

INSIDE...

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LEGISLATIVE
UPDATE ON
COVID-19**



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For a current list of restaurants with online ordering, curbside, and other take-out options, go to visitcedarcity.com

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IRON COUNTY TODAY



PUBLIC ANNOUNCEMENTS: COVID-19

Cedar City Hospital health updates and hotlines

from Becki **BRONSON**

CEDAR CITY HOSPITAL

Starting last Friday, April 3, at Cedar City Hospital, anyone that wants to enter the hospital, including all those that work at the hospital, must have their temperature taken, and if they have a temperature, they won't be able to come inside the hospital. For those who don't have a temperature and are not sick, you still will be given a mask to wear. These measures are a few more elevated ways to stay ahead of the curve and protect our patients and caregivers. These measures are being put in place for every Intermountain hospital.

Intermountain has also created a new Emotional Health Relief Hotline for those who are emotionally struggling with the social distancing, uncertainty, and difficult changes we've experienced in the last while and will continue to temporarily experience for the next while. This hotline is free and available to the community. Callers are connected with a trained caregiver who can provide appropriate self-care tools, peer supports, treatment options, crisis resources, and more. To access this free service, call 833-442-2211. It's available 7 days a week, from 10 am to 10 pm.

Our Supply Chain team found an innovative way to provide protective face shields for front line caregivers. They designed a face shield that can be locally produced and provided to hospitals in our community, including the VA and University of Utah. "We put together a committee to look at PPE that was in need," explains Scott Schofield, director of Supply Chain Solutions. "We worked with our sign shop in Utah County to design a face shield, and then reached out to a local company, Quality Foam, along with The Church of Jesus Christ of Latter-day Saints and Beehive Clothing and found the supplies needed to manufacture 50,000 face shields that will protect caregivers so they can safely meet patient needs." Nearly 25,000 face shields will be completed by the end of this week, with another 25,000 on schedule to be completed by April 10. "We couldn't have done this without help from the community," says Scott. "Several organizations played a critical role, making it a team effort of helping people live the healthiest lives possible."

Myth-busting COVID-19

"I thought COVID-19 was mainly respiratory issues, but now I'm hearing that there are GI (gastrointestinal) symptoms too. Is that true? Does this justify buying lots of toilet paper?"

COVID-19 has a wide range of symptoms. Common symptoms include cough, fever, tiredness, and difficulty breathing in severe cases. Less common symptoms have included headache, sore throat, and rhinorrhea, anosmia (loss of smell),

and gastrointestinal symptoms (e.g. nausea and diarrhea). While experts in consumer behavior say a surge in panic buying is not a surprise during a global pandemic, it's not necessary to buy large amounts of products like toilet paper to combat COVID-19 symptoms.

Stay safe and well! Together we've got this!

Becki Bronson

Update on SUU's commencement and graduation events

Dear Graduates and Campus Community,

We are excited to announce Southern Utah University's commencement and graduation events have been tentatively rescheduled for Saturday, August 8, 2020. This was the overwhelming choice of the Class of 2020 and a direct result of your suggestions and input.

We received 1,245 responses to SUUSA's survey and 78% indicated postponing commencement until later this summer as your top choice. This is a tremendous level of response in a short amount of time and speaks to the value placed on your experiences at SUU and desire for a traditional commencement ceremony.

August 8 marks the close of SUU's summer semester and will be a wonderful time for you and your loved ones to come back to campus, walk under the Carter Carillon and across the stage as the culmination of years of dedication and hard work. Although it is not taking place in the spring as expected, we promise this year's commencement will be an unforgettable celebration worthy of the wait.

More specific details are forthcoming and we will keep you informed with updates. This date is tentative. The evolving public health situation due to the COVID-19 pandemic and state and federal public health requirements at the time will be taken into account. Refunds for graduation regalia purchased for the April commencement have been processed and you will be able to re-purchase closer to the August date. You will still receive your diplomas by mail in June or July. Visit suu.edu/graduation for updates and more information.

Thank you for your patience and understanding as we work together to respond to unexpected changes in your last few months at SUU. This is not the way any of us wanted to finish the semester, but we could not be more proud of the resilience and strength of the students, faculty and staff. We are looking forward to celebrating with you in August!

Go T-Birds,

Jeff Carr, 2019-2020 SUUSA President

Brandon Payne, 2019-2020 SUUSA Vice President of Academics

Scott L Wyatt, President

Message to 4-H families

from Angela **HACKWELL**

IRON COUNTY 4-H COORDINATOR

Dear 4-H Livestock Members,

As 4-H educators, we have been receiving a lot of questions related to whether families should move forward with purchasing market livestock for shows and auctions. What if we don't have a show? What will I do with my animal? Or, the one that hurts the worst, what if I lose all my money?

My response to all these questions is a question itself. What are you in this for? What do you hope to gain?

If you are in 4-H so that your child can learn about the effort that goes into raising livestock and producing food animal products, get the animal.

If you are in 4-H so that your child can become a better citizen or learn about goal setting or gain effective leadership skills, get the animal.

If you are in 4-H so that your child can be a step above their peers, so that they can develop a sense of belonging, mastery, independence and generosity, get the animal.

If you are in 4-H so that your child can learn about resilience, determination and never giving up hope (even in the middle of a pandemic), get the animal.

But, if you are in 4-H so that your child can sell their animal for twice what you invested in it, don't get the animal.

If you are in 4-H so that your child can bring home a big banner or a shiny trophy, don't get

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PUBLIC ANNOUNCEMENTS: COVID-19

the animal.

If you are in 4-H so that you can boast to co-workers and friends about how your child beat out 15 other people's children to be the coveted "Grand Champion," don't get the animal.

Ultimately, if you do this thing called 4-H so that you can clean up at the livestock show and earn awards, money and bragging rights, don't get the animal. Because I can't guarantee you those things this year.

I can only guarantee you this:

The agricultural community is powerful. The loyalty and camaraderie among us are bigger than words can describe. Even if we are unable to have a show in the traditional sense, we will do everything humanely possible to ensure youth have the opportunity to display their work. Whether it's posters or videos or any other ideas you might have like virtual judging, we will go to the ends of the Earth to save the 4-H experience for your children. We will work cooperatively with the Southwest Livestock Show Committee to help with arrangements for animals. We will not strand you with a project; instead, we will work right alongside you to figure out where that animal can go. Whether it's taking it to a packer fifteen minutes up the road or loading it on a trailer headed halfway across the U.S., we will do the best job that we can to help you navigate the "end-game." And lastly, we can guarantee you that your child will learn. That, despite limited club meetings or five days at the livestock show, your child will learn the important things. The things that matter. They will fill the days of this pandemic with hope as opposed to grief. Your child will develop a relationship with their animal(s) like they never have before, because, quite frankly, it's one of the few things they have left.

We have a staff member with substantial livestock experience that is available to answer any questions you have regarding showing, feeding, raising, grooming etc. Whether it is sheep, goats, steer, or hogs. Ask all the questions you need to Jamee Joseph at (435) 421-4697.

If you have questions regarding anything 4-H like club chartering, club meetings, leadership opportunities, curriculum, etc. please feel free to contact Angela Hackwell at (435) 559-6757.

Is there a chance youth experience will be different this year? Yes.

Is there a chance youth will lose money? Yes.

As a result, is their 4-H year a lost cause?

Should they just give up? I'll leave that up to you.

Please feel free to contact me at any time. I am happy to help any way that I can.

Stay safe and stay well. Wash your hands.

Don't touch your face.

