep to Shawl Festival offered visitors the chance to explore up close the step-by-step process of taking a sheep's wool to create sweaters and other textiles.

"The main purpose of Sheep to Shawl is to show people what it takes to get your clothes to you and to represent what a large part sheep play in Iron County's history," explained Amy Howe, a park ranger aid at the Frontier Homestead Museum.

The Sagebrush Fiber Artisans, a group of women dedicated to teaching the community about these textile arts, helped to demonstrate the dyeing, spinning and knitting processes associated with the sheep's wool as part of the living history behind the festival.

The first step in this process is shearing the sheep, as Ben Harris demonstrated in front of a live audience by shearing a large ram named Dash. Most sheep are sheared once per year, usually in the spring before they begin lambing season. Shearing the heavy wool allows for an easier and safer birthing season and also helps make the sheep more mobile.

In addition to shearing, other demonstrations included the washing, carding, dyeing, spinning, and knitting of the wool. The wool dyeing process



PHOTOS BY COREY BAUMGARTNER

VISITORS EXPERIENCE THE STORY of wool up close during the Sheep to Shawl Festival.

was demonstrated by using Kool-Aid packets and hot water. Before Kool-Aid existed, people used natural dyes found in onion skins, turmeric, sage, and many other ingredients to create vibrant colors.

The carding process involves brushing wool fibers to organize them and remove any debris left over from washing. It creates a web of fibers

that can be arranged to create yarn for knitting. Wool that is unusable for textiles can be used as fire-starters, or to stuff dolls and pillows, etc. Very little is ever wasted.

The yearly Sheep to Shawl Festival is an informative journey that beautifully exhibits the art of weaving together the events that take place to create our clothing and other textile arts.

Zion Trio commemorates National Park's 100th Anniversary

by Ashley H. **POLLOCK**

SUU COLLEGE OF PERFORMING & VISUAL ARTS

Southern Utah University, Cedar City, Utah: SUU's Department of Music will host the Zion Trio on Friday, March 22, 2019, at 7:30 p.m. in the Thorley Recital Hall of SUU's Music Building. Zion Trio includes Dr. Paul Abegg, violin; Dr. Ka-Wai Yu, cello; and Dr. Christian Bohnenstengel, piano. They will perform music by Ludwig van Beethoven and Paul Schoenfield. This concert is free and open to the public.

Violinist Dr. Paul Abegg is Professor of Music at Dixie State University. He is the Director of String Studies and conducts the Dixie State Symphony Orchestra (DSSO). As a soloist he has performed throughout the United States as well as in Japan, Brazil, France, England, and Malaysia. His Chamber music experience includes studies at Kneisel Hall (ME), and performances with the Colson String Ensemble in France. Dr. Abegg has recorded extensively for film and television scores. He has performed with Celtic Woman, Mannheim Steamroller, Donny Osmond, Peter Cetera, Natalie Cole, and Marvin Hamlisch and

classical artists which include Audra McDonald, Leon Fleisher, Marilyn Horne, Peter Serkin, Ellen Zwilich, Frederica von Stade, Mark O'Connor, Peter Schickele, Elmar Oliveira, Kathleen Battle, and Gil Shaham.

Dr. Ka-Wai Yu is Assistant Professor of Music at Dixie State University, where he teaches cello and string chamber music. He previously taught at Eastern Illinois University and Indiana Wesleyan University. Dr. Yu has given master classes in numerous universities and institutions in North

America and Asia. He has taught in music camps and workshops in Illinois, Georgia and Michigan, as well as in Hong Kong, among them the Blue Lake Fine Arts Camp. Currently the Principal Cellist of Southwest Symphony Orchestra, Dr. Yu has performed at major concert halls in Canada, China, Japan, Singapore, South Korea, Taiwan, and the United States. Dr. Yu obtained his Doctor of Musical Arts degree from the University of Illinois, Urbana-Champaign. He also holds a Master of Music in Cello Performance from

the Indiana University Jacobs School of Music and a Bachelor of Arts in Music with first-class honors from the Chinese University of Hong Kong.

Dr. Christian Bohnenstengel was recently featured as soloist in Rachmaninoff's Rhapsody on a Theme of Paganini with the Orchestra of Southern Utah. Praised as "...a master of contrasts..." (Aalener Nachrichten) and for his ability to "...put the audience into a state of sheer awe..." (Gmünder Tagespost), his performances have taken him all over the world. Bohnenstengel has performed on public radio and presented at state, regional, national and international conferences. He received his Bachelor of Arts degree from Missouri Western State University. He earned Master of Music and Doctor of Musical Arts degrees from the University of Nebraska-Lincoln. He has been Director of Keyboard Studies at SUU for over eight years.

Commemorate the 100th anniversary of Zion National Park with this concert by the Zion Trio. For more information about the Department of Music at SUU, please visit www.suu.edu/pva/music.



COURTESY PHOTO

14 Calendar
15 People
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20 Faith
21 Obituaries

Life

COMMUNITY &
PERSONAL INTEREST
IN IRON COUNTY

Family-Focused FITNESS CENTER Opens in Cedar

by Kelsey **KEENER**

IRON COUNTY TODAY

Terral and Mary Fox recently opened Origins Family Fitness to provide a place for families and community members to come together and learn about movement.

When Bushido – Parkour Ninja Fitness announced it would be closing its location in Cedar City, the couple began considering buying that business. During the process of figuring out whether that would be possible, they developed an idea of something else they felt the community needed.

“We wanted a family-friendly place that had lots of different options available for people to experience,”

said Mary Fox. “And things that could teach people how to live healthier lifestyles and widen their movement vocabulary and help

them to have fun together and grow relationships instead of families scattering in all different directions.”

Terral Fox said he has been interested in parkour for several years, and the couple has also been interested in proper alignment and the body’s natural movements in part due to their other business, Unshoes.

“We have a slightly different philosophy around fitness and a workout,” Terral Fox said. “What we’re looking to give people is movement. We look at movement like nutrition and a lot of people are lacking movement in their daily lives.”

Origins Family Fitness offers martial arts, yoga, parkour classes and open gym times for community members to use the equipment available. There will soon be aerial silks classes available as well.

Mary Fox said they hope to create a culture of togetherness.

“It’s really a culture that we are striving to create,” she said. “A culture of inclusiveness and of learning and supporting each other and of growing relationships. That’s a lot of what’s important to us is having a place where families can come together and grow their relationships and because so often, we’re going our separate ways and so this is a place where people can come together and learn.”

