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LOOKING  
BACK AT 2018  
AT SOUTHERN  
UTAH  
UNIVERSITY



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**today**

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THURSDAY, JANUARY 3, 2019

VOL. 11 NO. 05

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# IRON COUNTY

# today

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THURSDAY, JANUARY 3, 2019

VOL. 11 NO. 05



PHOTO caption...

PHOTO COURTESY OF SUU

## Looking back at 2018 at Southern Utah University

by **SUU MARKETING COMMUNICATION**

For Iron County Today

**CEDAR CITY**—2018 was another year of expansion and prosperity at Southern Utah University. With continued enrollment growth, building dedications, exciting new partnerships and academic accolades, SUU is building upon its reputation of excellence by soaring to new heights.

With noteworthy stories ranging from university recognition to broken records, here are the top 18 news stories from 2018.

### Increasing diversity and inclusion at Southern Utah University

Following months of interviews with qualified candidates from across the country, SUU announced Dr. Schvalla Rivera as the new Assistant

to the President for Diversity and Inclusion. Previously, Rivera was the Dean of Students at Western Nebraska Community College, and is equipped with a diverse professional portfolio.

### Pigeon Lab brings principles of psychology to life

SUU is turning textbook theory into experiential learning through one of the nation's few pigeon labs.

The lab is used specifically for teaching undergraduate students principles of behaviorism by providing live pigeons for each student to train as part of the course.

### Southern Utah University's enrollment surpasses 10K

At the end of term, for the 2017 year, SUU crossed the 10,000 student

see **SUU 2018 RECAP** | 9

## Cedar City named cheapest place to retire in Utah

by Kelsey **KEENER**

Iron County Today

**CEDAR CITY**—A study done by SmartAsset determined that \$1 million retirement fund will last the longest in Cedar City when compared to other Utah cities.

The study was done to discover where in the United States \$1 million will last the longest for retirees, factoring

in housing, food, healthcare, utilities and transportation expenses. The study collected data from the Bureau of Labor Statistics on the average annual expenditures of seniors in the nation, then applied cost of living information from the Council for Community and Economic Research to adjust the national averages based on the costs of the expense categories in each city.

The study also assumed the \$1

million would grow a return of two percent by calculating interest minus inflation, then divided one million by the sum of each of the annual expense categories to determine how many years \$1 million would last in each city included in the study.

In Cedar City, that amount is estimated to last retirees 27.95 years. According to the study, housing expenses are \$6,490, food expenses are

\$5,510, healthcare costs are \$5,374, utility expenses are \$3,034, transportation expenses are \$7,598 and other expenses total \$19,048 annually on average.

Cedar City is ranked number one in Utah by the study, followed by St. George and Salt Lake City, and ranked 24th nationally. The study ranked McAllen, Texas as the city where \$1 million would last retirees the longest in the U.S. (33.03 years).

# Iron County elementary schools participating in FLUency

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

Three Iron County elementary schools are participating in Kinsa's FLUency program, designed to help reduce the spread of illness in schools.

East Elementary School, Iron Springs Elementary School and Three Peaks Elementary School are participating in the national health program, designed to help track, treat and stop the spread of illness faster. Elementary schools can apply to receive free smart thermometers and access to the Kinsa app, both of which help parents and school nurses be aware of what symptoms and illness are going around their schools.

The program is aimed at helping district administrators, school nurses, teachers and parents in the goal of reducing sickness in schools through the Kinsa app. Parents not only receive the free smart thermometer, but can also quickly detect or avoid sickness in their children from the knowledge of what is going around their school. In addition, parents can obtain guidance on treatment and when to go to a doctor. Teachers and administrators can reduce

absences and know when illnesses are prevalent to disinfect classrooms. School nurses can stay informed on what symptoms students are experiencing and easily communicate with parents to inform or suggest preventative practices.

One of the features of the app is an anonymous message board. FLUency Director Jared Flamm said the message board is intended to allow for better communication between nurses and parents.

"One of the things that we heard from school nurses is that they don't have that direct dialogue with parents where they can really give health information that might be relevant in that moment," he said. "The private group forum gives the school nurses the ability to have that dialogue and allows parents to ask anonymous questions and create earlier detection and earlier response."

FLUency is designed to create earlier detection of illness and earlier response to it and focused on elementary schools because elementary-aged children are the primary spreaders of illness. This year's program is made possible through Lysol's sponsorship.

Flamm said it was important to find a sponsor relevant to stopping the spread of illness.

"We wanted to find a partner that wasn't just a sponsor but someone that was also in the fight for stopping the spread of illness," he said. "Disinfectants are really a crucial part of that."

Thermometers were ordered last week and will be sent home with students after they are delivered to the schools.



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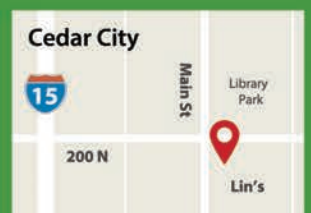
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# Eccles Foundation's support reflected in Iron County

As 2018 comes to a close during this "season of giving," the George S. and Dolores Doré Eccles Foundation marks its 60th anniversary. The six decades of philanthropy includes 35 years of active charitable grant-making that has benefitted nonprofit organizations, and the individuals and families they serve, in communities throughout Utah. Since 1982, the Foundation has contributed more than \$600 million statewide to meet needs and enrich opportunities in areas including the arts and culture, community/social services, education, health and wellness, and historic preservation/environmental conservation.

In Iron County, the foundation's works are reflected in programs and developments such as the Utah Shakespeare Festival, Neil Simon Festival, Orchestra of Southern Utah, Burch Mann's American Folk Ballet, Cedar City Music Arts Association, Utah Summer Games Foundation, Canyon Creek Women's Crisis Center, Iron County Care and Share, SUU, Southwest Wildlife Foundation, the Iron Mission Museum Foundation and the Cedar City Company of the International Society Daughters of Utah Pioneers.

A new 90-page report, released in conjunction with the anniversary, commemorates the foundation's six-decade impact and the legacy of its founders, which has left an indelible and positive mark that continues to benefit the citizens of Utah and the state's overall economic vitality. George and Dolores "Lolie" Eccles established the foundation in 1958 to ensure that their desire to "enrich the quality of life for their fellow Utahns" would continue to serve the state for generations to come.

"Beginning with my grandfather, David Eccles, our family has always believed in the importance of giving back," said Eccles Foundation Chairman & CEO Spencer F. Eccles. "With foresight and generosity, my Uncle George and Aunt Lolie created a foundation to continue to help others, and then entrusted us to build on their legacy of generosity. It has been rewarding to be part of projects that we believe strengthen our communities and touch lives of individuals and families in every corner of our state."

In its early years, the foundation grew under the personal direction of George and Dolores, keeping an eye out for places where it might help with a community initiative or project. Since George's death in 1982, the foundation became more active and has contributed:

- » \$187.6 million to enhance educational opportunities, with grants for college scholarships, facilities and programs at a multitude of organizations and institutions, including every major college and university in the state;



COURTESY USF

**ECCLES FOUNDATION** has been a long-time supporter of the Utah Shakespeare Festival.

- » \$144.7 million to community organizations – from large social service providers to small, grassroots initiatives – including grants for organizations such as The Road Home, Utah Food Bank, Neighborhood House and the Boys and Girls Clubs in Utah, to those helping create or improve community parks and playgrounds in more than 90 communities statewide;

- » \$130.4 million to enrich arts and culture, from major venues and organizations such as Salt Lake City's new George S. and Dolores Doré Eccles Theater, the Utah Symphony Utah Opera, Ballet West, and Cedar City's Utah Shakespeare Festival, to small community choruses, orchestras, and theatrical companies throughout Utah;

- » \$78.2 million to improve the health and wellness of Utahns through the availability of compassionate, world-class healthcare; grants have been as varied as those providing access to clinics for low-income individuals and families, state-of-the-art hospital facilities, genetics research, nursing education, camps for youth facing life-threatening illnesses, mental health care, dental services for the homeless, and more;

- » \$61 million earmarked to preserve and protect millions of acres of Utah's vast natural lands and resources – from the Great Salt Lake in the north to its remarkable red rock landscapes in the south – along with historic places, traditions and landmarks in nearly 100

Utah locales.

"The impact of what Uncle George and Aunt Lolie created more than a half-century ago has grown out of the 'joy of giving' that were hallmarks of their personal community involvement," said Lisa Eccles, the Foundation's President & COO. "It's an honor for me to represent my generation in ensuring that their tradition of giving continues

throughout the future. We extend our heartfelt thanks to all those who have partnered with us in achieving shared goals as we reach this milestone in our history."

*For more information or a copy of the George S. and Dolores Doré Eccles Foundation's Sixtieth Anniversary Report, send a request by email to [maggie@gseccles.org](mailto:maggie@gseccles.org).*

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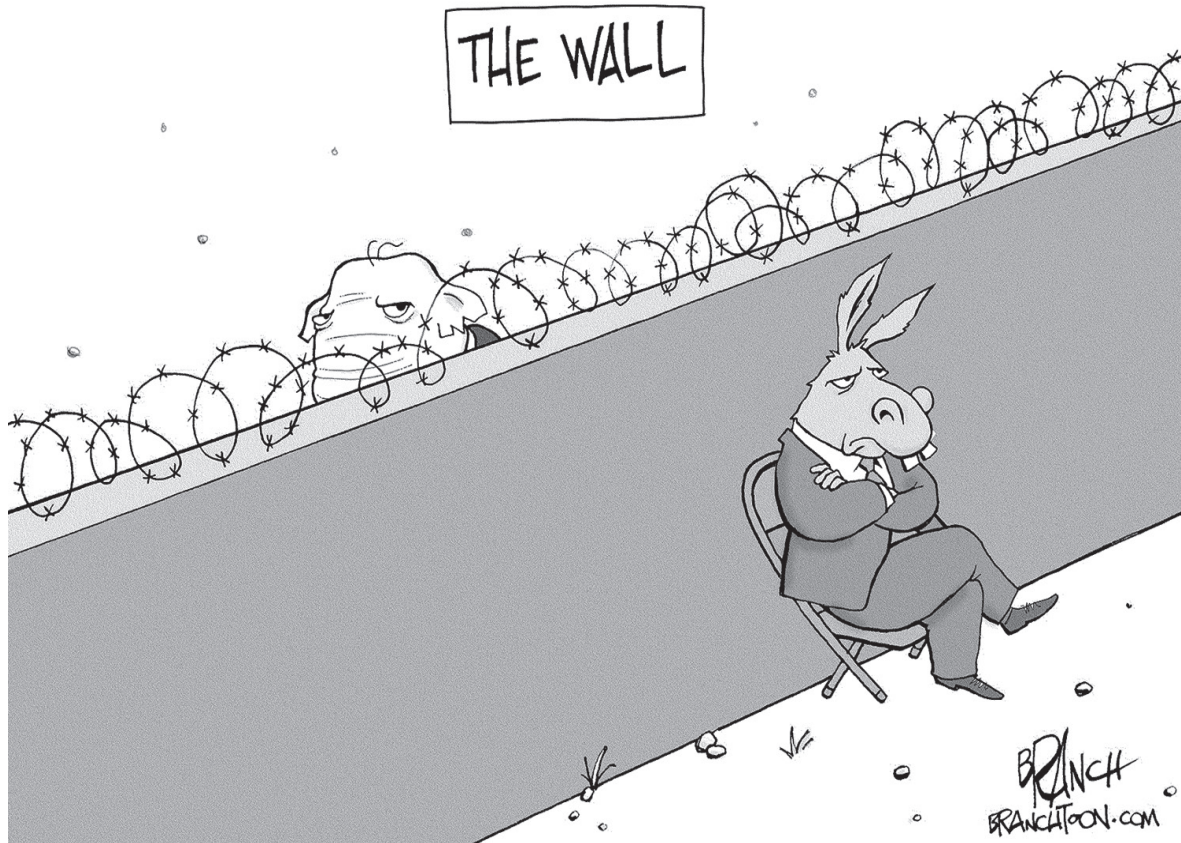
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**Opinion**



**Happy New Year to Reds, Blues and Purples!**

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

Among the Christmas cards I received this year is one from dear friends offering a message that resonated amid the troubling headlines of the day. I wish I had written it – but at least I can pass it on to you. Thank you for the wonderful message K., J., and O.

“There is no doubt that this has been one of the most exciting and puzzling years for our family. If the news, editorial programs posing as news, and even our own Facebook feeds are to be believed, there is only BLUE and RED in our country. What’s more, we’re being pulled further and further apart from each other at breakneck speed.