Sincerely,

Angela Hackwell
Utah State University Extension
Iron County 4-H Coordinator
(435) 559-6757
angela.hackwell@usu.edu

Social distancing tips: 15 ways to stay both sane and safe

Practicing social distancing to mitigate the COVID-19 pandemic may sound scary or impossible to do, but there are ways to appropriately handle the process, says Jagdish Khubchandani, a health science professor at Ball State University.

The Centers for Disease Control and Prevention has issued guidelines to limit the spread of COVID-19 that include recommendations for social distancing—a term epidemiologists use to refer to

a conscious effort to reduce close contact between people and hopefully stymie community transmission of the virus.

"Social distancing can be tough on people and disrupt the social and economic fibers of our society," Khubchandani said. "Given the existing crisis of isolation in societies—with probably the loneliest young generation that we have today—social distancing can also take a personal health toll on people, causing psychological problems, among many others."

see **COVID-19** » 8



Iron County You Matter. Be Counted.

Census Day is April 1st and it's important that everyone be represented in Iron County.

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OPINION

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From the Editor

Unique and courageous times

As the COVID-19 pandemic continues to make our lives uncomfortable and unpredictable, I hope that the Iron County Today is still a source of positive and uplifting words in your life and in your home. I know this seems like the worst time for such a trial to take place. So many opportunities and memories seem to be messed up and missed out on. We look for a silver lining, but it's difficult behind all the masks and closed doors.

Nevertheless, when any of us do brave the world outside of our homes, I hope we do so wisely and also gratefully. I hope we will be understanding and even compassionate towards those who appear too nonchalant or even negligent of the situation at hand. I also hope we will take an extra breath or two and thank the people are continuing to do their jobs to help us continue to live our lives.

On behalf of our staff, I extend

a special thank you to all of the people at our grocery stores and other businesses in town for staying open. This includes the post office, banks and especially first responders and medical personnel doing all they can to keep the peace and who will help us put the pieces back together when this is over.

I also am grateful for those praying for the welfare of our community and world. In fact, all religions in our region and throughout the world have been asked to take part in a special prayer and fasting day Friday, April 10. Whether you are religious or not, I hope we will each do our part to help make this challenge pass more quickly...and it will pass.

In the meantime, let us know how you're doing. Share your stories of hope and courage with us and about how you're enduring and surviving COVID-19. We are in this together and we will get through it together.



COREY BAUMGARTNER
MANAGING EDITOR

Thought of the Week

from the desk of R. Gail Stahle, publisher

"Happiness is when what you think, what you say and what you do are in harmony."

» Mahatma Gandhi

IRON COUNTY FORECAST

STORM OFF THE COAST OF CA NOW MOVES ACROSS THE DESERT SOUTHWEST, THOUGH THE TIMING OF IT IS STILL UNCERTAIN. IF THE SYSTEM TAKES A SLOWER TIME EXITING, WE COULD SEE SOME PRECIP THROUGH MIDWEEK; HOWEVER, A RIDGE OF HIGH PRESSURE BUILDS QUICKLY, LENDING ITSELF TO A GREAT STRETCH OF WEATHER THROUGH SUNDAY.

Get Utah's most accurate forecasts anytime at: ABC4.com/weather

WEDNESDAY	Mostly Sunny 65°/35° PRECIP: 0% WINDS: NE 5-10
THURSDAY	Mostly Sunny 64°/39° PRECIP: 20% WINDS: NE 5-10
FRIDAY	Mostly Sunny 60°/38° PRECIP: 10% WINDS: SW 8-12
SATURDAY	Partly Cloudy 56°/38° PRECIP: 20% WINDS: WSW 10-15
SUNDAY	Rain/Snow Showers 45°/27° PRECIP: 40% WINDS: WSW 10-15
MONDAY	Mostly Sunny 47°/28° PRECIP: 10% WINDS: WSW 10-15
TUESDAY	Partly Cloudy 54°/34° PRECIP: 20% WINDS: SW 10



OPINION

Novel ideas for being quarantined

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

“Stay home. Stay safe,” proclaims Gov. Gary Herbert. It is undoubtedly good advice, but not everyone feels the comfort.

My son who has worked from home for almost 15 years finds it more a norm than an inconvenience, but his girlfriend – and attorney – has found it difficult not sharing the office and opinions from her colleagues. My wife’s daughter, a teacher, hates being away from her students, while my daughter is enjoying the hopefully temporary break from her usual 60-hour weekly shifts at a Las

relaxing with old and new books. Many columnists have offered their own suggestions. Here are a few of mine:

“The Lost Man,” the newest mystery novel from Jane Harper, is both a satisfying whodunit as well as a dusty depiction of Australia’s outback. Harper has released three Australian-based mysteries; her first, “The Dry” is also highly recommended.

If you are not offended by rough language, “Chances Are” by Richard Russo is an intriguing tale of three best friend college students. Now in their 60s, the three meet again puzzling about what happened to their fourth friend who hasn’t been seen for some 40 years. It’s Russo at his best.

“The Other Wes Moore” is a non-fiction narrative of two inner-city young men born blocks from each other. Both are fatherless and troubling to local police officers, but they diverged. The author became a Rhodes Scholar and a business leader while his shared name counterpart was handed a life sentence for murder.

Any Agatha Christie mystery is satisfying, but one which is overlooked

is “Death in the Air,” featuring Hercule Poirot. If you are a fan of “To Kill a Mockingbird,” read last year’s “Furious Hours” detailing Harper Lee’s intention of following her famous novel with a true crime history of an ill-remembered serial killer. Why didn’t Lee finish the book? You’ll find out.

And if I had to select an old favorite, I would pick Betty Smith’s 1943 novel, “A Tree Grows in Brooklyn.” The story of an immigrant family, it has the same laugh-and-cry humor and tenderness as an episode of “This Is Us.” The book holds up after 77 years.

by Bryan GRAY

COLUMNIST

“Like me, most of you probably have little interest in watching replays of Utah Jazz games from 2006.”

Vegas restaurant.

People are often taking the time to catch streaming shows they never seemed to find the time to watch. At my dentist’s office, the buzz is on the newly-aired “Tiger King,” my physician friend is carving out time to watch every episode of “Breaking Bad,” and my wife and I are finally embroiled in “The Crown.”

Like me, maybe you have watched too much news about COVID-19. Like me, most of you probably have little interest in watching replays of Utah Jazz games from 2006.

And, like me, some of you are

Word on the Street

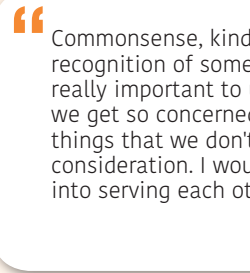
Compiled by Tom Watson

COVID-19 – What do you hope for when all is said and done?



“I would hope this has brought families closer together. That we’re at home or we’re doing more together. I would hope that everything will get back to normal but we’ll have learned the value of family and taking care of each other. Serving others is mostly what we need to get back to. The basis of our country and how it was formed, and that we need to rely on God, not on any of the media or anybody else. It’s God and what he has asked us to do. That’s what I would like to see. One nation under God once again.”

— Helen Francom



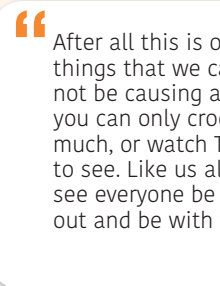
“Commonsense, kindness towards people with recognition of some of the things that are really important to us. It appears so often, that we get so concerned with other unimportant things that we don’t take important things into consideration. I would like to see us all get back into serving each other.”