**MADELINE
SIMMERMAN**
demonstrating
poses on the
aerial silks.



TERRAL AND MARY FOX, owners of Origins Family Fitness

PHOTOS BY KELSEY KEENER

CALENDAR

WEDNESDAY, MARCH 20

CEDAR CITY COUNCIL, 5:30 p.m., City Hall.

WW - WEIGHTWATCHERS REIMAGINED! Get guidance and in-person motivation from members, trained guides and wellness 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.

TAE KWON DO CLASS, to benefit the Canyon Creek Women's Crisis Center, 7 to 8:30 p.m., Cedar Aquatic Center, \$25 per month, ages 5 and up, 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.

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

THURSDAY, MARCH 21

NAMI BRIDGES & FAMILY TO FAMILY CLASSES (FREE). 7 P.M., Southwest Behavioral Health Center, 245 East 680 South, Cedar City. To enroll, call Robert (435) 590-7749 or Rosie (435) 590-0880.

CEDAR CHEST QUILTERS GUILD, 10 a.m., Cedar City Senior Center, 489 East 200 South.

COLOR COUNTRY COMMUNICATORS, Cedar City Toastmasters, 7 a.m., 86 W. University Blvd. Find your voice. Shape your future. Be the leader and speaker you want to be.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Dept., 260 E. DL Sargent Drive, Cedar City. Call 435-586-2437 with questions.

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

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

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

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

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

FRIDAY, MARCH 22

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.

SATURDAY, MARCH 23

IRON COUNTY DEMOCRATIC CONVENTION, - 11 A.M. to 1 P.M., Cedar Middle School. For more information call Brittanie, 435-327-2745

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.

SUNDAY, MARCH 24

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.

MONDAY, MARCH 25

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.

IRON COUNTY COMMISSION, 9 a.m., commission chambers, Parowan.

TUESDAY, MARCH 26

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

STORY TIME AT THE FRONTIER HOMESTEAD STATE PARK, 10 a.m., an opportunity for preschool children to learn about the past through stories and history-related activities, story time is free thanks to the support of the Cedar City-Brian Head Tourism Bureau.

CEDAR CITY ROTARY CLUB WEEKLY MEETING, 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.

CALENDAR

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

ALCOHOLICS ANONYMOUS, 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.

THE WELLNESS PLACE - 11:00 A.M., Body Systems - 7:00 P.M. How to Use Essential Oils, 583 S Main, Suite #5, 435-592-5308

CEDAR CITY LION'S CLUB, Southwest Tech, 757 W. 800 South, Cedar City. For more information, visit www.lionsclubs.org.

WEDNESDAY, MARCH 27

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

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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.

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PEOPLE

1ST BIRTHDAY

Christian Williams Hansen

Christian Williams Hansen, son of Zachary and McCall Hansen of Cedar City, celebrated his first birthday on January 22, 2019. His family, including siblings, Claire and Thomas, celebrated with a Winter ONEderland theme. His grandparents are Roland and Julie Williams of Cedar City, and Noal and Debbie Hansen of Kanab. His great grandparents are Sheridan and Annette Hansen of Cedar City, Bruce Hansen of Kanab, and Noal and Joan Ainsworth of Sandy. Christian is a happy boy with a mouth full of teeth (16). He likes to be where the action is and loves to play peek-a-boo.



BIRTH

Waylon Charles Eastmond

Waylon Charles Eastmond was born December 4, 2018, at 6:27 a.m. to Tyler and Amanda

Eastmond of Gilbert, Arizona. Waylon weighed 7 pounds 8 ounces and was 19.5 inches. Grandparents are Mark and Becky Eastmond of Lehi, Utah, and Mike and Beejay White of Cedar City, Utah.

89TH BIRTHDAY

Zoe Aldrich

Birthday March 25th. Happy 89th Birthday to a wonderful wife, mom, grandma and great grandma! Love from your family, Mel (husband), Children; Dan (Karen), John (Donna), Debbie (John), Grandchildren; Dena (Mike), Mika, Tom (Becky), Christina (Jeremy), James (Emily), Joe (Nicki), Great Grandchildren; Madison, Collins, Natalie, Milla, Cate, Johnathon, Liam, Jameson and Grace.



Have a People Announcement?

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

Please call 435-867-1865 ext. 5 for pricing for all other announcements.

Spring cleaning cringe

Spring has finally sprung and the long awaited, or dreaded, spring cleaning can commence! It's time to tackle those daunting tasks that have been haunting us all winter! Yes, we cringe from our couches knowing that perhaps we can no longer spare the spurs. But why do we dread it? Because there's so much to do and so little time to do it? Probably both. However, once the terrorizing tasks are completed, there are renewed feelings of energy and life again...at least until the clutter begins its quest to re-claim our lives, but that's another rut for down the road.

For many, spring has become the designated springboard that inspires, or spurs us into annual action. It's like making New Year's resolutions except now, instead of making new goals, we're cultivating the soil to plant our seeds of good intentions in. Thus, cleaning not just organizing, provides a better environment to live, love and grow in.

When we live in a clean home it affects our hearths and our health. More importantly, it affects our heart's health. When things are unclean it's difficult to feel peace, rest, or to resist despair. We can feel so bogged down and become acclimated to so many seasons of accumulated clutter that we feel we will wither rather than withstand the weather before



The Rut LESS TRAVELED

by Corey BAUMGARTNER

IRON COUNTY TODAY

spring arrives. We don't even know where to begin discarding the debris from so many woeful winters. Nevertheless, where there's a winter, believe that spring will always follow.

It's time to let the sun shine back into our homes and our hearts. It's time to clear away the cobwebs clinging to our consciences and tell the soot to scoot from our senses as we melt away the frost from our faith and let our beauty and strength be warmed and reborn. For as spring is the awakening and renewal of nature's life, it can be the awakening and true renewal of our lives. Spring has the power to drive away winter's cold doldrums and lift its snowy veil, revealing the beauty beneath as the sun's tender kiss renews its vow towards all life, including yours.

This remarkable revival also gives the seeds that have waited within the dark earth for so long the power to finally break free from their terrestrial restraints. It will also give new life to your seeds. What seeds need to be freed in your life? How many winters have you been waiting for your seeds of peace and happiness to break through the soil of your soul? What hearths in your home and vows in your heart need renewal and reinforcement?

You don't have to wait until spring to spring into action. If you keep waiting, you may find yourself overwhelmed, overrun and overburdened. If you will make spring cleaning more than a once-a-year ritual, you will have a richer life and your home and heart will be a wellspring of peace, energy and enjoyment for everyone, all year long.

Local veterans honored by *Quilts of Valor*

Four local veterans were honored by the Quilts of Valor on March 12th, during the monthly veteran's coalition meeting.