“Is it possible for us to wish you a Merry Christmas without excluding our non-Christian brothers and sisters? Is it possible for us to wish you a Happy Holidays without being

part of the so-called War on Christmas?

“You’re damn right, it is! There seems to be more and more war at this time of the year and less and less of what makes this season incredible: selflessness, love, togetherness, kindness, compassion, laughter, tears, and, of course, presents (and presence)! Our card is not anti-Christmas It is also not anti-Hanukkah,

We know that we love you no matter your color, and we invite you to join us in honoring your values by honoring the values of those who don’t believe as you do.

“Join us in making 2019 “The Year of PURPLE (or lavender, if you are so inclined). In 2019, let’s sing, laugh, and celebrate; cope, cry, and heal; create, ignite, and distinguish; find common ground...and strive to carefully discern between ‘right’ and ‘right for us.’

“Put your screen down for a day. Lose your phone for a week. Or don’t...it’s your 2019.

“Different truly does equal amazing. We, two bleeding heart blues and one too-young-to decide,

love and cherish the spectrum of color you bring into our world. And we thank you for humoring us by making it to the end of this pious, self-important rant. GO PURPLE!”

And along with this message, I also send on a wish for a healthy, happy, and inspiring 2019 – for reds, blues, and purples.



**Cyclops**

by Bryan GRAY  
Columnist

anti-Kwanzaa, anti-Diwali, anti-Nochebuena; in fact, it’s just a card from a non-traditional family that wants you to know we think you are cool.

“Our child’s magical, bright eyes have altered our perspective on many things. The most important may be that we are keenly aware of how much we don’t understand in this world.

**To the Editor**

**My letter to Paul Cozzens:**

Dear Editor:

Paul, we supported you in the campaign, we supported your conservative views. You were running against a wonderful group of candidates, however we decided that you best represented the values of Iron County. We trust that as a conservative you will make the right decision and resign from the Cedar City Council at the first of the year. To stay on both is a slap in the face to the cities of Enoch, Parowan, New Castle and more.

No member of any city council in Iron County should have an inside access to the Iron County Commission that is not afforded to all cities in Iron County. It also is in conflict with rural members of Iron County. To stay on Cedar City Council might not be illegal but it is unethical. I put my trust in you once again that you will do the right thing as a conservative who doesn’t like corrupt government and resign. We have done successful recalls in the past and I believe the signatures are there if needed; however, I trust that this will not be the case. Serve ALL the people in Iron County equally. Thank You.

Jim DeLaigle

**Want to Submit a Letter to the Editor?**

Submit your letter on our website [ironcountytoday.com](http://ironcountytoday.com), or by emailing them to [news@ironcountytoday.com](mailto:news@ironcountytoday.com) or bring/mail them to 389 N. 100 West, Cedar City, Utah 84721. All letters must be signed, be brief (generally under 300 words in length), list the author’s city and give the writer’s telephone number (phone number will not be printed). We reserve the right to edit all letters for length or content. For letters arriving electronically, we will use the author’s e-mail address in lieu of a signature.

# Resolve to set realistic goals, instead of New Year's resolutions

Ah, the season is upon us, when those around you begin talking about how, this year, they are going to change their lives for the better. The result, you feel compelled to do likewise. Yet, looking back at previous New Year's Resolutions only leads to feelings of failure. Don't panic if you fall into this group, most people do. In fact, more than 80 percent of people do not keep New Year's Resolutions. Our culture's idea of setting large, unrealistic goals at the beginning of each year is a flawed notion. The majority of New Year's Resolutions are unrealistic and too broad. Don't let this discourage you; making positive changes in your life this year is still possible.

## Start Small

There is nothing wrong with large long-term goals. However, it is important to remember they are just that, long-term and meant to be achieved over several years, not in one year or before summer begins. Make long-term goals achievable by breaking them into smaller goals. For example, instead of "I am going to eating healthier," change the goal to "I am going to eating more veggies." We have made it smaller by focusing on one food group instead of everything you eat. However, this goal is still far from achievable as it is still too broad.

## Make it Specific to Your Individual Situation

Solve the problem of broad goals by using the acronym SMART.

» S = Specific: Think, what exactly do you want to accomplish? Ask what, where, when, and how. For example, determine an amount of veggies and which meal to eat them with. Creating specific goals may appear to complicate things; however, specific goals are more achievable.

» M = Measurable: Add numbers to measure your goal (e.g., veggie amount and number of days per week you will add veggies).

» A = Attainable: Do you have the skills required to work on the goal? For instance, if you add one veggie side dish to dinner, choose one you are comfortable preparing.

» R = Relevant/Realistic: Relevant goals are important to you. While realistic goals fit within your time, family, job, and other commitments.

» T = Timely: Give yourself a realistic time period to work on your goal. Nonetheless, do not stop once "your time is up." Instead, review your goal, then adjust as necessary or take the next step by creating a new goal.

Thus, by using the acronym SMART, the unrealistic goal, "I am going to eat healthier" could change to, "I am going to eat one serving of vegetables at dinner, three days a week. I will give myself until March to achieve this goal."

## Think of Goals as Experiments

Think of your small and realistic goal as an experiment. Here is why: in experiments there are no true failures. As, there is always something to learn, even when you do not get the desired results. The most important things you learn about are the obstacles making your goal difficult. Recognizing your obstacles is central to successful change, as it allows you to go back and make your goal SMART-er than it was before. Once you realize where to adjust your goal/experiment, make alterations to make your goal more realistic, then restart your goal right away.

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



COURTESY OF KIMBERLY FUNK

**KIMBERLY FUNK, MS, RDN**, is a registered dietitian nutritionist who writes a monthly column for Iron County Today.

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# Navajo Art in Cedar

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

**CEDAR CITY**—When Rebekah Nielson isn't minding her two boys, Gideon, age 4 and Tucker, almost 2, she spends her time working on the concepts for a craft-line that she can somehow manage while sitting in a rocking chair and holding a baby.

Her interest in Navajo-inspired crafts began with her own mother, Julia Casuse Gagnon, a silversmith of Coyote Canyon, New Mexico, who she remembers admiring as a child. "My mother is Navajo-born, and I can still remember hearing the quiet tapping of her hammer, making her sterling silver and turquoise jewelry by the glow of a lamp late at night."

Nielson said she would climb out of bed and sneak downstairs to watch.

"My mother's jewelry was hand-crafted, she had a 'gifted way' of taking even scraps and turning them, meticulously, into the most beautiful piece of jewelry." Though today, Nielson helps to design pieces, and works with polish and packaging, her mother's initials are stamped onto every individual piece.

It was little more than a year ago that Nielson began to pursue her own inspiration: to develop a craft-company that would be true to her 'Navajo roots.' "When my son was a newborn, every time I tried to lay him down he would immediately wake up. So, in those months, I had plenty of time to think, imagine and dream about the idea."

According to Nielson, she sat at her sewing machine, both

babies crawling around her feet, tugging and pulling at cords and began to sew some of her first samples of Southwestern and Native themed baby items. "I think those designs are timeless," said Nielsen of her craft, "Always in style, and I love to sew and create."

her sewing and marketing skills into a line of craft items for the sales platform, and Etsy Shop. "After the second baby I had stopped working completely," said Nielson, "But I've found that creating a business like this has given me so much inspiration and

carry it on."

It was a lifestyle from a different time and place, said Nielson of Navajo tradition.

"I still love hearing her stories of raising sheep, making fry bread in a kitchen in a home with no running water or electricity," said Nielson, "So growing up I remember traveling to many craft fairs with my mom and sisters in early years, and it's something I still feel drawn to do, and enjoy."

Nielson's crafts and her mother's traditional Navajo jewelry-art have been featured in displays at the Shakespeare Festival; Frontier Homestead Museum and at Apple Fest in New Harmony among others. "I personally appreciate seeing hand-made and authentic items and then finding those things at local venues," said Nielsen of the holidays.

As a busy mom developing her business concept, Nielson considers herself an apprentice in jewelry-making, but hopes to take her sewing and the craft table at her home to a new level on the Internet. "I'll still be displaying at craft fairs in town," said Nielson, "But there's a driving force to carry these traditional inspirations forward."

Caption: Rebekah Nielson, a native of Maine, earned a Bachelor of Science degree at Southern Utah University (SUU) in 2011, before settling in New Harmony with her husband, Wes, and pursuing her own line of Southwestern and Navajo-themed crafts that include baby teething rings, bandana bibs and small blankets using high-quality designer fabrics and prints. Photo by D. Aerts.



**REBEKAH NIELSON** and her sewing machine turn out beautiful Navajo-inspired crafts.

DAWN M. AERTS

Over the past few months, she has taken her concept for the Navajo Crafting Co., into the sewing room where she uses designer, high-quality fabrics to create baby-items with Native inspiration. "I've enjoyed making things and piano was my favorite instrument, but all that has evolved into juggling a family and a business."

While Nielson said she has recently become an apprentice in jewelry-making and parlayed

personal reward in developing the creative side of my work world."

It is her mother Julia's art and legacy that she hopes to further.

"I am slowing learning all I can from my mother on how to make jewelry right, but unfortunately I didn't pay that much attention to the process growing up," said Nielsen, "I know she is getting ready to stop and retire from this work, so I'm learning as much as I can and hoping to

## Bookings

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

### December 21

**Spencer K. Barton, Fresno, Calif.,** Securities Fraud, Racketeering, Employ. Unreg. Agent

**John Parry, Price,** Fugitive from Justice

**Dustin A. Sargent, Cedar City,** Drug Court Violation

**Tony B. Tayson, Cedar City,** Driving w/o Insurance

**Joshua M. Downard, Cedar City,** Sexual Battery, Rape, Forcible Sex Abuse

**Dustin J. Hafen, Newcastle,** Probation/Parole Violation

**Jamey R. Hannah, Cedar City,** DUI, Possession of Controlled Substance, Possession of Drug Paraphernalia

**Brandy C. Tubman, Enoch,** Retail Theft

**Kenneth R. Wilkins, Cedar City,** FTA-Warrant, DV-in presence of child-serious injury, Aggravated Assault

### December 22

**Bryan L. Koch, Cedar City,** Assault on Police/Military in Uniform, Criminal Trespass

**Brandel J. Peters, Milford,** Theft

**Devin S. Wheelwright, Cedar City,** Revoked/Susp. Registration, Driving w/o insurance, Possession of Controlled Substance

### December 23

**David McClure, Cedar City,** Forgery, Obstructing Justice, Witness Tampering, Falsification of Govt Record

**Jeffrey C. Hansen, Hamilton Fort,** Criminal Trespass

**Garrick Hafen, Newcastle,** Probation/Parole Violation, Theft/Prop/Serv

### December 24

**Melyssa M. Bielke, Enoch,** Retail Theft

**Lorraine W. Buchanan, Parowan,** Retail Theft

**Bridgett K. Stark, Cedar City,** Theft, Probation/Parole Violation, Criminal Trespass

**Victoria E. Volanos, Iron County,** Retail Theft

### December 28

**Drew W. Hunter, Iron County,** DUI, Intoxication, Drive w/o insurance

**Sam B. Romero, Glendale,** DUI, Open Container in Vehicle

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# Utahns' confidence in economy tempered a bit

Overall current economic conditions in Utah remain strong, though consumer positivity regarding the future economy has declined in the past month. The Zions Bank Utah Consumer Attitude Index (CAI) dropped 4.7 points to 115.8 in December. In comparison, the national Consumer Confidence Index® decreased 8.3 points to 128.1 this month.

The Utah Present Situation Index decreased 1.7 percent to 132.1, while the Utah Expectations index fell 6.6 points to 105.0. Regarding the fitness of the current economy, Utahns remain quite pleased. About 58 percent feel business conditions are good, a dip of 6 percent from last month's record-setting high. And 63 percent feel jobs are plentiful, an increase of two percent from last year.

Although Utahns are pleased with the current situation, they feel more reserved about future trends. Due likely to recent stock market fluctuations, the percentage of Utahns who believe current 401(k) investments will be worth more a year from now decreased from 49 percent to 39 percent, a full 10 percent drop.

"It appears that fluctuations in the stock market are impacting consumer perceptions," said Scott Anderson, Zions Bank president and CEO, in a release. "When Utahns see decreases in their investment portfolios, they feel less wealthy, which can affect future willingness to spend."

Despite changing perceptions with regards to the investment market, other market signals indicate economic growth will continue in the state. Utah consumers continue to report that jobs are plentiful and 95 percent of Utahns expect that their incomes will either increase or remain the same in the next six months.