— Wally Francom



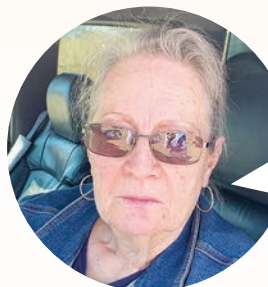
“Ultimately, as everybody gets well, the virus will get taken care of. And then we can all go back to our families and countries. And everyone will be safe once again and we will come to be a stronger nation through all this.”

— Kristina Holden



“After all this is over with, I’d like to see more things that we can get out and do. We would not be causing anyone to be sick. I mean, you can only crochet so much, or read so much, or watch TV. There is so much I want to see. Like us all coming together. I’d like to see everyone be healthy and be able to get out and be with family and friends.”

— Karen Rood



“After everything is finished, I mean the quarantine and the virus. I would like to see the fellowship between neighbors, and, like the companies are doing other things and what they’re setting up to do. I would like to see everyone continue to help one another now.”

— Shannon Severance

If you have thoughts and ideas about what has been happening in Iron County, other ideas for upcoming Word on the Street questions, please submit them to news@ironcountytoday.com.

OPINION

To the Editor**God gives good gifts**

"K-K-K Katty" is a song my mom and I would sing when I was a child. Mom would also play the piano and later the organ. When she was a child, she rode her bike several miles to learn to play the piano. In high school she took voice lessons and was trained as an opera singer. Music was her life. She played and sang whether her life was good or bad.

When she was going through Chemo treatments, her friends would come over. One friend would pretend to be Lou Rawls. What fun!

One day, we were in a music store and I spotted some toilet paper with a song printed on it. I laughed and bought it for Mom for her birthday. She thought it was great and displayed the musical toilet paper in her bathroom. She didn't play the printed song. I didn't think to ask her at the time.

In addition to breast cancer, she also had heart problems. She passed away 15 years ago. Many nice things were said about her as we gathered in a circle holding on to the musical toilet paper. Mom always applied music to every aspect of her life whether good or bad.

During this difficult time, I think this story is a good one since purchasing toilet paper has become so popular. In an emergency situation, we sometimes panic. This time we bought toilet paper out of fear, a way to prepare and to dispose of disgusting things. Toilet paper serves many purposes in our physic.

By combining music that is printed on a roll of toilet paper, we psychologically cover the gunk with something pleasant to the ears, music. Many orchestras, choirs, and musicians are joining together all over the world to create music!

God gives us good gifts to help us cope in the most difficult situations.

God Bless,

Karen Russell

2nd Amendment in the crosshairs

Many people today including misinformed, mal-informed and uninformed in the media, academic, entertainment and political fields are only partially aware or totally ignorant of the context and meaning of several aspects of the Constitution, especially the 2nd Amendment.

There is a story told that when the Founding Fathers were trying to determine whether Freedom of Speech or the Right to Keep and Bear Arms should come first, they flipped a coin and voila! Of all the Constitutional Amendments those two are the most critical in the founding, presence and continuance of this allegedly "Free Republic." Too many citizens are unaware of the true raison d'être of the 2nd Amendment. Its primary purpose was

not to guarantee duck hunting, target shooting or even self-defense although all are legitimate and generally understood. The paramount reason for the Right to Keep and Bear Arms was commented on many times by the Founding Fathers and jurists throughout America's history. That reason was, is and will continue to be the ultimate means as a deterrent and resistance to any and all manner of tyranny. Even foreigners understand the concept.

For example, at the height of Japan's aggressive expansionism during World War Two, Admiral Yamamoto warned the Imperial General Staff that a planned invasion of the US was doomed to horrendously bloody failure because he said that "There is a man with a rifle behind every blade of grass." As a legal (note: "legal") Green Card holder I find it appalling that anyone would even think of doing away with the 2nd Amendment. Without it, the Constitution is merely an irrelevant piece of paper.

It is telling that the few other nations in the world having some form of a "constitution" (including my homeland Canada and, oddly enough, Soviet Russia) do not contain any provision for the "Right to keep and Bear Arms" or even the guarantee of private property (beware of Bernie!). Historically such nations' citizens are little more than vassals and any "privileges" exist only at the whim of their overlords. There seems to be those in the "non-gun culture" that finds the denigration and ridicule of patriotic gun people to be an amusing pastime and pushing disarmament. Those leftist types will misquote or invent out of whole cloth the most ridiculous stereotypes regarding gun owners.

A few examples: Obama's labeling them as bitter gun owners clinging to their religion. The image of the tobacco chewing, beer and bourbon guzzling rednecks who go to family reunions to pick up girls is another. The reality is ammo and

firearms are extremely expensive and most gun owners grow up with them, take training of some sort or acquire such skills during military service.

Some years ago, I had the privilege and satisfaction as the Chief Sniper Instructor at the 3rd Marine Division Scout-Sniper School. This was training highly motivated, intensely patriotic, incredibly physically fit Marines in one of the two most prestigious and difficult Military Occupational Specialties in the combat arms field. To have some occasional writer denigrate gun owners by mocking them as fearful of criminals invading their homes to steal "paper towels, dry beans, peanut butter, hand soap" and "Clorox bleach" is not only degrading but downright insulting.

Incidentally, I have not hunted for many years for the simple reason that with my skills it is no contest. Note also that the statement from a familiar columnist, "Study after study acknowledges gun owners are more likely to be killed or injured than those who don't have firearms." This is a completely erroneous and flat out garbage statement. FBI statistics, which can easily be found on the Internet, are readily available and show that the exact opposite is true. However, I completely agree with most libertarians that say owning firearms is "One's own damned business!"

Submit your letter to the editor online at ironcountytoday.com, or email news@ironcountytoday.com or bring/mail them to 389 N 100 W, 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.

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UTAH Legislative Update

Dear Friends and Neighbors,

I hope you are all keeping safe and healthy while we fight COVID-19 in our state. As of April 2, Utah administered 21,065 tests, 1,074 testing positive, 100 hospitalizations and seven fatalities. We are working hard to slow the spread of this virus and keep our citizens safe.

Winning the COVID-19 battle will require a comprehensive approach. A statewide online symptom assessment tool recently launched -TestUtah.com. It aims to help find individuals infected with COVID-19 and accelerate testing capacity in our state. The assessment will help public health officials better track and stop the spread of coronavirus.

Everyone is encouraged to participate in the #TestUtahChallenge by taking the online assessment regardless of symptoms. Good data is crucial. It will help us pinpoint hotspots, identify citizens who need testing and direct them to the nearest testing center. It will help us find treatments and save lives.

Broad survey participation will help dramatically increase testing and tracing of the virus, allow a more effective targeted response and help reduce transmission and infections. Two additional drive-through testing sites, operated by medical professionals, have already opened in Provo and Orem. More are expected to be up and running soon.

The assessment was created in collaboration with the Utah Department of Health, Silicon Slopes and many incredible leaders in both the healthcare and technology communities. I've been amazed by how the private sector, public sector, physicians, pharmacists, elected officials, healthcare professionals and Utahns have joined forces to combat this virus.

Together we will "crush the curve" and return to normalcy as quickly and safely as possible. You can visit TestUtah.com to take the five-minute survey.

As I mentioned last week, Congress passed H.R. 748, Coronavirus Aid, Relief, and Economic Security (CARES) Act. The CARES Act primarily addresses the economic impacts of COVID-19, providing \$2 trillion in stimulus money to support small businesses, large industries and individual taxpayers.

Utah will receive a minimum of \$1.25 billion to help address the impacts of COVID-19. Individuals and couples in certain income brackets will receive payouts to help with immediate needs. The CARES Act will also provide low-interest loans to help businesses

recover, and will help protect many families in financial distress. The bill provides incentives for businesses retaining employees and rehiring furloughed workers.