Crystal Farinella, Utah State Coordinator for Quilts of Valor, presented Major Alvin (Jack) Dillon (Army Air Corps), Captain Ron Lewis (Navy), Dennis Gaede (Marines), and Keith Owen (Army), with their own quilts in honor of their service and devotion in serving our nation.

What began as a mother's desires for comfort while her son was serving in the military, became a vision and now a tradition that honors veterans. Created from beautifully patterned blocks of material, sent in by people from all across the United States, each of the volunteer made quilts represents a big hug from a grateful nation. Since the first quilt was awarded in 2003, over 200,000 quilts have been awarded to veterans.

The mission of Quilts of Valor is to cover service members and veterans touched by war with



(L TO R) Keith Owen (Army), Dennis Gaede (Marines), Captain Ron Lewis (Navy), Major Alvin (Jack) Dillon (Army Air Corps), and Crystal Farinella (QOV)

COREY BAUMGARTNER

comforting and healing quilts. Each quilt carries a 3-part message. First, it is to give honor for their willingness to lay down their lives

for our country. Second, to give thanks for their service, sacrifice and valor. Third, to help provide healing, peace and comfort.

To learn more about Quilts of Valor and to nominate a veteran for this award, visit www.QOVF.org

DENTAL IMPLANTS

\$1400 Per Tooth
fee includes implant, abutment & crown

Crowns \$475

Most Dental Insurance
Plans Accepted

High Quality • Affordable Dentistry

\$35 New Patient Spe-
Exam • Xray • Cleaning
(for patients with no dental insurance)

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SCHOOLS

Cedar High to host Autism conference

by Kelsey **KEENER**

IRON COUNTY TODAY

The Southern Utah Annual Autism Conference will be held Saturday, March 30, at Cedar High School.

Registration for the conference is currently open, and the cost is \$25 per person or \$20 for school district employees.

Breakfast will be served at 8:15 a.m. and the conference will run from 9 a.m. to 4 p.m., with lunch included. Childcare will also be provided. It is asked that those seeking childcare during the conference to call 435-

586-0791 one week in advance.

There will be speakers and different sessions covering topics such as transitioning and meltdowns; bullying; autism in adulthood; video assisted learning; navigating the law; medical and dental exams and social skills.

Organizations involved in hosting the conference include the Southwest Educational Development Center, the Southern Utah Autism Support Group, the Utah State Board of Education and the Family Support Center.

To register for the conference, visit www.sedck12.org.

Longest standing Utah University President focuses on innovation

by Rachelle **HUGHES**

FOR IRON COUNTY TODAY

CEDAR CITY — As the longest standing university president in the Utah System for Higher Education, Southern Utah University President Scott L Wyatt is driven to improve the student experience through innovative programs, growth and reputation. As Wyatt finishes another legislative session advocating for higher education in Utah, his administrative leadership reflects on SUU's progress and what the future holds for the institution.

In the five years Wyatt has served as SUU's president, the school has added several new degree programs, developed unique partnerships, increased online offerings, received numerous accolades and created exciting initiatives that put the student experience first. Along with these achievements, for the past four years SUU has seen consistent steady growth increasing



the student population by 34% from 2014. SUU also has a 73% retention rate, which is a 9% increase in three years and the second highest retention rate for public schools in Utah.

"Everything we have been doing has been about improving the experience for the student and increasing the quality of their diploma," said Wyatt.

Upon arriving to SUU in January 2014, President Wyatt spent his first 100-days on a listening tour. With more than 340 meetings, he sat down with students, faculty, staff, alumni, community members and government officials in order to learn what was at the heart of the school. "It's not about my vision or my ideas to make this a better place," said Wyatt.

"It's about helping to facilitate a conversation and then together coming up with a refinement of the vision."

President Wyatt hasn't stopped listening and has established his presidency on a foundation of

see **WYATT** » 23

ICSD News Nuggets

from Le Ann **WOOLSTENHULME**

IRON COUNTY SCHOOL DISTRICT

Three Peaks Elementary

Three Peaks Elementary held their annual 4th grade Calculator Challenge last week. The following winners will represent our school at the district challenge on March 29: 1st place- Cole Pace, 2nd place- Daya Stevens, and 3rd place- Bridger Laird. Congratulations! Thank you to our marvelous 4th grade teachers who prepared all students for this challenge- Stacie Marriott, Brenda Roundy, McKaylie Ruhr, and Cassie Walker. The Three Peaks Elementary STEM Festival is in full swing this week with the culminating activity happening on Friday, March 22, for the parents to view class and individual projects in the classrooms. 3rd-5th projects will be set up and ready for viewing from 2:30-3:00 pm and K-2nd projects will be shared from 3-3:30 pm. Morning Kindergarten will display projects from 11:10-11:40 am.



Enoch Elementary

Enoch Elementary fourth grade students attended the Water Fair at the Heritage Center Festival Hall, 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. 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.



Escalante Valley

Our Escalante Valley Elementary Mustang STRONG Assembly scheduled for Friday, March 15th, was changed to Friday, March 22nd at 2pm. The 2nd grade will perform a song on friendship, and student awards will be handed out for 3rd Quarter Perfect Attendance, Reading, Nobility, & Kindness.

Escalante Valley's Community Council meeting will be held at 1:00 pm in the library, on Wednesday, March 20th.

SUU Pre-school

NOW ENROLLING FOR THE FALL!

- Utah Early-childhood Licensed Teachers
- Early-childhood Utah Curriculum
- Morning Classes (five days a week)
- Afternoon Classes (four days a week)

For more information and registration please visit:
www.suu.edu/ed/preschool
Contact us at: 435-586-5471



SUU Pre-school | 123 South 300 West, Cedar City

New springtime classes at SUU Community Education

by Haven **SCOTT**

FOR IRON COUNTY TODAY



IN A COMMUNITY SURVEY, love to learn, affordable, and meeting new people were the top reasons locals gave for taking a SUU Community Education class.



LEARN TO CONTROL YOUR DOG'S BEHAVIOR using a clicker at SUU Community Education this spring.



COMMUNITY EDUCATION CLASSES at Southern Utah University are designed to bring social, fun, and affordable education experiences for community members.

PHOTOS COURTESY OF SUU COMMUNITY EDUCATION

The weather is turning warmer and the fog of winter is lifting day by day — so the question is, what are you doing with your free time this spring? Join more than 350 community members already signed up for fun, affordable community classes in 2019.

Spend time with a loved one, learn some new hiking trails, or spruce up your property with instruction from professionals who love to share their passions. Classes starting in March include two options for those wanting to spend more time outdoors with their canine friends.