## Southern Utah Economic Landscape: Iron County:

The unemployment rate in Iron County remained unchanged at 3.6 percent in November from October, according to the Utah Department of Workforce Services. In the November report by RealtyTrac®, approximately 5 in every 10,000 homes were in foreclosure in Iron County, unchanged from October.

Zions Bank provides the CAI as a free resource to the communities of Utah. The monthly CAI summary reports are released at a monthly press conference, coinciding with The Conference Board's national CCI release date. Analysis and data collection for the CAI are done by Cicero Group, a premier data-driven strategy and research firm based in Salt Lake City. The January 2019 CAI will be released during a press conference at a local business at 10:30 a.m. on Jan. 29, 2019.



CEDAR CITY ARTS COUNCIL

ARTS COUNCIL TREASURER LINDSAY SZCZESNY with mini-grant recipients Marty and Pam Warburton.

# Free Grant Workshop offered on Jan. 12

by Shay **BARUFFI-JENSEN**  
For Iron County Today

**CEDAR CITY**—Are you interested in learning about what grants are available for your organization? Do you need more information about grant writing and applying for grants? If you are looking for available grants or want to know more about how to apply for them, come to our FREE grants workshop offered by the Cedar City Arts Council and Utah Arts and Museums (UA&M). This workshop will take place at The Cedar City Library in the Park on January 12 from 10 a.m. to noon. All are invited.

This workshop will focus on grants available for specific arts disciplines and some "do's and don'ts" of grant writing and applications. At this workshop you will have a chance for individual consultation with the state presenters, Laurel Alder and Jason Bowcutt, as well as time to create your grant draft for the local mini-grants offered by the Cedar City Arts Council.

Come discover grants available through the Utah Division of Arts and Museums and your Cedar City Arts Council for all art disciplines. State grants are available for Music,

Dance, Literary, Theater, Folk Arts, Visual Arts organizations and individuals. More information: <https://artsandmuseums.utah.gov/grants/>.

Cedar City Arts Council grants are offered twice a year up to \$500 for organizations and individuals. Applications due Feb. 28 and the application is at <https://www.cedarcityarts council.org/support/quick-grants/>. During the workshop there will be individual help in answering questions about the process of application and review. The mini-grant program started in 2008 and has resulted in the allocation of over \$38,000 according to Mary Anne Andersen, CCAC Board Member.

Join your Arts Council and state arts leaders for this workshop on Saturday, Jan. 12, at 10 a.m. in the Library.


Photos of previous Arts Council mini-grant recipients:

Sagebrush Fabric Artists at CCAC Social,

Arts Council Treasurer Lindsay Szczesny with mini-grant recipients Marty and Pam Warburton

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COURTESY PHOTO OF BYU'S YOUNG AMBASSADORS, PHOTO BY KARL HUGH

# Seeking BYU alumni community service nominees

**CEDAR CITY**—The BYU Alumni Association--Iron County Chapter is requesting nominees for their annual Community Service Award, and is offering free Young Ambassadors concert tickets in exchange.

The BYU Alumni Community Service Award will be presented at BYU's Young Ambassadors concert in Cedar City on Friday, February 22, 2019. Two free concert tickets will be given to the alum who receives the BYU Alumni Community Service Award, and two more free tickets will be given to whomever nominates the eventual winner.

The 2018 award was presented to Randy Allen-- attorney, musician,

and father. He uses both his legal skills and musical talents to serve our community in exemplary ways. He has been involved in Cedar High's recent masterful musicals, has produced interfaith musical performances for youth, and provides legal counsel to those in need.

Heather Stonely, chapter chair, said, "There are so many local BYU Alumni who use their unique talents to make our community a better place. Please nominate your favorite Iron County BYU Alum and tell how they are serving. It can be service in the home, quiet service in the community, or more something more visible."

**Email your nominations to [iron-countybyualumni@gmail.com](mailto:iron-countybyualumni@gmail.com) by January 15. Include:**

- » The name and contact information of the Iron County BYU Alum you are nominating. (An alum is anyone who attended at least one year at BYU.)
- » A detailed description of how they are serving in the community.
- » The contact information of their ecclesiastical leader.
- » Your name and contact information.

All nominations will be submitted to BYU and added to their alumni records.

Ticket winners will be notified by January 31. The recipient and the nominator will each receive two free

tickets to the Young Ambassadors concert on Friday, March 22.

BYU's Young Ambassadors are a group of singers, dancers, and musicians with a reputation for entertaining excellence through energetic and heart-warming musical theater entertainment. They perform extensively both nationally and internationally. Their spring 2019 touring schedule covers from California to China.

Tickets for the Young Ambassadors concert are now available, and may be purchased at the Heritage Center Theater box office/Festival Hall, or at [www.heritagectr.org](http://www.heritagectr.org). Proceeds from the concert help provide scholarships for BYU students from Iron County.

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|--|--|---|--|--|

## SUU 2018 RECAP

Continued from page 1

enrollment threshold, topping out at 10,245 students. The number marks three years of record enrollment growth for the 121-year-old institution.

### Parkinson's Disease awareness event: Fighting back against Parkinson's

Last fall, Jens Howe, a pre-physical therapy student at SUU, helped launch a non-contact boxing clinic for Iron County residents who are struggling with the disease. In the last six months, Howe has seen improvements in participants' coordination, balance, flexibility and overall well being. The boxing program isn't a cure, but it helps slow the disease's progression.

### Along with SUU professor, Microsoft publishes study on girls in STEM

According to the National Center for Education Statistics, while more than 57 percent of college undergraduates are women, only 18 percent progress into STEM careers. With a clear gap, Microsoft set out to better understand what causes girls and women to lose interest in STEM subjects and careers, as well as what strategies have the greatest potential to reverse the trend.

### Exploring alternatives to expensive textbooks through open education

Recognizing that traditional methods and high-priced textbooks pose a significant barrier for student success, SUU is working to make education more affordable and accessible.

### Recognizing the Class of 2018

SUU celebrated the class of 2018 Thunderbirds - 1,868 graduate - during the 119th University Commencement ceremony. The keynote address was given by Anne Leavitt, co-founder of the Leavitt Foundation.

### SUU wins Best of State in three categories

SUU has added three more titles to its impressive list of accolades earned in the last few years, winning Utah's Best of State in the educational institution, curriculum development, and volunteer service categories. With 33 possible categories, SUU is the only institution to receive multiple awards.

### NSA designates SUU a National Center of Academic Excellence in Cyber Defense Education

The National Security Agency (NSA) and the Department of Homeland Security (DHS) designated SUU as a National Center of Academic Excellence in Cyber Defense Education (CAE-CDE). SUU is the only public university in Utah to receive this designation.

### SUU welcomes the Tour of Utah

SUU and Cedar City hosted the Larry H. Miller Tour of Utah. Deemed "America's Toughest State Race," the Tour of Utah was a weeklong, professional race for some of the best cycling teams in the world. Cedar City has been the overall start headquarters and Stage 1 host of the Tour of Utah four times (2013, 2014, 2016, 2018), and SUU has partnered to provide the "Athlete Village" bringing international cyclists and spectators to campus.

### Governor Herbert visits partners in support of the Aerospace Workforce Initiative

Governor Gary Herbert visited partners and participants in the Southwest Aerospace and Manufacturing Strategic Workforce Initiative. The initiative is a collaborative program that helps students develop skills that put them at the forefront of the rapidly growing aerospace industry.

### Solving the Retention Puzzle

SUU has not only found a way to increase its first-year student retention, but continues to build momentum and excitement across campus. In just two years, from 2015-2017, the University went from a stagnant 64 percent retention rate to 71 percent, a record high for the institution

### Business building opens

SUU hosted a dedication and ribbon cutting ceremony for the new state-of-the-art business building. The building is 42,000 square feet and consists of 15 classrooms, 38 offices, study space, an investment learning lab, an entrepreneurship lab, and an incubator space.

### SUU President Scott L Wyatt ran Grand to Grand Ultra

Runners from around the world experienced a challenge unlike any other. The Grand to Grand Ultra race started at the North Rim of the Grand Canyon, included seven days of running and camping, then finished at the summit of the Grand Staircase. The group dedicated this race as a fundraiser for the future Sorenson Legacy Foundation Child and Family Development Center.

### No. 23 women's cross country claims First Big Sky Championship

No. 23 women's cross country team competed at the Big Sky Championship where the women claimed a title for the first time since joining the Big Sky in 2012.

### SUU leads the state in growth

According to the Utah System of Higher Education, SUU leads the system in student enrollment in terms of percentage growth with a 7.69 percent increase over last year.

### SUU's Leavitt Center hosts Senate debate

SUU's Michael O. Leavitt Center for Politics and Public Service and the Utah Debate Commission hosted the Utah Senate Debate. Candidates Mitt Romney and Jenny Wilson clashed live on political topics ranging from immigration to Utah's water problems.

### Demario Warren selected to 2019 AFCA 35 Under 35 Coaches Leadership Institute

SUU head football coach Demario Warren was named to the 2019 American Football Coaches Association 35 Under 35 Leadership Institute, following his third season leading the Thunderbirds.

As we look back on these accomplishments, thank you for supporting SUU and being a part of our T-Bird family.



COURTESY OF SUU

**SOUTHERN UTAH UNIVERSITY** soared during 2018, reaching milestones as an institution and amongst its students.

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# New Dale Carnegie courses to begin in Spring

**CEDAR CITY**—Starting in the spring of 2019, Southern Utah University will offer Dale Carnegie community or undergraduate and graduate online courses. The courses have been developed in partnership with Dale Carnegie Corporate and Dale Carnegie of Utah. There are two seven-week online Dale Carnegie courses launching in the spring: GOSC 5200: Carnegie Basics Certificate and GOSC 6200: Carnegie Basics Seminar.

Based on Dale Carnegie's 1936 book *How to Win Friends and Influence People*, the courses were originally built under the leadership learning block for the Master of Interdisciplinary Studies (MIS) degree. Now other SUU schools and departments are getting on board. Master of Public Administration (MPA) and Music Technology students can take GOSC 6200: Carnegie Basics Seminar as an elective.

"So much of what musicians do is at the intersection of creativity and successful interpersonal relationships," says Dr. Steve Meredith, assistant to the president for institutional effectiveness and director of music technology at SUU, in a

release. "The Master of Music program in Music Technology at SUU is pleased to provide the opportunity for our students to receive Carnegie training as part of their degree program. It does so much to improve the types of interactions that musicians face

every day."

Chris McCormick, Cedar City area chamber of commerce president and CEO, has nothing but praise for Dale Carnegie Training.

"I took the Dale Carnegie course on Effective

Communications and Human Relations over 30 years ago and it transformed my life," McCormick said. "This course helped me to open my mind to new ideas, improve my communication skills, develop greater self-confidence, and have a greater passion

for life. I highly recommend the Dale Carnegie program to anyone who desires to get more out of life and their relationship with others. To this day I utilize what I learned in the Dale Carnegie program."

In an interview with Mike Myler and Sam Hughes, SUU's partners at Dale Carnegie of Utah, Myler said, "70 percent of Dale Carnegie course participants receive a promotion, a raise, or a new opportunity within a year following the course." Hughes added, "Google, Microsoft, Dell and many other Fortune 500 companies are investing in their employees with Dale Carnegie Training. Invest in yourself by taking the opportunity offered to you at SUU."

Both the Carnegie Basics Certificate and the Carnegie Basics Seminar, launch in spring 2019 and are available for community members, undergraduate and graduate students. Check with your advisor to find out if either of these courses can be counted as an elective in your degree plan.

*For more information, contact Cynthia Kimball Davis at [cynthiakimballdavis@suu.edu](mailto:cynthiakimballdavis@suu.edu)*



COURTESY OF SUU

**STUDENTS AT SUU** will have the opportunity to take Dale Carnegie classes this Spring.

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## SUU professor publishes lost 1931 expedition records in new book

by Dawn M. AERTS  
*Iron County Today*

**CEDAR CITY**—Southern Utah University English professor James M. Aton and Utah archaeologist Jerry D. Spangler recently published “The Crimson Cowboys,” the first book about the Claflin-Emerson expedition, a historic six-week horseback survey of Fremont sites.