HERE ARE A FEW MORE HIGHLIGHTS OF THE CARES ACT:

Small and Large Businesses

- » Provides \$349 billion in guaranteed loans to small businesses for covering expenses, including payroll
- » Provides \$10 billion for disaster relief loans and expands the program to include self-employed individuals
- » Provides a refundable tax credit for payment of wages
- » Triples the maximum loan that can be offered under certain SBA programs
- » Allocates \$454 billion to support financial systems that lend to businesses, states or municipalities
- » Provides \$29 billion to guarantee loans and support other investments for air carriers Individual Taxpayers
- » Provides direct payments to qualifying citizens: \$1,200 for each individual earning less than \$75,000 or \$2,400 for couples earning less than \$150,000. In these same income brackets, parents will receive \$500 for each child.

Workforce Benefits

- » Increases unemployment benefits by \$600 per week (if state requests)
- » Provides unemployment benefits to employees who are self-employed or ineligible through other programs

Healthcare

- » Appropriates \$10 billion for hospitals and healthcare providers
- » Provides \$45 billion to the Centers for Disease Control

Housing

- » For a limited time, prohibits foreclosures, allows forbearances and prohibits initiating legal action to evict a tenant for those holding

mortgages backed by the federal government

- » Provides \$11.25 billion for public housing agencies, homeless assistance grants, the Community Development Fund and project-based rental assistance

Emergency Powers and Disaster Relief

- » Appropriates \$1 billion for use under the Defense Production Act, which allows the President of the United States to compel the production of certain goods
- » Appropriates \$45 billion to the national Disaster Relief Fund
- » Provides up to \$16 billion for the Strategic National Stockpile

Additional Provisions

- » Provides \$25 billion for transit infrastructure grants
- » Provides \$34.1 billion for agriculture producers, SNAP and children's nutrition programs
- » Suspends certain federal student loan payments for six months

FAQs

- Q- What does the Governor's "Stay Safe, Stay Home" directive entail?

A- On March 27th Governor Herbert issued a "Stay Safe, Stay Home" directive. This directive is not the same as a "Shelter-in-Place" order. The "Stay Safe, Stay Home" directive encourages Utahns and businesses to follow social distancing and safe practice guidelines encouraged by the CDC.

This directive does not prevent counties from issuing more stringent orders to best meet the needs of their communities. Since the "Stay Safe, Stay Home" directive, many counties have issued their own public health orders enforcing the "Stay Safe, Stay Home" directive within their counties or issuing stronger "Shelter-in-Place" orders. You can read about the various county special orders here.

Q- Can you close the national parks in our state?

A- As a state government, we have control over our state parks, which remain open only to visitors residing in the same county where the state park is located. Our national parks are operated by the U.S. government. At this time, Zion, Arches and Canyonlands National Parks are closed to the public.

I will be providing these COVID-19 updates from a legislative perspective weekly. I want to hear from you and get your feedback, thoughts and ideas on what's happening in our local communities. Please contact me anytime at evickers@le.utah.gov. Thank you.

Sincerely,

Evans Vickers

Utah State Senate



SEN. EVAN VICKERS

UTAH SENATE DISTRICT 28

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COVID-19

« CONTINUED FROM PAGE 3

Khubchandani recommended 15 ways to counterbalance the effects of social distancing:

1. Maintain a routine. As much as possible, social distancing should not disrupt your sleep-wake cycle, working hours, and daily activities.
2. Make social distancing a positive by taking the time to focus on your personality and personal health, reassessing your work, training, diet patterns, physical activity levels, and health habits.
3. Carve time to cook for yourself and others in need. Add more fruits, vegetable, vitamins, and proteins to your diet (most adults in the United States do not consume enough fruits and vegetables). Get 2-3 meals a day.
4. Go for a walk or exercise at home. Definitely go out in nature as much as possible. Only half of American adults today get enough exercise.
5. Do not let anxiety or being at home lead you to indulge in binge eating or alcohol and drug use. Don't oversleep, but do sleep at least 7 hours. Our recent study found that

more than a third of Americans sleep less than 7 hours.

6. Social distancing can cause anxiety and depression due to disruption of routines, isolation, and fear due to a pandemic. If you or someone you know is struggling, there are ways to get help from a distance.
7. Think forward and try to make best use of technology to finish your work, attend meetings, and engage with coworkers with the same frequency that is required during active office hours. The good news: Working from home can make people more productive and happier.
8. Small breaks due to social distancing are also times to reassess your skill and training – think of an online course, certification, training, personality development, or new language to learn.
9. Engage in spring cleaning, clear that clutter, and donate non-junk household stuff. Household clutter

can harbor infections, pollutants, and create unhygienic spaces.

10. Social distancing should not translate to an unhealthy life on social media. While you can certainly become a victim of myths, misinformation, anxiety, and fear mongering, you may also inadvertently become a perpetrator, creating more trouble for communities.
11. Based on American Time Use Survey and leisure related time-spending patterns worldwide, we spend too much time on screen. Except for 1-2 times a day to watch national news for general consumption and local news to check spread of COVID-19 in your own community, you are likely over-consuming information and taking away time from yourself and friends and family.
12. Reach out to people and offer help. Social distancing should also help reinvest in and recreate social bonds. Consider providing for and helping

those at risk or marginalized (e.g. the elderly, disabled, and homeless; survivors of natural disasters; and those living in shelters). You will certainly find someone in the neighborhood who needs some help, this can be done from a distance, on phone, or by online activities and giving.

13. Check your list of contacts on email and phone. Certainly, there are people you have not talked to in a while—time to check on their wellbeing and connect. This will also help you feel more connected, social, healthier, and engaged. Be kind to all; you never know who is struggling and how you can make a difference.
14. Engage in alternative activities to keep your mind and body active such as: listening to music and singing, trying dancing or biking, yoga or meditation, taking virtual tours of museums and places of interest, sketching and painting, reading books or novels, solving puzzles or engaging in board games, trying new recipes and learning about other cultures, etc.
15. Do not isolate yourself totally (physical distancing should not become social isolation). Don't be afraid, don't panic, and do keep communicating with others.



COURTESY PHOTO

JAGDISH KHUBCHANDANI

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SUU NEWS

SUU Community Education responds to social distancing with free virtual classes

from Haven **SCOTT**
FOR IRON COUNTY TODAY

Looking for ways to stay active, healthy and connected while practicing safe social distancing? Southern Utah University's Community Education program is rolling out free online mini-classes featuring activities for those who love to learn during this time of staying at home.

Following recommendations from the Utah Governor's Office, and with the postponement of in-person classes, SUU Community Education will begin offering an in-home learning series titled "Community Connect-Learn From Home." Designed for individuals of all ages and families, safe-distance delivery platforms will include both Facebook Live and Zoom making it possible for learners to participate with a smartphone, tablet or computer from virtually any location with internet access.

"Community Connect-Learn from Home" includes the "Community Reads" online book group, "Keep Learning" virtual mini-courses and "Navigating Close Quarters" featuring resources for managing families, relationships and children under stay at home recommendations.

Presented in partnership with Cedar City Library, Iron County School District, Southwest Tech, and SUU Professional Development and Leadership, "Community Reads" book selections cover a variety of genres. Sections include youth literature for young readers at home, adult fiction for the opportunity to read and discuss a new novel, and business leadership for professionals looking for additional focus and inspiration. The "Keep Learning" series

features local subject experts volunteering their time to teach fun online mini courses. Weekly virtual classes, same day, same time every week, include Blueberry Blender Pancakes, Country Line Dance, Pet Health for Pet Owners, Healthy Cooking, Art for All Ages, Green Thumb Get Your Garden Growing and Geology Hiking at Thunderbird Gardens.