SUU Community Education instructor Gail Workman has been teaching others how to improve their dog's behavior for more than thirty years. Her community education class, Positive Dog Training, will teach participants dog training methods using a clicker.

Also new this spring, Adventure Hiking: Paws and Pathways is a class for those who love to hike with their furry companions. Participants will explore and learn all about southern Utah's ecosystems in three Saturday hikes covering desert, alpine and sagebrush landscapes near St. George, Cedar City, and Brian Head. A dog is not required to take part in these educational excursions. But, for those who wish, one leashed canine per participant is allowed.

"The community provided us with great survey feedback," said SUU Community Education Executive Director Melynda Thorpe. "In response, a lot of our new courses for 2019 were created for people to take a class with their

spouse, child, friend, or another loved one."

Two new classes for homeowners looking to spruce up their properties this spring are also available for registration. Landscaping with Native Plants is a class that makes sense for today's homeowner due to their ability to adapt to So. Utah's climate, low maintenance, and low requirements for water, fertilizer, and pruning. Native plants are also more resistant to diseases and pests.

Also, Fire-Wise Landscape will teach homeowners how to make their home safer during wildfire season. Participants will also work with the instructor to develop a personal safety plan for their property to be prepared in the event of a fire.

"Native plants are important in Utah because this state is part of a fire-adapted ecosystem — which means that fires happen here on a regular basis," said SUU Community Education instructor Dr. Jackie Grant. "Although we often overlook them, native plants provide the groundwork for what makes this state so special."

For those that love art, learn to create a succulent living wreath, make tiles using the new rage, alcohol ink painting, or learn the art of acrylic pouring in three new art classes. Bring a friend or family member for double the fun and creative learning experience.

For more information on these or any of the 50 new courses for spring 2019, visit suu.edu/wise, call (435) 865-8259, or stop by the SUU Office of Community and Academic Enrichment at 136 W. University Blvd, Suite 003, in Cedar City, for help registering.

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Taste, tradition at Brody's Mexican Restaurant

by Dawn M. AERTS

IRON COUNTY TODAY

The dream began with a small taco stand in Minersville.

It was Abimael and Pilar Garcia who decided to open a kitchen and food stand serving Mexico's favorite dishes in the business they named for their little son, Brody. According to Garcia, 2009 was also their first step to 'living the American Dream.'

"My parents immigrated to Chicago from Guerrero, Mexico, in the 1990's, while Pilar grew up in Morelos State, near Cuernavaca," said Garcia of the couple's marriage and an eventual move from Indiana to Cedar City. "My wife knew all of these dishes; the traditional recipes she had watched and helped her mother prepare at home."

Morelos is a region known for its sugar cane industry, corn, beans, bananas, a variety of fruits and vegetables and well known for regional dishes like Pozole -- the hearty soups and stews that use a mix of meats, chilis, garlic, avocado, salsa and lime, among others.

On any given morning, you will find Pilar and kitchen help preparing dishes for the local patrons who have come to know the familiar flavors: the aroma of simmering chili peppers; sizzling fajitas, enchilada sauce and the rustic-diner that brings modern interpretation to the classic taste of Mexico.

They opened the doors of Brody's in 2013.

Here you will find the 'signature' dishes diners have come to expect: their Molcajete (volcano-inspired) stew (with shrimp and meats) artfully presented in a stone mortar and flame pestle bowl. Or the exotic fusion of vegetables and meats served in the half-pineapple bowl for fajitas.

The prickly-pear cactus is also artfully introduced into various recipes.

At Brody's, Garcia often reflects on how this opportunity began and the people who believed in their vision to create something special for diners. "Each day we are thankful for this place. It's our goal to present freshly-made food, authentic recipes, along with traditional Mexican hospitality," he shared.

While there are thousands of similar restaurants in towns across the U.S., Garcia is keenly focused on providing the best of possible

family-dining experience. "In the early years, we would sometimes host people at our home in Minersville, and they really enjoyed the traditional food," said Garcia.

It was his neighbors and friends who encouraged them to find the right dining location in Cedar City, and Garcia's early work at Denny's in Indiana that gave him hands-on experience -- from dishwasher and server, to host and manager.

But it is his wife's cooking talent that takes the Brody's menu and signature dishes to the next level.

The atmosphere at Brody's is a mix of traditional-rustic décor with wooden booths, a salsa-bar and hand-built fixtures, tables and chairs with a mounted image of the new Temple in Cedar City that he wanted to highlight for the community.

"Over the past few years, we have worked to improve the dining experience," said Garcia of building renovations with dining room space increasing from 2,000 to 3,000 SF; including upgraded kitchen equipment and added seating.

According to Garcia, the American experience is unique -- a place where you can become what you want by having the opportunities to prosper. "We're always looking for new ways to present dishes but keeping the traditional ingredients that people have come to enjoy."

Brody's offers a full complement of familiar menu options: carne asada, stuffed burritos and handmade corn or flour tortillas, to the popular street-tacos and made-from-scratch enchilada and other salsa-based sauces -- 'signature plates' are prepared as traditional recipes with a modern twist.

"The important thing is to give diners an excellent experience," said Garcia of the restaurant, "And we're thankful to the people of Minersville and Cedar City who helped us achieve the American dream."

Diner's Note: At Brody's you will find a fusion of Mexico's best recipes, offering tasteful blends of vegetables, meats, shrimp with entree's meant to impress. Diners will enjoy hand-made tortillas, (corn pozole) sautéed cactus, Oaxaca (Mexican cheese blends) with tasty ingredients at the salsa bar and on the side with fresh cilantro, guacamole, and garnishments. Specialties: the Molcajete (volcano), Pineapple Fajitas; and street tacos, with lunch and dinner menu (some American choices) priced for family dining.



PILAR, SON BRODY, AND AL GARCIA turned their first kitchen and Minersville neighborhood taco stand into the 'dream' they named, Brody's Mexican Restaurant; which opened its doors in 2013. For information on menu, and hours go to brodysmexican.com

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Humor writing for dummies

I'm sometimes asked how I consistently come up with funny column ideas. I laugh breezily, toss my hair and say, "It's so easy. I sit down to write and it just pours out of me like warm chocolate syrup." Of course, that's a blatant lie. Writing's like pulling out my own molars.

I don't consistently write funny. I often write pure garbage; you just don't get to see it. And sometimes what I think is hilarious, isn't received well at all. (Offending topics include: gluten, dentists, graffiti and child labor.)