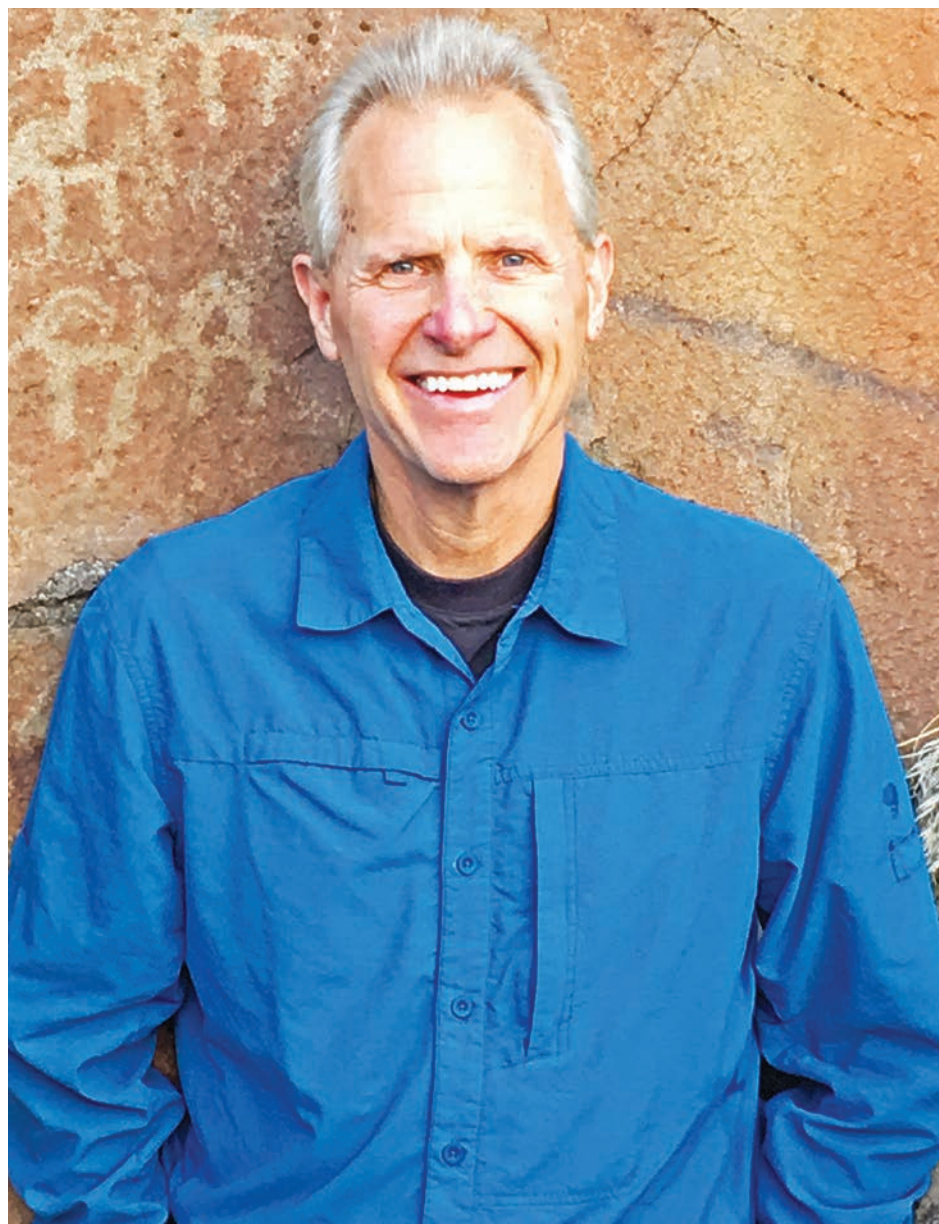
“The expedition should’ve been one of the most famous trips in the history of American archaeology, but because the report was never written, that didn’t happen,” said Aton.

Between 1928 and 1931, this crew from Harvard University of one professor, five students, and three Utah guides completed a Western archaeological survey. In 1931 the crew took a six-week, 400 mile horseback trip through extremely rugged terrain to survey prehistoric Fremont sites. This type of expedition had never been attempted in the history of American archaeology, nor recorded until Aton and Spangler’s book.

“The Crimson Cowboys” will be the first in-depth publication and record about this archaeological expedition. The book also won the \$3,000 Don D. and Catherine S. Fowler Prize, as well as a publication contract with the University of Utah press.

Spangler first began working on this project in 2002, and the pair officially teamed up about four years ago. Prior to this project, Aton wrote a book detailing the Desolation Canyon, which happens to be an area explored during the Claflin-Emerson expedition. His knowledge on the area combined with Spangler’s profession in archaeology made them the perfect team for this project. Aton took a crucial one year sabbatical to complete his portion of the project.

In addition to contributing his expertise on the region, Aton also devoted a lot of time to the research portion of this project. He spent several days at the Peabody Museum and the PUSEY Library of Harvard University copying and scanning over 1,000 documents to piece the details of the trip together. They



COURTESY PHOTOS

**ENGLISH PROFESSOR JAMES A. ATON** is co-author of a book about the Claflin-Emerson expedition.

decided to have their book focus on the fourth year of their expedition.

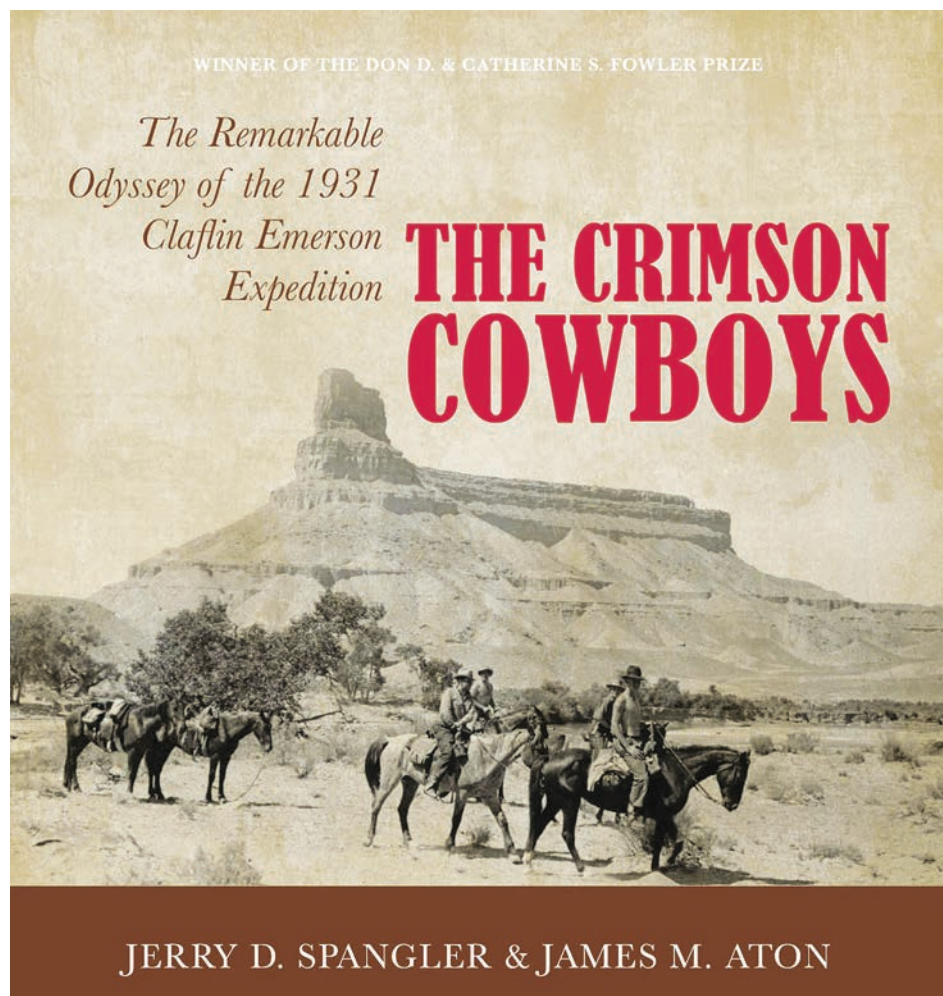
“We wrote about the 1931 expedition because it was the most adventurous and the longest,” Aton continued, “It was a great project because not only did we do all this great archival work, but we had to spend a great amount of time out in the field which is what we both love to do.”

Aton and Spangler traded sections of the book back and forth to collaborate on the writing process. They edited one another’s sections to achieve a singular voice throughout the piece. Luckily their writing styles aren’t radically different, so this wasn’t difficult to achieve. Aton uses the note card method to organize his writing, and still writes out each draft by hand. Spangler reads and studies voraciously, then writes everything purely

from memory.

James M. Aton has been involved in SUU’s Department of English since 1980 teaching classes in writing, mythology, American Studies, and Continental European Literature. SUU’s English department is home to small class sizes, award-winning faculty members, and a plethora of opportunity beyond the classroom. For more information about the English department, visit their website.

SUU A.P.E.X. Events will present Dr. James Aton as their annual Distinguished Faculty Lecture. Dr. Aton will be giving behind the scenes insight of his book “The Crimson Cowboys” during the event in the Great Hall on January 17 at 11:30 a.m. This is free and open to the public.



**ATON, ALONG WITH JERRY SPANGLER**, won the \$3,000 Don D. and Catherine S. Fowler Prize for *The Crimson Cowboys*.

## Cedar City Arts Council to present free grant-writing workshop

by Pat **HILL**  
Cedar City Arts Council

A column appeared in "Iron County Today" back in October, 2018, describing how the Cedar City Arts Council is making a difference in the lives of many of the residents of Iron County through the Council's Artists' Mini-Grant Program. Perhaps you read it. In essence, it reported that twice a year for ten years the Council has been awarding mini-grants of up to \$500 to Iron County artists, arts educators, and small arts organizations who wish to improve their creative endeavors and at the same time connect and give back to our local community. Perhaps you personally know one of these grant recipients, or more likely, you have experienced their work at local art exhibitions, music festivals, film festivals, concerts, choral group presentations, school plays, or Final Friday Art Walks. Our resources are small, but that does not deter the Council from its mission of "relentless arts advocacy."

So how does the Council support local arts and enhance the cultural and economic strengths of our community? Funding for the Mini-Grant Program is provided primarily through grants that the Arts



Council receives from the Utah Division of Arts and Museums (UDAM) and from our local Recreation, Arts, and Parks (RAP) tax here in Cedar City. These resources have allowed us to provide an average of twelve

mini-grants per year. We budget \$6,000 per year, which is approximately half of our entire operations budget, toward this program. Our goal is to increase our funding and thereby increase our grants to twenty per year.

But awarding grants is not the only area in which the Council tries to serve the needs of artists in Iron County. Over the years, we have provided educational workshops to help our local artists of all genres be able to provide for themselves, by improving their artistic and business skills as they relate to their artistic endeavors. For instance, it might be advantageous for artists to know how to access a variety of grants besides those in our community.

Therefore, on Saturday, January 12, from 10 a.m. to noon, the arts Council is holding a free Grant Writing Workshop at the Cedar City Public Library. Representatives from the Utah Division of Arts and Museums will be there to present statewide grant opportunities available for music, visual, folk, arts education and community arts. Following their presentation, the CCAC will host a hands-on hour geared to help local artists, arts organizations, and educators brainstorm and discuss ideas for potential grant proposals. Recent mini-grant recipients and CCAC board members will be available to help attendees walk through a grant application, using the CCAC grant application as the example, just in time for the February 28 application deadline.

So, if you are in search of monetary support to improve your creative skills while enriching the artistic climate of Cedar City, set aside two hours the morning of Saturday, January 12, and join us at this free workshop at the Cedar City Library in the Park.

# Jackie Jackson receives Sandgren Award

by Harold **SHIRLEY**  
For Iron County Today

At their Christmas Concert on Dec. 16, the Master Singers presented one of their best concerts ever to a large crowd of loyal attendees. It is a tradition of theirs to present the Sandgren Award to someone in the community who has contributed in a significant way to the musical experience and growth of our community. This year the award was presented to Jackie Riddle Jackson.

Some of her contributions include founding In Jubilo, which began as a small group but because of her energy and professionalism has now grown to 50 plus

members, as she has built their united, yet distinct vocal skills. In addition to In Jubilo, she conducts her ward choir as well as the Orchestra of Southern Utah Chorale, preparing them each year for Messiah.

Her most memorable music moments include being asked to sing in a recital at the Assembly Hall on Temple Square with her daughter Sunni as part of the entertainment for the 2002 Winter Olympics. Another life-changing musical experience was directing a 20-member choir at the Second Dedicatory Session of the Cedar City Temple one year ago. She says that it seemed that the heavens were opened and light and magic happened.