"We recognize that many families and individuals are looking for resources to help navigate new changes to routines, and our goal is to continue to offer ways for our community to connect, stay active and keep learning," said Melynda Thorpe, SUU Community

“...our goal is to continue to offer ways for our community to connect, stay active and keep learning”

» Melynda Thorpe

and Academic Enrichment Executive Director. "Each class is designed to share with a loved one at home, with friends online or for taking a break to learn something new."

A complete list of course offerings, book group selections, and links for both Zoom and Facebook Live events is available at suu.edu/keeplearning. A complete list of course offerings, book group selections, and links for both Zoom and Facebook Live events is available. For more information, or to volunteer to teach a course or lead a book discussion, email bewise@suu.edu, or call (435) 865-8259.

SUU Community Education classes are held year-round for the purpose of generating fun, cultural, educational opportunities and experiences for those who love to learn. Subjects including culinary, outdoor recreation, art, music, language and more are taught by local experts for the purpose of increasing participant knowledge and developing new skills.

Bookings

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

March 30

DOUGLAS C MORTENSEN
MAGNA, UT
DRUG - Dist/Offer/Arrange Dstbon C/S, Poss Drug Paraphernalia

QUIRINO G ALCALA
CEDAR CITY, UT
Animal at Large (Unsterilized)

KELLY A ESPIRICUETA
CEDAR CITY, UT
Animal At Large (Unsterilized)

March 31

SEAN K BYINGTON
LEEDS, UT
DUI

ALEC T PARTAIN
ENOCH, UT
DRUG - Poss/Use of C/S

April 1

JASON W WORKMAN
CEDAR CITY, UT
Child Endangerment

April 2

CHRISTOPHER J ANDREWS
CEDAR CITY, UT
Refusal to Provide Info, Resist/ Interfere w/Arrest, No DL in Poss, Insurance Violation, Revoke/Susp Reg, Obstructing Justice

April 3

THOMAS L COSTA
CEDAR CITY, UT
Poss of Dangerous Weap By Restr



Outpatient Pediatric Infusion

TEAMING WITH PRIMARY CHILDREN'S MEDICAL CENTER, CEDAR CITY HOSPITAL LOCALLY OFFERS PEDIATRIC INFUSION SERVICES.

Traveling for pediatric infusion services for your child? You don't have to travel anymore. Cedar City Hospital now offers this important service, close to home.

Our staff are trained at Primary Children Medical Center, and are certified in all pediatric advanced lifesaving certifications.

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Find out more today:
Cedar City Hospital
Pediatric Infusion Services
Amy Bennett, 435-868-5750



THE CEDAR CITY ARTS COUNCIL PRESENT

Virtual Art Tours

by Shrylene
BARUFFI-JENSEN

CEDAR CITY ARTS COUNCIL

The Cedar City Arts Council understands the importance the arts play in our lives. People often seek the arts to manage in challenging moments. Many events have been canceled and many locations have closed due to the Coronavirus outbreak. The demonstrated adaptability of artists and art organizations during these times has been encouraging. Multiple organizations and artists have been very swift in rescheduling events and providing virtual options for patrons.

In response to the wide availability of virtual art-related events due to the COVID-19 outbreak the Cedar City Arts Council is bringing this innovative approach to Iron County, Utah! These Virtual Tours will feature artist studios, artist websites, photos, videos, poetry readings, dance, and art collections. If you are an artist, an arts organization or a business who loves to support the arts in Iron County and you are interested in participating in a Virtual Art Tour please let us know at cedarcity-artsCouncil@gmail.com or on The Cedar City Arts Council's Facebook,

Instagram, or Twitter pages.

You may post videos or photographs of art with websites on the Cedar City Arts Council Facebook, Instagram, and Twitter with the hashtag: #cedarcityarts. Individuals are encouraged to share photos of their favorite



**THE WORK OF
JIM JONES** is on
display at SUU

at-home art pieces. Businesses may share their art collections. Several of our businesses have wonderful collections.

Thanks to all of those involved in building the arts community, especially at this time of social isolation.

'CHAMISA'
by Mary
Jabens



PIANO PRACTICING THWARTED—AGAIN

by Mary Anne **ANDERSEN**

CEDAR CITY ARTS COUNCIL

So much for my plan to take advantage of this forced lull in our lives. I saw it as a time when my young students, with nothing much else to do, could finally make piano practicing a priority. A couple of weeks ago I sent home specific practicing goals for each student, depending on age and attainment level. I felt safe with their coming into my home one at a time, planning sanitizing procedures after each student. So, I eagerly awaited the next week of lesson times, hoping to see some real progress in their assigned work.

Alas. They didn't come back. Some families had missionaries returning home and the whole family was going into two-week isolation. Another family had a chronic illness in their home and were being extra cautious about social interaction. Some mothers were simply overwhelmed with a houseful of children that needed home schooling and actually forgot what day it was! As always, piano practicing took a last place on the list of things to do.

You all have your own perspectives on how the isolation guidelines are affecting your lives. You see it from the scary place of reduced incomes or closed businesses. You see those important sports tournaments disappearing. One of the saddest viewpoints is that of the high school senior. My sweet granddaughter Joey has cried buckets over the proms, senior trips, graduations that she should be enjoying now. You can't create

memories from nothing.

My perspective is from the arts culture. I haven't space to talk about the hours of preparation, rehearsal, practicing that won't bear fruit. The Utah Shakespeare Festival's Playmakers were just a couple of weeks away from opening "Once Upon A Mattress." Show cancelled. Ivy Colbert may never get to be Princess Winifred. Chet Rhodes won't get to play his final recital at SUU before he transfers

to the University of Utah. Students who rehearsed diligently to perform the SUU opera saw it cancelled two weeks before opening night. Amy Morrey's students will not perform their great tap dance number from their high school production of "Singin' in the Rain."

And those are just amateur productions. What about the Spanish Brass who couldn't get into the country to perform as the final concert of the Cedar City Music Arts season? What about the touring company that won't present "The Band's Visit" at the Smith Center in Las Vegas? The USF has delayed its opening date by 9 days. Will it be enough?

Created beauty does not happen without the investment of time and money. I lament the

waste of those commodities but I lament more the loss of the emotional and spiritual nurture that we receive from music and theater. We can turn to television, but that's not a good substitute for a live show. But we can read, alone and to our children. I've been looking for a silver lining to this painful time. And here it is: I have more time to read. A book in our hands is the best vaccine against isolation.



I lament more the loss of the emotional and spiritual nurture that we receive from music and theater.