I look at the funny side of life. It's much happier there. But sitting down to write can be excruciating. Sometimes an idea just works. Other times (most of the time), the path from brain to published column is fraught with mind traps and self-doubt. My writing process goes like this:

Deadline: I've just submitted my hilarious column to the editor. I vow to work on my next one right away!

Three weeks later: I've written no column. I have no ideas. All is darkness. I've used all my funny lines. I'll never write again.

Four days before deadline: I need to write something!

Two days before deadline (at 2 a.m.): I just thought of something funny!

Day of deadline: Complete column. Send it to editor. Vow to work on the next column immediately.

Repeat for 15 years.

There are lots of ways to get funny inspiration.

Get out of bed.

Humans are insane, and by observing them you'll get tons of humor writing ideas. Watch people at the mall. Watch people at church. Watch people in stressful situations. Eavesdrop. Read the headlines. Comic gold!

Exaggerate.

Hyperbole is a humor writer's greatest tool in the known (and unknown) universe. You didn't just fall down the stairs; you slipped on a sock and bounced down the stairs, hitting each step with your elbow, head and hip twice before falling to the next step. It took 15 minutes to reach the bottom of the stairs.

Read humor.

David Sedaris, Mark Twain, Nora Ephron and Tina Fey are some of my favorites. The idea is not to plagiarize their writing (illegal) but to study the flow of humor (totally legal). What words make you laugh? (Shenanigans, bloviate, canoodle.) What phrases make you burn with jealousy that you didn't think of them first? (Most of them.)

Find the serious.

Somber people almost write comedy for you. When you run into someone who's all "Harrumph, harrumph. I'm an important grown up," you've struck a comedic motherlode. Look back on all the stuffy authority figures in your life; could be your parents, could be your algebra teacher or your precocious cousin who graduated from high school at 8 years old. People who take themselves seriously are

super easy to satirize and/or lampoon. (Thank you, Prez Trump.)

Do things that make you laugh.

It's hard to write comedy when you're crying into your big pillow every afternoon. Go to funny movies, hang out with funny people, try stand-up, tell knock-knock jokes at work until your co-workers poison your tea. Laugh out loud. Snort. Giggle. Guffaw.

Write.

If you don't put your arse in a chair and write, your humor-writing career will never take off. Write something every day. Compose a funny book or movie review. Write a description of your grandpa's Edsel. Describe how to make dinner while holding a toddler.

Then one day, when someone asks you how you come up with such funny ideas, you can toss your hair and say, "It just drips out of me like melted butter." Well, don't say that. Say something funny.

FAITH

Connecting divine dots

Do the scriptures really contain the words of life? Can they really bless us beyond the pews and pulpits? Is the Bible just a bunch of clever quotes and dramatic bedtime stories? Well, let's go sit on God's porch and read it together, with Him, and find out.

Whether you've read the Bible a hundred times or are just beginning your biblical journey, as you read and live its teachings, you will know for yourself whether it is just stories or something more meaningful and powerful for your life. If you seek Him, you will find Him. (Luke 11:9)

Why did God give us scriptures? Because no matter who or where we are in life, we can use them for instruction, direction and even protection...if we read them. As we journey from cover to cover we will discover divine connect-the-dot pictures. Through each divine dot that we connect, we will discover precious patterns of power and peace that can be woven into our lives.

I have discovered many beautiful masterpieces of peace and power as I have sojourned through the Bible. I have learned

I have discovered many beautiful masterpieces of peace and power as I have sojourned through the Bible.



GOD'S
Porch

by Corey BAUMGARTNER

IRON COUNTY TODAY



Life &
LAUGHTER

by Peri KINDER

COLUMNIST

OBITUARIES

Rebecca Sego Murdock



Rebecca Sego Murdock, wife of Dane Murdock, passed away March 2, 2019, in Spanish Fork, Utah. She is the daughter-in-law of Jim and Connie Murdock of Cedar City, Utah.

Adlia Donald Wood



Adlia Donald Wood, age 88, passed away on March 14, 2019, at his home in Parowan, Utah. He was born April 9, 1930, in Kanarrville, Utah, to Jewett and Eva Wood. He grew up in Southern Utah and married Joyce Marie Warner on July 18, 1948, in Parowan, Utah.

Adlia was a High Priest in the Church of Jesus Christ of Latter-day Saints. He enjoyed being a Scout Leader, rock hounding, golfing, hunting, and most of all, fishing.

Adlia is survived by his spouse,

Joyce Marie Wood; daughter, Bonnie (Richard) Lockwood; son, Dennis Wood; 9 grandchildren, 20 great grandchildren, and 8 ¼ great-great grandchildren. He is preceded in death by his daughters, Connie Fox and Hollie Tilley; his parents, Jewett and Eva Wood; his sisters, Virginia Mahoney, Della Wood, Shirley (Arthur) Finch, Dixie (Ferris) Evans, Ila (Arrol) Taylor, Iris (Lewis) Dalton; and brothers, Clinton Wood and Forrest (Beverly) Wood.

Graveside services were held on Tuesday, March 19, 2019, at 2:00 pm in the Parowan City Cemetery. A viewing was also held on Tuesday, March 19 from 12:00 pm - 1:30 pm at the Southern Utah Mortuary (15 E 100 N, Parowan, UT). Interment was under the direction of the Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.com.

WYATT

« CONTINUED FROM PAGE 19

collaboration and shared ideals.

For Wyatt, building a strong leadership team who share the same vision and passion for education has been one of the keys to success.

"President Wyatt knows how to pick effective leaders and then let them do their jobs," said SUU General Counsel Ann Marie McIlff Allen.

With a strong and supportive team, Wyatt quickly established a strategic direction for the university, one that focuses on growth, reputation, retention and innovative programming.

"As an administration, we are committed to quality. I believe the administration has worked together to grow in a smart,

sensible way," said Marvin Dodge, SUU vice president of finance and administration.

"I think that the greatest achievements under President Wyatt have had to do with student persistence and success," said Steve Meredith, SUU assistant to the president for planning/institutional effectiveness. "For example, our focus on retention and graduation has raised SUU to the upper end, statistically speaking, of comparable sister institutions. As size increases, there is a real fear that quality goes down. But in fact, under President Wyatt, we have seen significant increases in both areas, and I think that this speaks to his focus on what is in the best interest of students."

President Wyatt looked beyond just the numbers when framing the university's

growth goals. SUU Provost Brad Cook said, "As we've grown, the admission scores of our students have climbed. We not only have more students, we have better students. SUU continues to climb in national rankings in all sorts of ways."