At this time of the year, Jackson conducts three to four different choirs concurrently. She still finds times to run to Salt Lake City for a concert after work for a workshop, getting her home between 3 a.m. and 4 a.m. She sees her various choir members as generous people wanting to build our community, serve and be a part of something greater than themselves. She instills in them beauty and richness, which they find not only in the music but in the relationships that are fostered as they sing together. She continues refining, improving and pushing her choirs to perfection. Now she teaches elementary teachers how to work with kids, hoping that they, too, will see that everyone can sing.

For her remarkable and extraordinary service in forwarding music in church, college, and community, the Master Singers chose to give Jackson this high Honor, the Sandgren Award. Congratulations.



Larry Hatch, Master Singers President, Jackie Riddle-Jackson, Harold Shirley, and Kent Myers.

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## Growing diversity and inclusion at SUU

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

**CEDAR CITY**—She displays a trio of painted ‘sugar skulls’ called Calaveras on her desk, a reminder of the traditions and cultural voices that need to be heard on campus.

At the Center for Diversity and Inclusion (CDI) at Southern Utah University, it is director Maria Martinez’s task to validate multiple identity students while ‘integrating the experiences’ of marginalized people. She is the director of the office, which includes one full-time coordinator and four Beacons (part-time student leaders/mentors).

She welcomes students from all ethnicities and religions who come here from all corners of the world.

Martinez, who grew up on the west side of Salt Lake City, has roots in Chihuahua, Mexico where she spent many of her summer-breaks. She is an Alumni of the University of Utah with undergraduate work in Mass Communication and International Studies, and graduate work in Educational Leadership and Policy.

Her office serves students of color; the Lesbian, Gay, Bi-sexual, Transgender, Queer, Intersex, A-sexual, (LGBTQIA+); and those from International communities. “I still have family in Mexico, so it is like a second home to me,” said Martinez of her heritage and roots.

In college, Martinez experienced something of a ‘culture shock’ but landed her first job following graduation, with the new Advising Corps on campus. “I found a welcoming community where I made connections with mentors, and my peer group who propelled me into pursuing further graduate work,” said Martinez.

It was in the ‘melting pot’ of the U.S. that her interest in multi-cultural affairs began, and in a career designed to lead with a passion for college access and success.

Her office oversees six diversity clubs — The Polynesian Club, Black Student Union, Latino Student Alliance, Pride & Equality Club (PAEC); Native American Student Association and the newest Asian-American Student Alliance. “So, it’s really about staying culturally sensitive on campus,” said Martinez, “and to speak out against injustice.”

During Black History month, her staff facilitates a celebration of traditions with ‘passive programing’ that highlights prominent, historical black figures, and speakers. In recent years, the CDI office and clubs have become more active with representatives, staffed by ambassadors, student-Beacons, a program assistant and a coordinator.

“SUU is committed to fostering an inclusive community and we are taking the right steps here,” said Martinez of hiring a new Chief Division Officer who reports to the President’s Office and who will oversee a ‘campus climate’ survey and strategic plan for diversity and inclusion goals on campus.

According to Martinez, diversity enrollments have been competitive with white students in terms of retention rates: And current SUU data figures by race and ethnicity show that Native American students grew from 89 enrollments in 2014 to 129 in 2018.

“There is room for SUU to improve enrollment numbers,” said Martinez of diversity-goals. For example, growing college-bound youth of the Paiute Indian Tribes of Utah who were disenfranchised from qualifying or receiving Federal or State of Utah assistance in financial aid for higher education for 26 years (from 1954 to 1980).

In other data, Asian-American enrollment increased from 61 in 2014, to 133 in 2018. Black, African-Americans increased from 102 to 202; and Hispanic students (self-identified) increased from 359 to 600. Since 2014, the non-resident

..... see **GROWING DIVERSITY | 15**



DAWN M. AERTS

**MARIA MARTINEZ**, director of the Center for Diversity and Inclusion at SUU, oversees and facilitates six “Diversity Clubs” on campus at SUU. She is affiliated with the College Access Network of Utah; Student Affairs Administrators in Higher Education, the YWCA Utah Board of Directors; the Student Assessment and Intervention Team and she received an innovative program award from the Undocumented Student Ally Program, (NASPA) in 2017.

| Culture or Race                           | 2014  | 2016  | 2018  |
|---|-------|-------|-------|
| Unknown, (skipped, chose not to identify) | 442   | 761   | 1,064 |
| White, Caucasian (self-identified)        | 6,093 | 6,995 | 7,367 |
| Native American or Alaska                 | 89    | 114   | 129   |
| Non-Resident/VISA, International          | 378   | 517   | 572   |
| Black/African-Am                          | 102   | 156   | 202   |
| Hispanic                                  | 359   | 489   | 600   |
| Native Hawaiian or Other Pacific          | 78    | 128   | 116   |
| Asian                                     | 61    | 101   | 133   |



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# Calendar

## Wed, Jan 2

**CEDAR CITY COUNCIL**, 5:30 p.m., city hall. This meeting may not be conducted this week. Check with the city website for more information.

**TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN'S CRISIS CENTER**, 7 to 8:30 p.m.,

**CEDAR CITY AQUATIC CENTER**, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.

**IMMUNIZATIONS/WIC/VITAL RECORDS**, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah

**PUBLIC HEALTH DEPARTMENT**, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

**FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN**, 11:30 a.m. to 1 p.m., located at 2569 Freeway Drive between Rally Stop and the Travelodge. Rides available at no charge, leaving the Main Street Pavilion by the library at 11:30 a.m. and returning to same location after the meal. Look for the Sonrise Christian Fellowship van.

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

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

**TOPS (TAKE OFF POUNDS SENSIBLY) MEETINGS**, lose weight without buying special foods, morning meeting weigh-in at 9 a.m. with the meeting at 9:30 a.m., evening meeting weigh-in 6:30 with meeting from 7 to 8 p.m. at the Cedar City Library in the Park. For more information, call Rhea Church (morning meeting) at 586-3233 or Liz (evening meeting) at 867-4784.

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

**ALCOHOLICS ANONYMOUS**, 7 to 8 p.m., 300 E. 685 North (the senior center), in Parowan.

**ALCOHOLICS ANONYMOUS**, 6 p.m. AA Misfits, 203 E. Cabo Creek, 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. Cobble Creek Drive, Cedar City.

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

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

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

## Thurs, Jan 3

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

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

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

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

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

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

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

**NARCOTICS ANONYMOUS**, 8 p.m., KKCB, 203 E. Cobble Creek, 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.

**SAGEBRUSH FIBER ARTISANS**, the Cedar City area fiber artisans, 6:30 p.m., Visitors Center, 581 N. Main St., Cedar City.

**IRON COUNTY CONSTITUTION PARTY MONTHLY MEETING**, 7 p.m., Cedar City Library in the Park.

**CEDAR CITY MASONIC LODGE #35 MEETING**, 7 p.m., 2120 W. Skyview Road, Cedar City.

**COLOR COUNTRY NIGHTWRITERS MONTHLY MEETING**, 7 p.m., Cedar City Library in the Park.

**SOUTHERN UTAH ROCK CLUB MEETING**, 6 p.m., lapidary shop, 497 N. 100 West, Cedar City.

## Fri, Jan 4

**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. Cabo Creek, Cedar City. For information call (877) 865-5890.

**ALCOHOLICS ANONYMOUS TWISTED SISTERS MEETING**, 7 p.m., KKCB, 203 E. Cobble Creek, Cedar City.

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

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

## Sat, Jan 5

**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 Cobble Creek, Cedar City. Info at 435-635-9603 or 877-865-5890.

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

## Sun, Jan 6

**ALCOHOLICS ANONYMOUS**, 11 a.m. (TGISS) AA and 6:30 p.m. 12x12 Book Study, 203 E. Cabo Creek, 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. Cobble Creek, Cedar City. Info at 435-635-9603 or 877-865-5890.

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

## Mon, Jan 7

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

**IMMUNIZATIONS/WIC/VITAL RECORDS**, 8 a.m. to 5 p.m., Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437.

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

**RED ROAD TO SOBRIETY/AA MEETING**, open meeting, 6 p.m., Paiute Indian Tribe of Utah, 440 N. Paiute Drive, Cedar City. For more information call Chris at 586-1112 ext. 307.

**ALCOHOLICS ANONYMOUS**, noon Speaking from the Heart AA, 203 E. Cabo Creek, Cedar City. For information call (877) 865-5890.

**NARCOTICS ANONYMOUS MONDAY NIGHT BASIC TEXT STUDY**, 8 p.m., KKCB, 203 E. Cobble Creek, 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., county courthouse, Parowan.

**AMERICAN LEGION POST 74 IN CEDAR CITY**, 6 p.m., Cedar City Library in the Park. Veterans of all services are welcome to attend.

## Tues, Jan 8

**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.

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

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

**ALCOHOLICS ANONYMOUS**, noon Speaking from the Heart AA, 6 p.m. AA Misfits and 8 p.m. AA Cedar Group, 203 E. Cabo Creek, 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.

**CAREGIVER SUPPORT GROUP LUNCH**, noon to 2 p.m., Five County Aging Office, 585 N. Main, Ste. 1, Cedar City.

**CEDAR CITY TOP BAR HIVE BEE KEEPING ASSOCIATION MEETING**, 7 p.m., Cedar City Library in the Park

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

## Wed, Jan 9

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

**TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN'S CRISIS CENTER**, 7 to 8:30 p.m.,

**CEDAR CITY AQUATIC CENTER**, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.

**IMMUNIZATIONS/WIC/VITAL RECORDS**, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah

**PUBLIC HEALTH DEPARTMENT**, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

**FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN**, 11:30 a.m. to 1 p.m., located at 2569 Freeway Drive

**BETWEEN RALLY STOP AND THE TRAVELODGE. RIDES AVAILABLE AT NO CHARGE**, leaving the Main Street Pavilion by the library at 11:30 a.m. and returning to same location after the meal. Look for the Sonrise Christian Fellowship van.

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

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

**TOPS (TAKE OFF POUNDS SENSIBLY) MEETINGS**, lose weight without buying special foods, morning meeting weigh-in at 9 a.m. with the meeting at 9:30 a.m., evening meeting weigh-in 6:30 with meeting from 7 to 8 p.m. at the Cedar City Library in the Park. For more information, call Rhea Church (morning meeting) at 586-3233 or Liz (evening meeting) at 867-4784.

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

**ALCOHOLICS ANONYMOUS**, 7 to 8 p.m., 300 E. 685 North (the senior center), in Parowan.

**ALCOHOLICS ANONYMOUS**, 6 p.m. AA Misfits, 203 E. Cabo Creek, 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. Cobble Creek Drive, Cedar City.

**NARCOTICS ANONYMOUS JUST FOR TODAY**, 8 p.m., KKCB, 203 E. Cobble Creek, 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.



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## People

### Birth

#### Lettie Anne Higbee

Lettie Anne Higbee, daughter of Lance and Anne Higbee, granddaughter of John and Ellen Westwood and Ed and Kris Higbee, was born Oct. 3 at 3:03 a.m. She weighed 8 lbs. 1 oz. and was 20 inches long. We are so happy to have her join our family!



### Mission

#### Elder Hofeling

Daniel Hofeling has been called to serve a two-year mission for The Church of Jesus Christ of Latter-day Saints in the Richmond, Virginia Mission. Daniel gave his farewell remarks on December 31, 2018, in the Rock Church located at 75 East Center St., Cedar City, Utah. Daniel is the son of Blaine and Kirsten Hofeling of Cedar City, Utah.



## GROWING DIVERSITY

Continued from page 13

alien (VISA, International) numbers rose from 378 to 572 in 2018 while the 'Unknown' (skipped, or non-self-identified) enrollments rose from 442 in 2014, to 1,064 in 2018.

SUU student full-time enrollments (Fall, 2018) stands at 10,196.

"Each Diversity Club will host one signature event each year to celebrate and educate the larger community," said Martinez of the Native American Student Association that features a 'Pageant' in the fall and a festive PowWow in the spring.

There is indirect outreach for undocumented students with resources available through church groups; and in a statewide task force that links Utah schools with courses that can connect marginalized students with higher education resources. Over the past three years, the Mexican Consulate in Salt Lake City has provided up to \$4,000 for tuition.

Only last fall, the CDI department created an educational campaign to highlight 'tasteless' Halloween costumes that often depict (cultural) stereotypes. "We don't want to perpetuate inaccurate images," said Martinez of culture sensitivities.

In November, the Latino Alliance hosted a "Day of the Dead" event with 'sugar-skulls' or Calaveras set on alters drawn from ancient Mayan, Aztec rituals once used to commemorate death-sacrifice and offerings, and today, used to celebrate the dead at home, at public festivals, or in visiting cemeteries.