EASTER COLORING CONTEST WINNERS

ALLSTATE INSURANCE

AGES 0-6

Korbyn Adams, 6

AGES 7-12

Heston Hyde, 11

AGES 13+

Brooke Reed, 16

BLVD HOME

Malaina Walker, 10

CHILDRENS DENTAL

Rosale Anne, 12
Brodi Bybee, 3

COLOR COUNTRY PEDIATRICS

AGES 0-5

1st: Paisley Bybee, 5
2nd: Alayah Jessop, 2
3rd: Ariella, 5

AGES 6-11

1st: Denver Whicker, 10
2nd: Cameron, 6
3rd: Shannen Steed, 8

FARMERS INSURANCE

AGES 0-5

Evie Jorgensen

AGES 6-10

Shelby Goulding

AGES 11-14

Soleil Grimshaw

AGES 15+

Sue St. Jean

INFOWEST

AGES 3-12

1st: Savannah Knight, 9
2nd: Kierstin Petersen, 12
3rd: Axton, 7

JRI INSURANCE

AGES 2-10

1st: Dianna Knudson
2nd: Ethan Arnold

AGES 11-17

1st: Joni Fischer
2nd: Grace Pruitt

ADULT

1st: Kati Simon

PIZZA HUT

AGES 0-5

1st: Andrew Brown, 5
2nd: Marcus Petersen, 3
3rd: Ariella Peres, 5

AGES 6-10

1st: Jalissa Jessop, 9
2nd: Natenya, 10
3rd: Jace Hunter Jeffs, 10

SOUTHWEST APPLIANCE

AGES 0-6

Caitlyn Goulding

AGES 7-10

Shannen Steed

AGES 11-14

Arraia

WEBSTER ORTHODONTICS

GRAND PRIZE

Brendan Lisonbee

AGES 2-9

Paisley Bybee

AGES 10-16

Heston Hyde

AGES 17-90

Nicole Hodges

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Contact us at: 435-865-8576



SUU Pre-school | 302 South 1100 West, Cedar City

THE CUTEST LITTLE GIFT SHOP

IN CEDAR CITY

by Tom **WATSON**

IRON COUNTY TODAY

Cedar City is filled with tradition. There are many businesses, services, restaurants, ranches, and shops that have been here for years, if not generations. Many have established roots in town and, as we all know, they've worked hard and have become well-known names along the streets and shopping centers of Cedar City.

A brand new one has come to us in the form of the cutest little gift shop in Cedar City.

Teresa and Kristina's Gifts, located at 96 N. Main, Suite 101 in the Lin's Shopping Center is located right behind the Firehouse Subs restaurants, and right next door to the Heritage Theater, has arrived.

The shop is family owned and operated by Teresa Solmes, (the mom) and Kristin Holden (the daughter), and with the help of Helen Francom, the buyer of all the great gifts for the store, they have made it into an excellent place to purchase some pretty extraordinary items.

Specializing in gift baskets that are all made by hand, and are all themed based for all sorts of occasions, it has become the place to buy that extra special something for that extra special someone. They have geared up for the upcoming Easter Holiday season and have been granted a special audience by the Easter Bunny on a daily basis. They just ask that you call (661-505-3847) twenty minutes before coming to see the Easter Bunny so they can make sure Bunny is available.

Even if you are not there to see

Easter Bunny, come in and see for yourself the gifts for every occasion and the custom-made baskets. Teresa and Kristina's Gifts also offers season specials. And when you visit for the first time you will be greeted with a complimentary gift just for coming in (no purchase necessary). The hours are 9am to 8 pm Monday through Saturday. Look them up

on their Facebook Page at Teresa and Kristina's Gifts or come in and say hi, browse, and even buy something. Their selection is outstanding.

Teresa is a Cedar City native who moved away to

see the world and after some years decided to come home. She knew Cedar City was the place to make this shop a success. And in the short time they have been open it has proven to be just that.

**TERESA AND
KRISTINA'S
GIFTS IS
FESTIVE, FUN &
FAMILY-OWNED**

**HANDMADE
GIFT BASKETS
FOR EVERY
OCCASION** are a
specialty of the
gift shop.



PHOTOS BY TOM WATSON

(L TO R) GIFT SHOP OWNERS TERESA AND KRISTINA pause to pose with the Easter Bunny.

Metamorphosis



The Rut LESS TRAVELED

by Corey BAUMGARTNER

IRON COUNTY TODAY

Remember the classic children's story about the hungry caterpillar? Its sole mission in life was to find food. Each day of the week it ate something different, but no matter what it ate, it was always hungry. One day it ate so much that it got sick. Eventually, it built a nice comfortable cocoon and went to sleep. When it woke up it discovered a miraculous metamorphosis had taken place. The hungry caterpillar that crawled around searching for food, was now a beautiful butterfly. It could explore a world it had never seen, or even imagined during its search to satisfy its insatiable stomach.

Where are you in your life right now? Are you happy where you're at and with what you're doing? Do you feel fulfilled, or are you just filling up time searching for things that do not edify and never seem to truly satisfy? There are plenty of ruts in this world that appear to be fun and fulfilling, but like junk food, will only leave you hungry for more and make you sick.

Are you stuck in your comfy cocoon? Maybe you don't want to be a caterpillar, but don't believe you can be a butterfly, either? I've found that it's difficult to receive the butterfly blessings of life while still living like a caterpillar. Maybe it's time for your own miraculous metamorphosis?

I get it, cocoons can be comfy. However, are they only comfortable because they've become familiar? What if you're meant to be more than a hungry caterpillar, or stuck in a cocoon all of your life? I also get that breaking free is scary! It takes time, effort and courage. Some of us may remember when our elementary school teacher brought a caterpillar to class and that long-awaited moment arriving when the butterfly began breaking free? Little hearts witnessed an awkward struggle and wanted to help the butterfly by reaching out and removing the cocoon. Then, we learned that the butterfly needed the struggle to strengthen its wings.

This experience is similar to our lives. No one likes to struggle. Though, in today's world, not having wi-fi or two-day shipping are considered struggles. Nevertheless, we cannot fear change just because there is struggle. Like the butterfly, beginning to break free from the cocoon is great, but without the struggling, the butterfly won't be able to become all it was created to be. Without its wings being strengthened by the struggle of casting off the cocoon, it would sadly fall helplessly to the ground.

During these challenging times, I challenge you to become more like a bold butterfly. Don't fear the silence, solitude or struggle of the cocoon. Embrace it and let it transform you, but don't stay stuck there. Begin to break out and when it gets difficult, don't let the struggle transform you back into a comfortable, hungry caterpillar. You were created for something much more. It's time to spread your wings and go find out what that is!

BUSINESS

Some challenges of going remote with your business

The number of professionals working remotely has risen dramatically over the last decade-plus. According to an analysis from Flexjobs and Global Workplace Analytics, there was a 159 percent increase in remote between 2005 and 2017.

That shift toward remote work might have been silent and gradual for much of the 21st century, but the volume was ramped up during the

Software

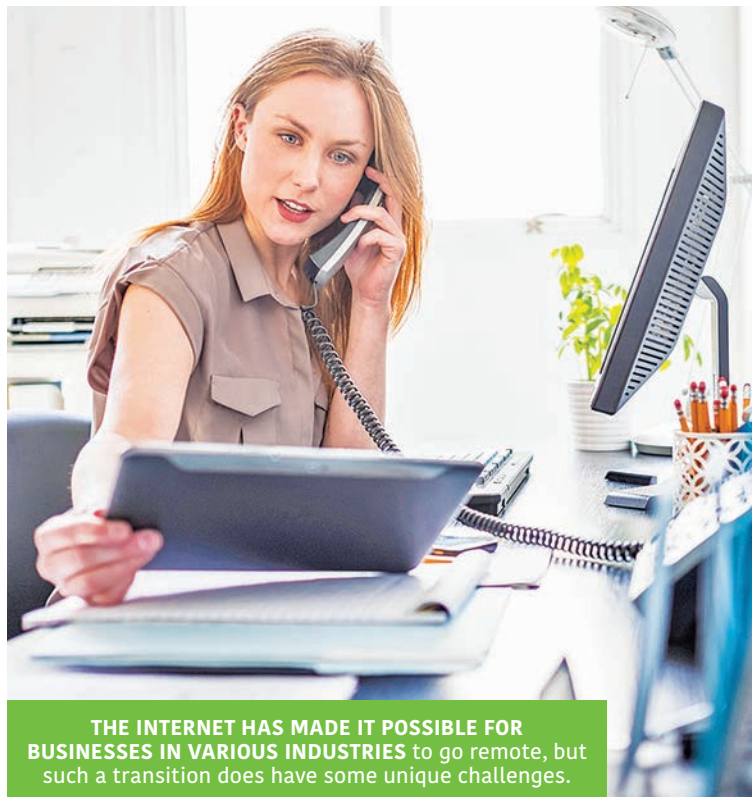
Hasty transitions to remote work, like those forced by the COVID-19 outbreak, created a crisis of sorts for companies that previously had not had many remote employees. Employees were suddenly asked to work on home computers that may or may not have had all the necessary applications for them to perform the daily tasks associated with their jobs. Companies that must transition

between remote workers can be an easy fix. Even businesses that are facing sudden and forced transitions to remote workplaces can utilize instant messaging apps like Slack to facilitate immediate communication between employees. This can drive greater efficiency and promote the sense of community among staff that many companies are proud to have fostered.