Innovation and improving the student experience is the driving influence of Wyatt's strategic vision. By implementing programs and partnerships such as the historic Dual Enrollment program with Southwest Technical College, the Jumpstart program, completing several new buildings, and increased online course offerings, Wyatt continues to challenge the status quo of higher education.

Read entire story at
ironcountytoday.com

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SCORES & RECAPS
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IN IRON COUNTY

Sports

SUU accepts bid to CollegeInsider.com postseason hoops tournament

by Bryson **LESTER**

SUU ATHLETICS STRATEGIC COMMUNICATION

CEDAR CITY — The Thunderbird men's basketball team has accepted an invitation to participate in the 2019 CollegeInsider.com Postseason Tournament, better known as the CIT. The T-Birds will also be hosting at least one contest inside the America First Event Center.

The opponent, date and time of SUU's first contest in Cedar City is still to be determined.

"We are thrilled to accept this postseason invitation," SUU head coach Todd Simon said. "This milestone accomplishment is a tribute to the hard work of our players, staff and administration. We look forward to making a run in the CIT and continuing to progress our program to a championship level."

This is only Southern Utah's second-ever postseason appearance along with the team's trip to the NCAA Tournament in 2001. That means in 31 seasons as a DI this Thunderbird team is only the second to appear in the postseason.

To put it simply, the Thunderbirds are coming off one of the best seasons in the history of the program. The T-Birds wrapped up the Big Sky Conference Tournament in the Semifinals with an overall record of 16-16. SUU won 10 games at home in Cedar City, and totaled the second-highest

number of wins in the DI era.

For the second season in a row the T-Birds made it to the Semifinals of the Big Sky Conference Tournament, giving Simon five total victories in the league tournament as the head coach of the T-Birds.

"This...is a tribute to the hard work of our players"

» **Todd Simon,**
SUU head coach



SUU'S JACOB CALLOWAY leads a fast break against the Eastern Washington Eagles.

COURTESY OF SUU

CV's Lowry signs with Northwest JC wrestling

by Tom **ZULEWSKI**

IRON COUNTY TODAY



TOM ZULEWSKI

CANYON VIEW WRESTLER BRADY LOWRY signs his letter of intent March 14 to wrestle for Northwest College in Wyoming as his father and head coach Dallas Lowry looks on.

Brady Lowry knew good things were about to happen when he visited Northwest College in Wyoming. Once he met the head coach at the school and visited the campus, the connection took off faster than a takedown move.

With two state titles in his final three seasons and a runner-up effort in the other, the Canyon View senior wrestler saw the fruits of his hard work come to life when he signed a National Letter of Intent on March 14, to wrestle for the Wyoming school.

Lowry finished his senior season with his second title, this one at 152 pounds, by compiling a 57-1 record and posting all of his victories by pins which

didn't come later than the second round.

"I really like the coach. He flew me up to the campus and we really connected," Lowry said. "He had a good plan for me and I thought it was a good fit."

Northwest College is located in Powell, Wyoming, near Yellowstone National Park, and Lowry plans on majoring in something related to wildlife and wildlife conservation. In addition to wrestling, Lowry was a standout two-way threat on the football field, finishing with a team-high 48 catches for 518 yards with two touchdowns. He also added three rushing touchdowns and two more passing as a complement to starting quarterback and fellow senior Colton Shumway.

see **LOWRY** » 26

High School Roundups

Cedar baseball sweeps week

by Tom ZULEWSKI

IRON COUNTY TODAY

The Cedar Redmen had a tough time finding an offensive groove last week as it dropped three of four games at the Donnie Pymm Classic in St. George. The vibe flipped around in a better way for the Redmen one week later as they swept to three wins at the Panther-Tiger Classic.

Cedar started fast with five runs in the first three innings and went on to a 10-3 victory over Sky View in the first game of the day played in Hurricane on March 14. Later, they followed up with a 10-run second inning and beat Highland 11-1 in a game that ended in five innings due to the run rule.

In the win over the Rams, Gavin Imlay went the distance on the mound and got help from junior Andre Castaneda, who doubled and had seven RBIs between both games.

On March 16, the Redmen got by Tooele for a 7-6 win that evened their record at 4-4 on the season. They opened Region 9 play Tuesday with a home game against Hurricane.

Canyon View had snowy weather play havoc with its schedule before it split a pair of games over the

 Cedar
7
 Tooele
6

weekend. On March 12, the Falcons stumbled in an 11-3 loss to Enterprise, falling behind 6-0 early before the Wolves put the win away with five runs in the top of the seventh inning.

CV would fall 6-3 to Roy in the Kent Garrett Sunshine Classic at Dixie High in St. George. The Royals broke a 2-2 tie with four runs in the top of the seventh inning to secure the win.

Colton Shumway homered in the loss for Canyon View.

The Falcons would finish the day with a six-run fourth inning that led to a 7-5 win over Springville. The Red Devils got three runs back in the top of the fifth to close the gap to a run, but CV added insurance with a run in the bottom of the frame.

Canyon View opened Region 9 play with a road game at Pine View on Tuesday.

Cedar, CV stay hot on softball diamond

by Tom ZULEWSKI



IRON COUNTY TODAY

In the middle of its five-game run at the March Warm-Up Classic in St. George, on March 15, the Cedar Lady Reds were behind the Uintah Utes and on the verge of getting run-ruled.

That's when the bats found a groove and the Lady Reds completed an attention-grabbing rally that helped them finish with a perfect trip.

Led by a two-run homer and RBI single from Brittanie Simcox, Cedar scored five runs in the fourth inning and added eight more in the fifth to rally from an 11-0 deficit and beat the Utes 13-12 at the Canyons Complex. Denim Henkel added a sacrifice fly, and pitcher Japrix Weaver drove in two in the fifth with a double.

Simcox's single was added insurance as Uintah got a run back in the top of the sixth on a solo home run. Kenzie

 Canyon View
12
 Payson
4

Waters allowed a base runner in the top of the seventh on an infield hit, but the Lady Reds were able to hang on.

In the other games of March 15, Cedar put up a pair of four-run innings out of the gate and went on to beat Stansbury, 9-4, then finished off the day with a 17-0 shutout in three innings over San Juan highlighted by a 10-run second inning.

The Lady Reds picked up where they left off with two more wins on March 16 to improve to 8-2 on the season. Cedar beat South Summit 15-0 and Boulder City, Nev., 15-5, with both games lasting five innings.

The Lady Reds opened defense of its Region 9 championship Tuesday with a home game against Dixie that was too late for press deadline.