"The Halloween campaign was intended to start a dialogue about cultural appropriateness on campus," said Martinez. "Today, we provide emotional, social and financial support to students from historically underrepresented communities – and give them a voice to speak out."

# High Intensity Interval Torture

If you heard a loud groan echoing through the stratosphere, it wasn't our planet finally imploding, it was the sound of millions of people rolling off their couches to start an exercise program for the new year. Maybe they want to lose 10 pounds, run a 5K - or maybe even a marathon if they think they're some kind of freakin' super hero.

Some people hit the ground running. (I hit the ground every time I run. That's why I stopped running.) Others might take a gradual approach, adding an extra 5 minutes each day until, like me, they're exercising for 5 minutes each day.

But some folks lunge directly into extreme exercise—trying to punish themselves into health, beating muscles into submission and then talking about it NONSTOP. There's no one worse to talk to than someone who just discovered CrossFit.

And people who do Parkour? Intolerable. They jump from buildings, swing from trees, climb walls and don't touch the ground for 24 hours. When I was a kid, this was called, "Don't step in the lava," and we'd jump from couch to end table to piano bench to bookshelf to the safety of the kitchen floor. Now, it's basically an Olympic sport.

There's always a new health fad that promises to SHRED fat, BURN calories, BUILD muscles and DESTROY abs. (And they mean destroy in a good way.) Spokespeople are usually tree trunks with heads and are as hyped as a toddler mainlining Mountain Dew.

If you trace exercise craziness back to its roots, you'll find Jack LaLanne, the great-grandfather of fitness, and the first person to make everyone feel super crappy about their bodies. Jack LaLanne didn't wear a shirt for 40 years. Before that, humans were basically doughy people who didn't give a rip about biceps.

Then, Jane Fonda high-kicked her way into the fitness industry, wearing high-cut leotards, leg warmers and terry-cloth armbands to fashionably wipe the sweat from her brow. She had a gajillion housewives burning calories with her VHS tapes, starting the workout-at-home phenomenon. She's 125 and will still kick your butt.

Now we're obsessed with high-intensity fitness. ("We"



## Life & LAUGHTER

by Peri KINDER  
Columnist

meaning someone who isn't me.) We throw down \$50 to sweat through an excruciating hot yoga class, cycle like we're being chased by stationary zombies and do hundreds of burpees to remixed hip-hop tunes.

Guys at the gym bench-press Volkswagen Beetles and dead-lift redwood trees.

Overtraining has become a merit badge for fitness success. People at the fitness center will warm up for 30 minutes, take a cardio class for an hour, a weight-lifting class for an hour and Zumba their way into intensive care.

Here's the thing. Overtraining is dangerous. It can leave you moody and fatigued, it saps your immune system, contributes to insomnia and makes you a cranky \$#%\*. There's even been an increase in rhabdomyolysis, which is not rhino abs (like I thought). It's muscle tissue breaking down from overuse. It can make your pee dark-red! Ew.

I get it. Everyone wants a beach body, even though that term doesn't really narrow it down. Walrus live on beaches. Whales have often been found on beaches. And even though I'm a Cancer, I'd rather not have the body of a crab.

So before you roll off your couch this year, maybe set a fitness goal that doesn't involve throwing tractor tires or leaping out a second-floor window. Mostly because your body will be healthier, but also because I don't want to hear you talk about it.

# A NEW BECOMING

Are you happy with your decisions and accomplishments of 2018? Do you believe 2019 will not only be different, but better? You don't have to wait until 11:59 PM on December 31st to find out if you've really made any past progress, or 12:00 AM on January 1st to see if new opportunities await you. You can begin changing your yearly results by the choices you make and the paths you take starting now. You may think you have to start the new year stuck in the same old ruts of last year. Maybe you believe that you will wake up to the same old rotten routines and the only thing different is the day.

I'm not going to preach positivity. However, positive people don't possess a magic potion. Their grass isn't greener because it's better grass, but because they water it more often and give it more direct sunlight. They change their perspective which gives them a better directive. Then their determination helps get them to their destinations despite the detours and defeats of life. Sure, it all sounds rosy and even



## The Rut LESS TRAVELED

by Corey BAUMGARTNER

unrealistic, but is it really worse than the opposite of believing you can have a better life through better thoughts, better choices and better actions?

Yes, some days it seems nothing can get you excited about life. No motivating mantras or invigorating intentions can help you look positively enough towards the seemingly long months ahead. Is it easier to believe you're a failure, or aren't good enough to live a happier life, than it is to embrace the reigns of responsibility to make happiness happen? Yes, sometimes even the positive things that will lift you up can seem more annoying than the negative things that you have insulated yourself with to avoid change. Perhaps counterfeit comforts have blinded and beguiled you into complaining instead of draining the swamps and mires of a mediocre life. No matter what obstacles are currently in your path, you must courageously take back control.

The Grand Canyon wasn't carved in a day, or even a year, right? It was continually carved each day by the steadiness of the sculpting stream, which helped transform it into the magnificent canyon it is today. Your everyday choices are like the Colorado River. You may get frustrated and detoured from carving out your future, but if you will keep going and flowing, eventually you will achieve whatever you are trying to accomplish. Daily progress will keep you motivated and excited about where you are and where you're heading.

I hope you will strive for a new becoming not just a new beginning in 2019. No matter what happened or happens, keep flowing and forging ahead into a more beautiful and grander life. Let the perspectives of the past be a river of hope, not regret, as you navigate and carve more carefully the canyons and ruts of 2019. If you need help carving, let's talk.

# Obituaries

## Sara Dean Orton Black



Sara Dean Orton Black returned home to be with her loving family in Heaven on December 21, 2018. She was born on December 17, 1925 to Lorin Samuel and Dean Bentley Orton. She married Charles Orton Smith on February 1, 1944. Together they had three beautiful children - Lucinda, Charles, and Randall O.(Randy). They later divorced. She spent many years working hard to support her family. She later met her eternal sweetheart, Byron Clark Black; they were married July 2, 1967 and were sealed in the St. George LDS Temple for time and eternity on May 21, 1970. She then became a loving and dedicated

mother to two more wonderful sons - Neil and Clark.

Following their marriage, she returned to school and graduated from Brigham Young University with her Associate's Degree in Nursing while traveling back and forth to her home in Beaver, Utah where she raised her family and worked for 25+ years as the head RN of Beaver Valley Hospital. There she mentored many young medical care providers and taught them what it meant to truly care for the sick and injured of Beaver County. She helped deliver countless babies who each received a pair of her knitted booties. Following her career, she continued to serve and mentor others who desired to obtain an education or career in the healthcare industry.

Sara was a dedicated member of The Church of Jesus Christ of Latter-day Saints and spent her life in the service of her Heavenly Father. She held many callings during her long life and thoroughly enjoyed working on genealogy and extractions, as well as visiting teaching. Together, she and Byron supported many missionaries and were always donating all that they could to help support those in need. Her service and support continued throughout her lifetime and the lives of thousands were touched by her charity and love.

She was a woman of many talents, and was always sewing, knitting, crocheting, cooking, gardening, canning, painting and making many treasures to share with anyone she knew. She passed along those many talents to her posterity, and they have learned many great lessons from her. She will be forever remembered as an example of humility, charity, faith and love. Sara had several years of church service including preparing endless meals for Compassionate Service, Primary teacher, Relief Society Secretary and served in the temple with her sweetheart, Byron.

Sara is survived by her children: Neil (Wyonna) Black of Perris, CA; Lucinda (Lennis) Hall of Layton, UT; Clark (Sandy) Black of Enoch, UT; and daughter-in-law, Jackie Smith of Parowan, Utah; sisters LoRen and Jetta; 12 grandchildren; 41 great-grandchildren; and 37 great-great grandchildren. She was preceded in death by her husband, Byron, her sons, Charles and Randy, her parents, Lorin and Dean, her sister Jerolyn and brother Bryce, and great-grandson, Garrett Randall Smith.

Funeral services were held on Friday, December 28, 2018 at 12 p.m. in the Beaver 1st Ward Chapel. A viewing preceded the funeral service from 9:30 to 11:30 a.m. Interment followed at the Mountain View Cemetery in Beaver, Utah. In lieu of flowers, please donate to the Sara Dean Orton Black Nursing Scholarship Fund, at Wells Fargo Bank.

Her family wishes to express their gratitude to the staff and employees of the Beaver Clinic and Beaver Valley Hospital for their continued care and support throughout her life. Her legacy will forever live in the hearts and memories of those who were blessed by her life.

## Bruce Edgar Hendrickson



Bruce Edgar Hendrickson, age 77, passed away on December 17, 2018. He was born on September 22, 1941 in St. Louis, Missouri. His family moved to Norco, Calif., in 1957. He graduated from Corona High School in 1959. He served in the Army in Korea as a cook. He moved to Utah in 1976.

Bruce had many skills. He was a mechanic, a carpenter, and a fabricator. During his lifetime, he enjoyed fixing up classic cars, riding motorcycles, and camping. Moss never grew on Bruce because he was always on the go. There were many times when he would answer

the phone and be in a different state. He always liked to tell us how good the weather was wherever he traveled. He was a master storyteller and made friends wherever he would go. He leaves behind three beautiful granddaughters who he adored, and he proudly showed pictures of them to anyone and everyone.

Bruce was preceded-in-death by his father Kenneth Oliver Hendrickson, mother Dorothea Isabelle McNabb, and brother Thomas Earl Hendrickson. He is survived by his ex-wife Billie Hendrickson of Cedar City, Utah, brother Doug (Patsy) Hendrickson of Toquerville, Utah, sister Barbara Hyne of Manitou Springs, Colorado, son Brian (Leslie) Hendrickson of Washington, Utah, and three grandchildren: Lucy, Katie, and Mattie Hendrickson. He will be missed by many other relatives and friends including Lynn McMahan of Acton, California.

We would like to extend a special thank you to those that helped care for Bruce during these last few months.

A casual Celebration of Life will be held in Bruce's honor on Saturday, January 12, 2019 from 12-2 p.m. in the Cultural Hall at 800 South Laurie Lane in Cedar City, Utah. If you have a classic car you would like to bring please do so in his honor.



THINKSTOCKPHOTOS

# The steepest paved state road in Utah: U-143 to Cedar Breaks

by Lynn **ARAVE**  
For Iron County Today

The steepest state road in Utah is just northeast of Cedar City – it is U-143, from Parowan to Cedar Breaks. Drive up this winding mountain road, with a 13 percent grade, and your engine will really get a workout. This road climbs 4,600 feet in just under 20 miles and passes by the highest elevation town in Utah (Brian Head) and tops out at 10,567 feet above sea level, near Cedar Breaks National Monument.

Driving down U-143 can really be a test on your vehicle's breaking system.

A 13 percent grade may not sound like a lot, but most major U.S. highways strive not to exceed a grade of 6 percent. For example, Parleys Canyon out of Salt Lake along I-80 is no more than a 6 percent grade.

It's the mile of twisting road downward from Brian Head that's the steepest of all on U-143, where the posted speed limit can go as low as 15 mph. This road is also home to a number of S-curves.

Although this highway is open year-round, chains in winter may be required for usage. Oversized loads are not allowed on this unusually steep and curvy road. Oversize loads are not allowed on U-143.

Buses, trucks and trailers often use U-14 out of Cedar City, where a 10 percent grade is the maximum.

There are some key overlooks and pullouts along the road, where views of such landmarks as: Cedar Breaks National Monument, Brian Head Peak, Markagunt Plateau, Vermillion Castle, Panguitch Lake, lava fields, historic sites, meadows of summer

wild flowers and, during autumn, aspen groves of brilliant fall colors, are spotted.

U-143 also offers excellent star-gazing opportunities too.

According to the Garfield County News of Aug. 10, 1934, the unpaved road was fully open by that time, as part of a CCC (Civilian Conservation Corps) Camp effort. The Garfield County News had reported on Aug. 25, 1933, that the road was originally known as "The Bowerly Road" and that its importance was connecting with the Duck Creek-Cedar Mountain Road (today's Highway 14).

The newspaper also outlined some of the challenges with creating the steep, 18-mile-long path: at one point it was required to make an 80-foot deep by 1,000-foot long cut through solid rock.

The final pioneer way on the adjacent Highway 14, from Cedar City, past Navajo Lake, and to Long Valley Junction, was done in the early 1930s, with most of the effort done by the fall of 1932, according to the Garfield County News of Sept. 2, 1932. This road construction also provided much needed paid employment to area men, jobless during the Great Depression of that era. In fact, the U.S. Forest Service hired men for just two weeks at a time for the project during 1932, so that additional men could also gain temporary employment for two weeks at a time, as well.