Customer service

Ensuring customers can seamlessly connect with your business, and your customer service staff in particular, should be a priority when switching to a remote work setting. A 2014 study published in *The Quarterly Journal of Economics* even found that remote working allowed customer service staff to get through 13 percent more calls each day. Remote customer service employees won't have the direct access to management and fellow team members that they had when working on-site, so business owners can employ central management platforms that make it easy to access information regarding new products and services and previous interactions with and responses to customers. That access can help solve issues while reducing the likelihood of substantial lag time as customer service employees wait to hear from coworkers and managers about how to respond to certain issues.

Many businesses were thrown into the proverbial deep end when forced to go remote due to the COVID-19 outbreak. Challenges present themselves during such transitions, but these challenges can be overcome with a handful of effective strategies.



THE INTERNET HAS MADE IT POSSIBLE FOR BUSINESSES IN VARIOUS INDUSTRIES to go remote, but such a transition does have some unique challenges.

METRO CREATIVE

outbreak of the novel coronavirus in the United States in March 2020. In an effort to slow the spread of the potentially dangerous virus, government officials urged businesses to allow their employees to work remotely, and just like that the number of remote workers skyrocketed.

The internet has made it possible for businesses in various industries to go remote, but such a transition does have some unique challenges.

to being remote, whether that transition is temporary or permanent, must recognize that remote employees will need access to software necessary to do their jobs. Workers who only have old computers at home may need to be provided with computers that are compatible with the versions of software used in the office.

Communication

Communication issues

CALENDAR

Support Groups

ALCOHOLICS ANONYMOUS

(877) 865-5890 • www.utahaa.org

Meetings are at the KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Steps and Traditions • M – Su, 7 am

Speaking From The Heart • M – Sa, Noon

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

T.G.I.S.S. (Thank God it's Sunday Spiritual) • Sun, 11 am

My Story • Sat, 8 pm

What a Way to Start the Day • Su, M, W, F,

7-8 am, Th 7 pm • Fellowship Building, 70 N

200 W, Cedar City (behind St. Jude's)

Red Road to Sobriety • Mon, 6 pm Paiute Indian Tribe of Utah, 440 N Paiute (435) 586-1112 Ext. 307

Lunch Bunch • T, Th, Noon, Cedar Bowling Alley, 421 E Highway 91, (435) 586-1383

Red Creek Group • Wed, 7 pm

Parowan Senior Center
685 N 300 E • (435) 477-8925

AL-ANON

Meetings are at the KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Easy Does It • Tues, 7-8 pm
Community Presbyterian Church, 2279 N. Wedgewood, Cedar City. (435) 559-3333

Al-Anon • 1st, 3rd Tues, 7-8 pm, Parowan Senior Center, 685 N 300 E (435) 477-8925

Hope for Today (Family Groups)
Thurs, 6 pm • (435) 559-3333

NARCOTICS ANONYMOUS

www.nasouthernutah.org • (435) 635-9603
Most classes meet at 203 E Cobblecreek Dr, unless otherwise listed

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

Candle Light Meeting • Sat, 9:30 pm
(Small room)

Women Only • Sun, 11 am

Dopeless Hope Fiends • Sun, 8 pm
The Meeting Hall, 1067 S Main St, Cedar (877) 865-5890.

SEX ANONYMOUS

Wed, 6 pm • 203 E. Cobblecreek Dr, Cedar City • (877) 865-5890

ALZHEIMER'S CAREGIVER

Fri, 5:30 pm • Family Support Center of SW Utah, 535 S Main #6, Cedar City. Helpline (800) 272-3900

PARKINSON'S

2nd Thurs, 3 pm • Cedar City Library (West Room), 303 N 100 E

CAREGIVERS

1st Tues, Noon • Five County Aging Offices, 585 N Main St, Ste. 1, Cedar City

ARP—ADDICTION RECOVERY

1st Wed, 7 pm • Parowan Seminary building, Main & 300 N, Parowan

SENIOR BLIND/VISUALLY IMPAIRED

3rd Thurs, 1:30 pm • Cedar City Library 303 N 100 E

NAMI BRIDGES & FAMILY TO FAMILY

Thurs, 7 pm • Southwest Behavioral Health Center, 245 E 680 S, Cedar City Free • (435) 590-7749 or (435) 590-0880

PREGNANCY, INFANT LOSS

1st Wed, 7:30 pm • Share Families of So. Utah • 565 N Main Street, Ste. 6, Cedar City
www.southernutahshare.com

MULTIPLE SCLEROSIS

3rd Thurs, 6-8 pm • Cedar City Visitor's Center (581 N Main) For both caregivers and those with MS. No age limit.

Service Clubs

LION'S CLUB

Tues, 12 pm • Call Shanda for location and activity. Everyone welcome! (702) 480-3238

ROTARY CLUB

Tues, 12:15 • Southwest Tech
757 W 800 S, Cedar City • (702) 865-7637

MARINE CORPS LEAGUE

Detachment 1315, 2nd Wed, 6 pm
Elks Lodge, 111 E 200 N, Cedar City.

AMERICAN LEGION AUX

3rd Wed, 6 pm, Cedar City Library
303 N 100 E, American Legion Conf. Room • (435) 704-6654

BIKERS AGAINST CHILD ABUSE

B.A.C.A. Color Country Chapter Meeting
1st Thurs 7 pm • 593 N 1450 W, Cedar City. Helpline: 435-559-4505

Classes/Activities

ADULT BARRE/MODERN DANCE

Wed, 11 am-noon, Spirit Wellness Club, 1615 N Main, Cedar City • All levels, Free to members, or \$8 drop-in fee.

ARTHRITIS FOUNDATIONS EXERCISE

Wed, 1 pm, Cedar City Senior Center
489 E 200 S • 435-586-0832. FREE. Trained instructors. Range-of-motion exercises, endurance-building activities, relaxation techniques, and health education topics.

AWANA BIBLE CLUB

7th-12th grade, Mon, 6:30 pm
Preschool-6th grade, Wed, 6:30 pm
Valley Bible Church, 4780 N Hwy 91,
Cedar City • (435) 586-0253 or (435) 990-1638

BOOK CLUB

2nd Thurs, 7 pm • Cedar City Library 303 N 100 E. This month we will discuss "The Soul of an Octopus" by Sy Montgomery

CEDAR CHEST QUILTERS' GUILD

Thurs, 10 am • Cedar City Senior Center
489 E 200 S • (435) 586-0832

CEDAR CITY RADIO CONTROL CLUB

4th Thurs, 7 pm • Cedar City Library
303 N 100 E.