Across town, Canyon View kept its offense in high gear, scoring nine times in the bottom of the sixth inning to come away with a 12-4 home victory over the Payson Lions in its only game of the week March 14 to improve to 6-1 heading into Region 9 play. Taylee Braegger doubled and homered in the win and Camry Higgins added a triple.

The Falcons played a non-region game at Parowan on Monday before traveling to Hurricane for the opener Tuesday.

Scoreboard

SCORES

SUU Big Sky Men's Basketball Tournament

FIRST ROUND

3/13 No. 9 Sacramento State 72,
No. 8 Northern Arizona 60
No. 7 Southern Utah 94,
No. 10 Idaho State 80
No. 6 Montana State 75,
No. 11 Idaho 71

QUARTERFINALS

3/14 No. 1 Montana 79,
No. 9 Sacramento State 73
No. 4 Weber State 81,
No. 5 Portland State 71
No. 7 Southern Utah 83,
No. 2 Northern Colorado 64
No. 3 Eastern Washington 90,
No. 6 Montana State 84

SEMIFINALS

3/15 No. 1 Montana 78,
No. 4 Weber State 49
No. 3 E. Washington 77, No. 7
Southern Utah 61

CHAMPIONSHIP

3/16 No. 1 Montana 68,
No. 3 Eastern Washington 62

SUU Big Sky Women's Basketball Tournament

FIRST ROUND

3/11 No. 8 Northern Arizona 74,
No. 9 Sacramento State 69
No. 10 Southern Utah 64,
No. 7 Montana 56
No. 6 Eastern Washington 81,
No. 11 Weber State 74

QUARTERFINALS

3/12 No. 1 Idaho 90,
No. 8 Northern Arizona 73
No. 4 Portland State 68,
No. 5 Montana State 56
No. 2 Northern Colorado 82,
No. 10 Southern Utah 50
No. 6 Eastern Washington 67,
No. 3 Idaho State 65, OT

SEMIFINALS

3/13 No. 4 Portland State 75,
No. 1 Idaho 59
No. 6 Eastern Washington 59,
No. 2 Northern Colorado 57

CHAMPIONSHIP

3/15 No. 4 Portland State 61,
No. 6 Eastern Washington 59

Falcons, Redmen drop Region 9 soccer openers

by Tom ZULEWSKI

IRON COUNTY TODAY

The Canyon View Falcons narrowly missed making the 4A state playoffs in boys soccer one year ago. As this year's Region 9 season opened last week with new head coach, Dustin Schiabe, CV came up short in

a pair of tight games on the pitch.

Noah Wilkinson scored twice and Dixie netted two second-half goals to pull away for a 3-1 win over the Falcons that spoiled CV's home opener March 12. Chase Hunter scored the lone goal in the second half for Canyon View in the loss.

The Falcons traveled to Pine View

for its first region road matchup March 15 and fell by an identical 3-1 count to the Panthers at Panther Stadium. CV got a first-half goal from Kellen Bowden to help forge a 1-1 tie at halftime, but the host Panthers broke the tie with a pair of tallies over the final 40 minutes to earn the win.

CV took its 0-2 Region 9 record

back home to face Cedar in a game that was too late for press deadline.

The Redmen dropped its region opener March 15 in an 8-0 loss to Snow Canyon. Seven different players scored for the Warriors, who netted four goals in each half.

Cedar has an 0-4 overall record and has been outscored 20-0.

Williams' go-ahead home run gives T-Birds extra inning win

RIVERSIDE, Calif. — The Southern Utah softball team picked up a 4-3 eight-inning victory over Northern Kentucky University Saturday afternoon, thanks to a two-run home run from Hannah Williams that made it 4-2 in the top of the eighth.

Madison Tuft added two more hits to her stellar weekend at the plate finishing the game 2-for-4. She also scored a run. Her current hitting streak has been extended to eight games and her current on base streak has been extended to 12 games. Mikelle Magalogo also had two hits in the win extending her hitting streak to four games.

Hanna Wynn picked up the win in the circle for the Thunderbirds. The senior pitched two innings in relief and gave up one unearned run and just three hits.

The Norse scored first in the second inning on a steal of home during a double steal play.

The Thunderbirds answered back in the fifth inning with two runs of their own. After Megan Bull reached third base, Samantha Guerra laid down a sacrifice bunt to allow her to score. On the next play, Dream Weaver brought home Tuft on a fielder's choice to take a 2-1 lead.

The Norse would tie things up at 2-2 in the bottom of the sixth and the



COURTESY OF SUU

game would reach the end of regulation with the score still tied.

After Weaver was placed on second to start off the eighth inning, per NCAA extra inning rules, Magalogo bunted her over to third. Williams blasted her second home run of the season to center field in the next at bat, giving the Thunderbirds a 4-2 lead.

The Norse were able to load the bases and even score a run in the bottom half of the inning, but Wynn and the defense were able to get out of the jam and secure the victory.

and that I probably needed to get in better condition," he said. "It drove me to be a better wrestler the whole season."

Lowry will have familiar faces on the roster when he arrives, mainly in 2018 heavyweight champion and Cedar grad Daniel Jordan. Dallas Lowry said the best part of the journey was in the relationships he formed along the way.

"He doesn't keep his friends in just the Canyon View family, but the whole wrestling community," Dallas said.

And the impact on the future of the program at CV isn't lost on him, either.

"We had three people in this year's finals, and everyone drilled with him," Dallas said. "Just like the four-minute mile record when it was broke, how many times did it get broken after that?"

"Brady's shown these kids what it takes. He's helped shape this program to produce many more state champions."

History made, so what's it all mean?

The news came as a bit of a surprise as it was delivered before the Big Sky men's basketball championship game between Montana and Eastern Washington was played March 16. Despite finishing seventh with a losing record in conference play for the 17th straight season, Southern Utah ended its 11-year streak of overall losing seasons and for its efforts, will play in a postseason tournament for the first time since the magical NCAA year of 2001.

Sorry, the T-Birds are not going back to the NCAA Tournament, but they will be playing in the CollegeInsider.com Invitational or CIT for short. The T-Birds, who are 16-16 overall – matching the 2006-07 team – will open play in the tournament Friday at the America First Event Center against Drake at 6:30 P.M.

The Bulldogs were 24-9 on the year and shared the Missouri Valley Conference regular-season title with Loyola-Chicago – the same school that gave us Sister Jean and a memorable run to the NCAA Final Four last year – before losing to Northern Iowa, 60-58, on March 9 in the semifinals of the MVC tournament.

Let's get appropriate praise out of the way first here. This SUU team was clearly one that had moments of shining promise and potential, going 7-3 in Big Sky play at home and giving itself a very real chance to end its way-too-long string of losing seasons in league play.