U-143 was improved and fully paved by the 1950s.

Lynn Arave is a retired journalist from the Deseret News. His Utah history blog, mysteryofutahhistory.blogspot.com, features many more obscure tidbits about the Beehive State not found in the history books.



COURTESY OF UTAH DWR

**ICE FISHING CAN BE FUN FOR THE FAMILY**, if you do it safely and use the right equipment.

## Get on the ice, have some fun

If you're looking for something fun to do with your family this winter, the nearest ice-covered water might be the answer. Ice fishing is easy to learn, it doesn't take much equipment, and anyone—including kids—can catch lots of fish.

Many local waters were heavily stocked with fish this fall. Once the ice forms, the fish will be looking for an easy meal.

Randy Oplinger, sport fisheries coordinator for the Division of Wildlife Resources, says five reservoirs—Hyrum, Mantua, Echo and Rockport in northern Utah, and Jordanelle in north-central Utah—are especially good places to take your family fishing this winter. Other waters across the state are also good places to try.

Oplinger shares information about the basic equipment you'll need, a technique that should put plenty of fish on the ice, and how to stay warm and safe.

### Basic equipment

A short ice fishing rod and reel, some hooks and sinkers,

wax worms or meal worms, an ice auger, and a large spoon or something you can use to scoop ice chunks that form in the hole you're fishing, are all you need to get started.

"All of the gear you need shouldn't cost more than \$100," Oplinger says, "and it could easily cost less. With the exception of worms and an occasional hook, you only need to buy the equipment once. After you do, you can enjoy it for years to come."

Oplinger also encourages you to buy some small jigs, ice flies or small jigging spoons. Chartreuse and red are two colors that usually produce well in Utah.

"Even though chartreuse and red are usually the best colors to use when ice fishing," he says, "buy a variety of colors. That way, you'll have the color the fish want on the day you're fishing."

Because fish bite softly in the winter, buying items that help you detect subtle bites is a great idea. Spring bobbers (a wire extension that attaches to the end or the top of your fishing rod) and various floats (also called bobbers) are

among the items that will help you know a fish is on the end of your line.

Oplinger says rod and reel combos start at around \$15, and the scoop, jigs, worms and spring bobbers are just a few dollars each. The most expensive item will be a hand auger, but you only need one per family. "Hand augers start at around \$50," he says.

### A simple technique

Once you have your gear, and you've drilled a hole in the ice, it's time to fish. Here's a simple method that can put plenty of trout and panfish on the ice:

Tie a small jig to the end of your line, and thread a meal worm or a wax worm on the jig's hook. After threading the worm, open the bail on your spinning reel, and lower the jig and worm until it touches the bottom of the water you're fishing. (When your line goes slack, you'll know it's reached the bottom.)

After the lure touches bottom, close the bail, and reel the lure until it's just a few inches off the

bottom. Then, let it sit still and watch your bobber closely. It's also a good idea to occasionally "twitch" the rod, to make the jig move.

If a trout or panfish is in the area, there's a good chance it will swim in and take the jig. If your bobber starts to twitch, raise your rod, set the hook and reel your fish in.

"If you've waited a few minutes," he says, "and a fish hasn't taken your jig, reel it up a few inches, stop and start watching your bobber again. Keep doing that until you find the depth at which the fish are holding."

If you don't get any bites, pick up and move to a different location.

### Staying safe and warm

If you wait until the ice is at least six inches thick, it should be safe to walk on. "Keep your eyes open, though," Oplinger says. "Regardless of how thick the ice appears, there can always be thin spots or even open water."

To stay warm and comfortable, dress in layers. "Dressing in

layers allows you to remove or add clothes as the temperature gets warmer or colder," Oplinger says.

Wearing boots that are waterproof is another good idea. "As the day warms up," he says, "some water will start to form on top of the ice. Wearing waterproof boots will keep your feet warm and dry."

### Fishing reports

You can stay updated on where fishing is best in Utah at [www.wildlife.utah.gov/hotspots](http://www.wildlife.utah.gov/hotspots). You can also subscribe to the free reports at [www.wildlife.utah.gov/about-us/subscribe-to-updates.html](http://www.wildlife.utah.gov/about-us/subscribe-to-updates.html).

Two additional websites—[www.bigfishtackle.com](http://www.bigfishtackle.com) and [www.utahwildlife.net](http://www.utahwildlife.net)—also provide updated ice fishing information.

### Ice fishing seminars

You can learn more about ice fishing by watching two DWR seminars on YouTube. The seminars are available at <https://bit.ly/2zR5Ah9> and <http://bit.ly/2nAvhi2>.

# Memories to savor from 2018

When it comes to year-end columns and trying to pick out the good stuff that happened from the previous 12 months, it's a case of treading carefully more often than not.

A lot of the events that stuck out in our collective happy place came from the national stage. It takes a little more detective work to see what made the sports year memorable for the hometown audience, but it can be done.

In no particular order, here are some of our personal favorites from the year that was.

» **From the breaking news file:** It was surprising to see Cedar High grad John Ursua sat out Hawaii's appearance in the SoFi Hawaii Bowl at Aloha Stadium on Dec. 22.

He had good reason other than a hamstring injury to stay out of the Warriors' 31-14 home loss to Louisiana Tech.

KHON-TV in Honolulu reported on its web site Dec. 26 that Ursua has announced his intention to skip his senior season and declare for the NFL Draft. The wide receiver had his best collegiate year in 2018 as a redshirt junior, finishing with 89 catches for 1,343 yards and 16 touchdowns.

Ursua was fifth in the FBS ranks with his receiving yards and first in total touchdowns.

Adding to his decision to leave early, Ursua had a two-year LDS Church mission and had to redshirt his freshman year with an injury. He'll be 25 years old before the NFL Draft comes around in April.

» **The Parowan Rams boys basketball** team had a rotten start last season. By the time they finished at the Steve Hodson Cancer Classic, they had a 1-10 overall record.

By the time all was said and done, the Rams turned it around and reeled off 11 wins in its final 15 games to finish fourth in the 2A ranks for the season.

Heading into this year's Hodson Classic, Parowan was on a serious roll and off to a flying start. They were unbeaten in Region 18 at 3-0 and had a 9-1 overall record thanks largely to senior Porter Wood. Wood leads all 2A players and is ninth in the state in scoring at 23.8 points per game.

» **Keaton Kringlen and Rykker Tom** were rivals in high school at Canyon View and Cedar respectively, and they've continued the competitive spirit in college – Kringlen as a junior at BYU and Tom at Utah for his freshman season.

The Utes won three of the four meetings against the Cougars in 2018, but both players had major roles in the Cougars' only win of the series March 20.

Tom finished off a furious four-run rally in the top of the ninth inning with a two-run single that pulled Utah into a 6-6 tie, but Kringlen started the BYU 10th with an infield single and a wild pitch gave the Cougars a 7-6 victory.

Kringlen added a sacrifice fly in the seventh inning that had staked BYU to a four-run lead.

For 2019, BYU and Utah are scheduled for three games – April 2 and May 14 at Smith's Ballpark, and April 9 at Miller Park in Provo. All games happen Tuesdays and the first pitch in each is at 6 p.m.



## RANDOM Thoughts

by Tom ZULEWSKI  
Sports Writer

*Ursua was fifth in the FBS ranks with his receiving yards and first in total touchdowns.*

» **Due to an early holiday deadline**, we won't be able to share stories from the Steve Hodson Classic in this week's issue as well as Southern Utah's Big Sky men's basketball home opener against Montana State that happened Dec. 29. A complete list of scores from all the games involving the Iron County teams will be available in the Jan. 9 issue.

Best wishes to one and all for a safe and amazing year in 2019.

Follow sports guru/game show nerd Tom Zulewski on Twitter @TommyZee81 or email tominator19@yahoo.com.

## SUU announces 2019 football schedule

by SUU ATHLETICS STRATEGIC COMMUNICATION

For Iron County Today

**CEDAR CITY**—The Thunderbird football program and head coach Demario Warren have released the team's 2019 schedule, packed with four non-conference games and 12 games total.

"The 2019 schedule will be another big challenge for our program, but an opportunity to play some of the best teams in the country," coach Warren said. "We get to play five of the 16 teams that made it to the quarterfinals of the FCS Playoffs, so we'll have an amazing opportunity to test ourselves coming off a difficult season."

The Thunderbirds will open up the 2019 season in Las Vegas when they'll face off against the UNLV Rebels (August 31). The last time the T-Birds and Rebels faced off on the gridiron the Thunderbirds upset their Mountain West Conference counterpart in Sin City during the 2011 campaign.

SUU will have their second-straight road contest the following week as they head to Northern Iowa (September 7). SUU and UNI faced off in 2017, in a contest the Thunderbirds won 24-21 inside Eccles Coliseum.

Southern Utah will play their 2019 home opener on September 14 when they host Stephen F. Austin. The T-Birds and Lumberjacks also squared off in 2017, with SUU claiming victory in Texas 51-14.

Following their home opener the T-Birds will wrap up their non-conference slate in Brookings, South Dakota, as they'll square off against the South Dakota State Jackrabbits (September 21).

The next week the T-Birds will return home to open Big Sky Conference play against the Cal Poly Mustangs (September 28), before heading out on the road for a contests against Portland State (October 5) and Weber State (October 12). The Thunderbirds will be looking to reclaim the Beehive Bowl in Ogden this season.

SUU will then return home for two-straight Big Sky matchups, as they'll welcome UC Davis (October 19) and Idaho State (October 26) on back-to-back weekends.

The week after hosting the Bengals the T-Birds will return to the road for a contest with Montana State (November 2) in Bozeman.

The Thunderbirds will play their home finale on November 16 following a BYE when they'll host Grand Canyon rival Northern Arizona.

SUU will wrap up it's 2019 regular season with a contest against the North Dakota Fighting Hawks in Grand Forks on November 23.

Existing season ticket holders will be able to log in to their accounts and renew their season tickets beginning January 1. New season ticket packages and single game tickets will go on sale at a later date.

## Scoreboard

### Standings

#### Region 9 Boys Basketball

|              | REGION | OVERALL |
|--------------|--------|---------|
| Dixie        | 1-0    | 7-0     |
| Desert Hills | 1-0    | 5-2     |
| Canyon View  | 1-0    | 3-5     |
| Pine View    | 0-0    | 3-6     |
| Cedar        | 0-1    | 4-5     |
| Snow Canyon  | 0-1    | 4-6     |
| Hurricane    | 0-1    | 4-6     |

#### Region 9 Girls Basketball

|              | REGION | OVERALL |
|--------------|--------|---------|
| Cedar        | 1-0    | 7-0     |
| Desert Hills | 1-0    | 6-3     |
| Snow Canyon  | 1-0    | 4-7     |
| Pine View    | 0-0    | 2-5     |
| Dixie        | 0-1    | 4-4     |
| Canyon View  | 0-1    | 3-5     |
| Hurricane    | 0-1    | 3-5     |

#### Region 18 Boys Basketball

|              | REGION | OVERALL |
|--------------|--------|---------|
| Parowan      | 3-0    | 9-1     |
| North Sevier | 2-1    | 5-5     |
| Kanab        | 1-1    | 6-2     |
| Gunnison     | 1-1    | 6-3     |
| Beaver       | 1-1    | 5-3     |
| Millard      | 0-2    | 3-5     |
| Enterprise   | 0-2    | 2-10    |

#### Region 18 Girls Basketball

|              | REGION | OVERALL |
|--------------|--------|---------|
| Enterprise   | 3-0    | 8-5     |
| Kanab        | 2-0    | 10-1    |
| Beaver       | 2-0    | 8-2     |
| Millard      | 1-2    | 7-4     |
| North Sevier | 1-2    | 1-8     |
| Gunnison     | 0-2    | 6-4     |
| Parowan      | 0-3    | 0-8     |

#### Big Sky Mens Basketball

|                   | CONF. | OVERALL |
|-------------------|-------|---------|
| Sacramento State  | 0-0   | 6-3     |
| Montana           | 0-0   | 7-4     |
| Southern Utah     | 0-0   | 5-4     |
| Northern Colorado | 0-0   | 6-5     |
| Weber State       | 0-0   | 6-5     |
| Portland State    | 0-0   | 5-6     |
| Idaho State       | 0-0   | 4-5     |
| Montana State     | 0-0   | 3-7     |
| Idaho             | 0-0   | 3-8     |
| Northern Arizona  | 0-0   | 2-8     |
| E. Washington     | 0-0   | 2-9     |

#### Big Sky Womens Basketball

|                   | CONF. | OVERALL |
|-------------------|-------|---------|
| Portland State    | 0-0   | 8-1     |
| Idaho State       | 0-0   | 5-4     |
| Montana           | 0-0   | 5-4     |
| Northern Colorado | 0-0   | 5-4     |
| Montana State     | 0-0   | 5-5     |
| Sacramento State  | 0-0   | 4-4     |
| Northern Arizona  | 0-0   | 4-5     |
| Idaho             | 0-0   | 3-6     |
| Southern Utah     | 0-0   | 3-6     |
| Weber State       | 0-0   | 3-7     |
| E. Washington     | 0-0   | 1-8     |

## 2019 Football Schedule

| Date            | Opponent             | Location                  |
|-----------------|----------------------|---------------------------|
| Aug. 31, 2019   | @ UNLV               | Las Vegas, Nevada         |
| Sept. 7, 2019   | @ Northern Iowa      | Cedar Falls, Iowa         |
| Sept. 14, 2019  | Stephen F. Austin    | Cedar City, Utah          |
| Sept. 21, 2019  | @ South Dakota State | Brookings, South Dakota   |
| Sept. 28, 2019  | Cal Poly *           | Cedar City, Utah          |
| October 5, 2019 | @ Portland State *   | Portland, Oregon          |
| Oct. 12, 2019   | @ Weber State *      | Ogden, Utah               |
| Oct. 19, 2019   | UC Davis *           | Cedar City, Utah          |
| Oct. 26, 2019   | Idaho State *        | Cedar City, Utah          |
| Nov. 2, 2019    | @ Montana State *    | Bozeman, Montana          |
| Nov. 16, 2019   | Northern Arizona *   | Cedar City, Utah          |
| Nov. 23, 2019   | @ North Dakota *     | Grand Forks, North Dakota |

# FREE Classifieds

THURSDAY, JANUARY 3, 2019

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

**1 Week** \$.14/word - 30 Words - \$4.20 (minimum). More than 30 words - \$.14/word.  
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**4 Weeks** \$.10/word - 30 Words - \$9.00. More than 30 words - \$.10/word

Submit your classified ads at [www.ironcountytoday.com](http://www.ironcountytoday.com) or fax them to 867-1866 or call 867-1865 ext. 1.

**DEADLINE TO PLACE ADS IS FRIDAY AT NOON**

IRON COUNTY TODAY'S FREE CLASSIFIEDS SECTION IS A SERVICE TO THE COMMUNITY AND IS NOT INTENDED TO BE USED BY FOR-PROFIT BUSINESSES. ADVERTISEMENTS ARE THE SOLE RESPONSIBILITY OF THE ADVERTISER. IRON COUNTY TODAY HEREBY DISCLAIMS ALL LIABILITY FOR ANY DAMAGE SUFFERED AS THE RESULT OF ANY ADVERTISEMENT IN THIS NEWSPAPER AND IS NOT RESPONSIBLE FOR ANY CLAIMS OR REPRESENTATIONS MADE IN ADVERTISEMENTS IN THIS NEWSPAPER. IRON COUNTY TODAY HAS THE SOLE AUTHORITY TO EDIT AND LOCATE ANY CLASSIFIED ADVERTISEMENT AS DEEMED APPROPRIATE. IRON COUNTY TODAY RESERVES THE RIGHT TO REFUSE ANY ADVERTISING.

## ANIMALS

**IS YOUR PET EXPERIENCING** chronic pain, inflammation, anxiety or seizures? We sell 100% organically grown medicinal hemp, certified free of THC \$20 Trial Size. Call Diane at 435-216-7347.

## ANNOUNCEMENTS

**OCTOPUS APOTHECARY THE NEWEST** gift emporium, located at 62 1/2 North Main Street, downstairs between the Barber Shop & Bombay Café, opened their doors on December 10th. They specialize in "one of a kind" items: including shirts for all ages with extended sizes as well as collectables and imported goods. Look for their coupon in 12/19/18 edition and take it with you to visit this delightful shop.

**MUSIC IS \*FUN\* DA-MENTAL!** SMALL groups now forming for students of ALL ages and musical (even NON-musical) abilities. Family/Youth/ Home-School/ Seniors/ Pre-School/ Special-Needs Groups. Explore rhythm, instruments, composers, classics, educational songs, and more through activities proven to increase Self Respect, Intelligence, Emotional Empowerment, Creativity, Social Camaraderie, along with Musical Skills and Awareness. Have FUN in a positive peer atmosphere. Mini Casual Weekly "Recitals" on any instrument (or voice) give incentive to practice for REAL Learning! Also offering private PIANO Lessons. Kimberly 435-868-1230.

## AUTOMOBILE

**HYDRAULIC LIFT GATE, FOR** full size truck, \$400 OBO 435-559-1337.

**1997 RED FORD EXPLORER.** Asking \$1995. obo. In good condition, paint/interior/motor. Runs good. 150,000 miles, V8. Tow package. Leave message or ask for Jerry @435-865-2820.

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**SOLARA3G LONG TERM WHEELCHAIR** Juvenile or Small adult sized. Head and foot rests. Back Neck and waist straps padded. EXCELLENT SHAPE!! PAID \$2400 NEW. Asking \$1400 or OBI 435-590-2249.

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## HELP WANTED

**TURN COMMUNITY SERVICES US** now hiring for January 2019! Apply online at <https://www.turncommunityservices.org/> or by visiting 44 W Harding Ave Suite 101. Questions? Call (435) 586-1128.

## MISCELLANEOUS

**20 FREE BANANA BOXES** for storage/moving. 435-868-1230.

## REAL ESTATE

**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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## WANTED

**COME JOIN THE SENIOR** Companion/Foster Grandparent Programs! Earn \$200 a month while serving seniors in your community OR work w/ children in our local Schools. Call Joni @435-673-3548.

## LEGAL NOTICES

### NOTICE TO UNKNOWN CREDITORS

Diane M. Gil created a Domestic Asset Protection Trust.

The names and address of the Settlers are:

DIANE M. GIL  
4891 West 1000 South  
Cedar City, UT 84720

The names and addresses of the Co-Trustees are:

## LEGAL NOTICES

DIANE M. GIL  
4891 West 1000 South  
Cedar City, UT 84720

and

CHRISTOPHER B. GIL  
1445 S. 300 W., B-115  
Salt Lake City, Utah 84115

TheassettransferredtotheTrustis:

1. Real Property located at 4891 West 1000 South, Cedar City, Utah 84720.

All creditors are required to present any cause of action or claim for relief regarding a fraudulent transfer of Settlers' assets to both the Settlers and the Trustee within 120 days from the first publication of this notice or be forever barred from raising such a cause of action or claim. See Utah Code Annotated Section 25-6-501(9) and (10).

**ICT #0089**  
Published Dec. 19 & 27, 2018  
and Jan 3, 2019  
Iron County Today

### NOTICE OF ORDINANCES

Notice is hereby given that the Cedar City Council at its regular meeting of December 19, 2018, passed the following ordinance(s):

1. Ordinance No. 1219-18, an ordinance amending Cedar City's General Land Use

## LEGAL NOTICES

Plan from central commercial to business and light manufacturing, for property located at 5200 West Highway 56;

3. Ordinance No. 1219-18-1, an ordinance amending Cedar City's zoning designation from annexed transition and general commercial to industrial manufacturing (I&M-1) for property located at 5200 West Highway 56;

4. Ordinance No. 1219-18-2, an ordinance amending Chapter 26, Article XII related to amending Planning and Zoning in the City.

Said Ordinances shall become effective immediately upon publication.

A Copy of said ordinance(s) may be seen and/or purchased at the office of the Cedar City Recorder, 10 North Main Street, Cedar City, Utah.

**ICT #0090**  
Published Jan. 3, 2019  
Iron County Today

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# Comics & Puzzles

THURSDAY, JANUARY 3, 2019

Posting Date December 31, 2018

## Amber Waves

by Dave T. Phipps



## R.F.D.

by Mike Marland



## The Spats

by Jeff Pickering



### Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK:** ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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### HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

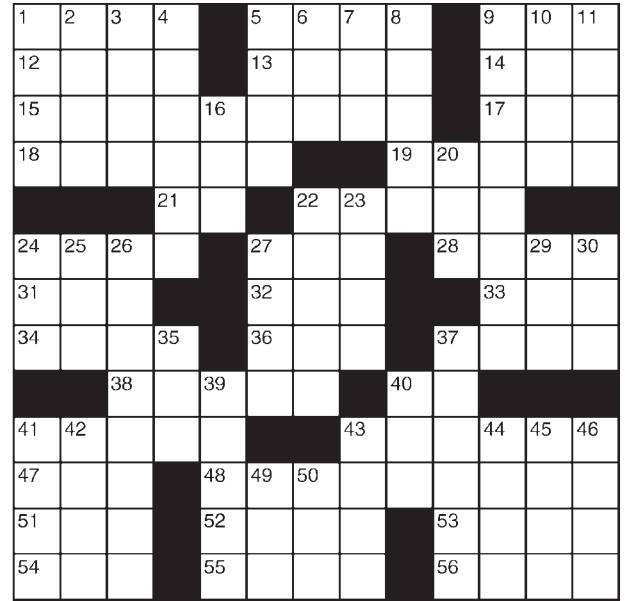
Differences: 1. Moon is changed; 2. Shutter is longer; 3. Coat is different; 4. Horn is missing; 5. Streamer is longer; 6. Number is transposed.

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## King Crossword

### ACROSS

- 1 Gumbo ingredient
- 5 MasterCard alternative
- 9 Night flier
- 12 Conks out
- 13 State with conviction
- 14 Formerly called
- 15 Healing
- 17 1933 dam org.
- 18 Porter
- 19 Different
- 21 What @ means
- 22 A crowd?
- 24 Soon, in verse
- 27 Exist
- 28 Cain's pop
- 31 Chaps
- 32 Workout venue
- 33 Eggs
- 34 Cookware
- 36 Cleopatra's slayer
- 37 Dance lesson
- 38 Core
- 40 "I think, therefore I —"
- 41 Massage
- 43 Meager
- 47 Fresh
- 48 Traveling, maybe
- 51 George's brother



- 52 Boyfriend
- 53 Frat party garb
- 54 Plaything
- 55 Black, poetically
- 56 Stalk
- 8 Passion
- 9 Promptly
- 10 "— Only Just Begun"
- 11 Shakespearean king
- 16 Dine
- 20 Afternoon affair
- 22 Rendezvous
- 23 Rope fiber
- 24 Pump up the volume
- 25 Ultramodern (Pref.)
- 26 Getting there
- 27 Culture medium
- 29 "Hail!"
- 30 Chart
- 35 Vast expanse
- 37 Intelligence
- 39 Pueblo building
- 40 Mimic
- 41 Make booties
- 42 Infamous fiddler
- 43 Stay away from
- 44 Source
- 45 Wise one
- 46 Cheese choice
- 49 Kan. neighbor
- 50 Confucian concept

### DOWN

- 1 Smell
- 2 Cattle, old style
- 3 On pension (Abbr.)
- 4 Depth charge
- 5 Temptress
- 6 "— Got a Secret"
- 7 D.C. VIP

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

Answer

### Weekly SUDOKU

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

Solution time: 25 mins.

Answers

### King Crossword

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1. GEOGRAPHY: Where is the World Heritage site called Machu Picchu located?
2. LANGUAGE: What does the Latin word "veritas" mean in English?
3. MATH: What is another name for the term 10 to the 100th power?
4. TELEVISION: What was the name of the high school in the sitcom "Happy Days"?
5. FAMOUS QUOTATIONS: Which 19th-century philosopher/essayist once said, "Live in the sunshine, swim the sea, drink the wild air"?
6. MUSIC: What is the difference in length between a petite grand piano (smallest) and a concert grand piano (largest)?
7. U.S. PRESIDENTS: Which president worked as a lifeguard during high school?
8. MEASUREMENTS: How long is a marathon race in feet?
9. MOVIES: Who starred in the 1950s movie "Lust for Life" about the life of Vincent van Gogh?
10. HISTORY: In what year did humans first land on the moon?

1. Peru; 2. Truth; 3. Googol; 4. Jefferson High; 5. Ralph Waldo Emerson; 6. Almost 4 feet; 7. Ronald Reagan; 8. 138,435 feet; 9. Kirk Douglas; 10. 1969

Trivia Test Answers



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