Instead, they lost three straight to close the regular season to finish 9-11. It was the most wins in conference in its seven years in the league, but it was only good enough for the No. 7 seed for the Big Sky tournament that was making its debut in Boise, Idaho.

Just like last year, SUU sent Idaho State packing with an opening-round win before catching fire on the defensive end in the second half and routing Northern Colorado – the same team that beat them in the regular-season finale only a week earlier – by 19.

But facing its third game in three days – again – the T-Birds went cold from the floor and lost to the Eagles in the semifinals.

Now here's where the head gets scratched. Can you look in the mirror and honestly say you've heard of the CIT? How about the CBI? Yes, if you're a serious hoops nerd, there are four sets of wall-to-wall basketball games that get the blood pumping.

That's where I come in. Here are some facts you may not have known before this year's CIT begins.

» In 2015, Northern Arizona reached the title game at the tournament before falling on the road at Evansville to the Aces of the Missouri Valley Conference. The Lumberjacks finished with 23 wins, the most in school history.

» Weber State won a game at the 2017 CIT over Cal State-Fullerton before falling to Texas A&M-Corpus Christi. The school said through a spokesman Saturday it had no desire to accept a bid for this year's tournament or the CBI.

Money may be involved in the



RANDOM Thoughts

by Tom ZULEWSKI

SPORTS WRITER

LOWRY

« CONTINUED FROM PAGE 24

His father, CV wrestling head coach Dallas Lowry, knew Brady was ready for the moment all along because of the work ethic and example he set.

"He's always had a desire to be the very best," Dallas said. "An outstanding example of never quit. Even in the hardest times of his life, he wanted to wrestle. He's been through more than most kids will go through and kept a smile on his face. Even when he's wrestling, he's always smiling."

With one state title under his belt from sophomore year, Brady Lowry had a chance at another one in his junior year, but lost in the 145-pound final. It was a moment that clearly pushed him to greater heights in his senior season.

"I knew what I needed to change

decision, but it's a point of pure speculation here.

» Northern Colorado is the defending CIT champion. The Bears beat Illinois-Chicago 76-71 in the title game last March played in front of nearly 3,200 fans in Greeley. Fellow Big Sky member Portland State also made the field, but lost to San Diego of the West Coast Conference in its opening game.

Should the T-Birds find a way to win its initial game at the CIT, it will officially move them into the second-best season in the school's Division I history. Sure, it's only a game over .500, but it's a winning season.

Welcome to the lower divisions of March Madness, everyone. Now that you know what CIT truly stands for, let the insanity begin.

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

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ANIMALS

SENIOR MAN WITH NICE HOME: SEEKING SMALL dog, (Under 12 lbs.) for companion animal, in good health, house broken, over 1 year old. 435-383-3099. Art.

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

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FOUND DOG APROX 6 MONTHS OLD IN CEDAR Valley area on Bulldog road. Please contact darrindeemarquardson@gmail.com to identify.

MISCELLANEOUS

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REAL ESTATE

CEDAR CITY REALTY LLC: NEW OFFICE now open. Visit us for a free market analysis. 5 North Main St. 435-212-1416. Wgdaavidson45@gmail.com

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.

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LOOKING TO BUY 1 LEVEL HOME IN CEDAR CITY, Minimum each 4 bedroom/2 bath. No Real Estate Agents. Call 714-693-1981.

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HOUSE CLEANING IN CEDAR CITY: FOR A nice clean home, call Debra. 435-559-2095.

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.

WANTED

WANTED-SMALL BREED ADULT FEMALE DOG. I presently have a Chihuahua adult male, and I would like to get a companion for him and myself. 435-865-1668

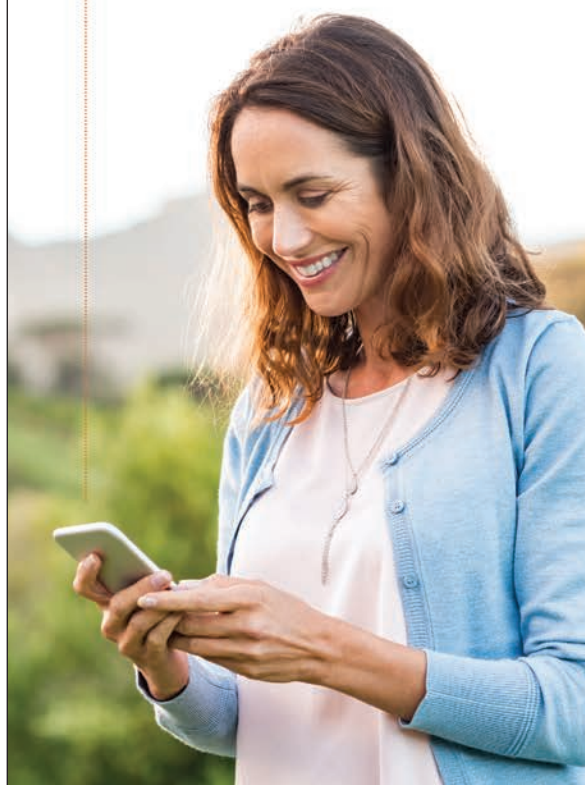
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LEGAL NOTICES

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 Lasseter, 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

Published March 13 & 20, 2019 • Iron County Today
ICT #0110

NOTICE OF PUBLIC HEARING

Cedar City Planning Commission

Notice is hereby given that a public hearing will be held before the Cedar City Planning Commission on Tuesday, April 2, 2019 starting at 5:15 p.m. in the Cedar City Council Chambers located at 10 North Main, Cedar City, Utah. Time will be allowed for public comment on the following items:

1- Ordinance amendment regarding block wall around a PUD that fronts a dedicated street.

Published March 20, 2019 • Iron County Today
ICT #0111

NOTICE TO CREDITORS

ANNOUNCEMENT OF APPOINTMENT AND NOTICE TO CREDITORS, Notice is hereby given to Creditors of the Estate of SARAH E. BRODERICK, deceased, probate number 193500007. J. David Westwood, Esq., whose address is 444 S. Main Street, Suite C-8, Cedar City, UT 84720, has been appointed Personal Representative of the above-entitled estate. Creditors of the estate are hereby notified to: (1) Deliver or mail their written claims to the Personal Representative at the address above; or (2) File their written claims with the Clerk of the District Court in Iron County, or otherwise present their claims as required by Utah law within three months after the date of the first publication of this notice or be forever barred.

Date of first publication: March 20, 2019.

Published Mar. 20, 27 & Apr. 3, 2019 • Iron County Today
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