CEDAR CITY TOASTMASTERS

Thurs, 7 am • The Pastry Pub
86 W University Blvd. Find your voice & shape your future. Be the leader and speaker you want to be. (603) 731-0116

CEDAR PROFESSIONALS

Tues, 7:30 am • Springhill Suites, 1477 S Highway 91, Cedar City. An organization of business people. Stimulate business for members through exchange of ideas, information and business referrals.
www.cedarprofessionals.org

COLOR COUNTRY WINDS

Wed • Come brush up on your band skills to share with the community. Call Debbie at (435) 559-9609 for time and location.

COLOR COUNTRY PICKLEBALL

M-F, 7-10 am • 155 E 400 S (Cedar Stake Center). Paddles & balls supplied.
(435) 586-6345

COMMUNITY MINDFULNESS & MEDITATIONS

Sun 4 pm • St. Jude's Episcopal Church, 95 N 200 W, Cedar City • 435-590-4092. Free guided meditations. Open to public.

Government

IRON COUNTY COMMISSION

2nd & 4th Mon, 9 am
Commission Chambers
68 S 100 E, Parowan.

CEDAR CITY COUNCIL

Wed (except 5th), 5:30 pm • City Hall
10 N. Main St (435) 586-2950

ENOCH PLANNING COMMISSION

2nd & 4th Tues, 5:30 pm • City Hall
900 E Midvalley Rd • (435) 586-1119

ENOCH CITY COUNCIL

1st & 3rd Wed, 6 pm • City Hall
900 E Midvalley Rd • (435) 586-1119

PAROWAN CITY COUNCIL

2nd & 4th Thurs, 6 pm • City Hall
35 E 100 N • (435) 477-3331

DUE TO THE COMMUNITY'S RESPONSIBILITY to help prevent the potential spread of the Coronavirus (COVID-19), please check with the event and activity sponsors to make sure that the event is still taking place. Everyone's patience is greatly appreciated during this trying time.

WEDNESDAY, APRIL 8

ZOO LOVER'S DAY

1974 – HANK AARON OF THE ATLANTA BRAVES hits his 715th career home run, breaking Babe Ruth's legendary record of 714 homers which lasted for 39 years. He would finish with 755 homes, which San Francisco's Barry Bonds broke by hitting his 756th homer in 2007. Barry Bonds was later accused of lying about steroid use. A jury failed to determine a verdict on three other charges and the trial was declared a mistrial.

THURSDAY, APRIL 9

NAME YOURSELF DAY



1959 – NASA INTRODUCES AMERICA'S FIRST ASTRONAUTS TO THE WORLD: Scott Carpenter, L. Gordon Cooper Jr., John H. Glenn Jr., Virgil "Gus" Grissom, Walter Schirra Jr., Alan Shepard Jr., and Donald Slayton to take part in Project Mercury, America's first manned space program.

FRIDAY, APRIL 10

SIBLINGS DAY

1912 – THE TITANIC SETS SAIL ON HER MAIDEN VOYAGE from Southampton, England to New York. The Titanic has been described as the world's most luxurious floating hotel. She hit an iceberg just before midnight on April 14th. The Ship with 2,200 passengers and crew on board on its maiden voyage was thought to be unsinkable but it sank after 2 1/2 hours in the Atlantic Ocean. More than 1,500 people on the ship were lost to the sea.

SATURDAY, APRIL 11

CHEESE FONDUE DAY

1947 – JACKIE ROBINSON TOOK TO THE FIELD for the Brooklyn Dodgers in an exhibition match between the Brooklyn Dodgers and the New York Yankees becoming the first black player to play in Major league baseball. On April 15th he took to the field for Brooklyn Dodgers on opening day when the Dodgers defeat the Boston Braves, 5-3.

SUNDAY, APRIL 12

WALK ON YOUR WILD SIDE DAY

1961 – THE SOVIET UNION SUCCESSFULLY LAUNCHED THE FIRST MAN INTO SPACE today

CALENDAR

taking the prize for "The First Man In Space". Yuri Gagarin, a 27-year-old air force major, orbited the Earth in 1 hr. 40 minutes. The next target was to put a man on the moon which the US achieves on July 20, 1969 before the end of the decade. Later, in 1981, the U.S.A. launched the first space shuttle, The Columbia.

2009 – CAPTAIN RICHARD PHILLIPS IS HELD HOSTAGE by 3 Somali pirates. Approximately 25 to 30 yards astern, U.S. Navy SEAL marksmen open fire and kill the three pirates holding Captain Richard Phillips on a lifeboat and rescue him. See the movie "Captain Phillips" (2013) for an adventurous and dramatic visual voyage.

MONDAY, APRIL 13

PEACH COBBLER DAY

1997 – TIGER WOODS AT 21 YEARS OLD became the youngest ever golfer to win the Masters Tournament. Woods finished at 18-under-par 270, which was the lowest score ever shot during the Masters. Although it was equaled in 2015 by Jordan Spieth.

TUESDAY, APRIL 14

DOLPHIN DAY

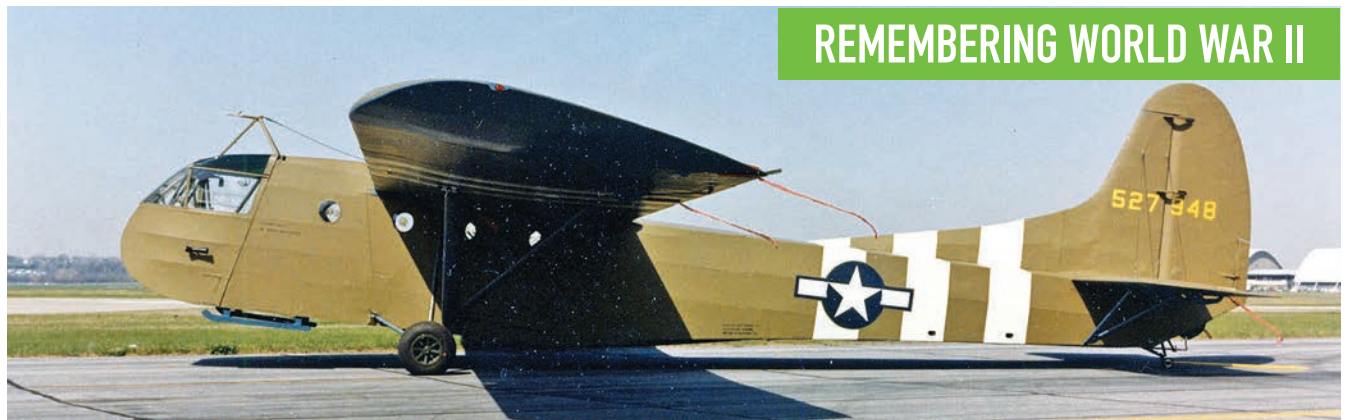
1865 – PRESIDENT LINCOLN IS SHOT AND MORTALLY WOUNDED by John Wilkes Booth while attending the comedy "Our American Cousin" at Ford's Theater in Washington, D.C. He died the next day.

WEDNESDAY, APRIL 15

RUBBER ERASER DAY



1947 – JACKIE ROBINSON BECOMES THE FIRST AFRICAN AMERICAN PLAYER in Major League Baseball when he steps onto Ebbets Field in Brooklyn to compete for the Brooklyn Dodgers. Watch the powerful movie, "42" (2013) for a glimpse into that historical world-changing moment. (thepeoplehistory.com)



COURTESY PHOTO

THIS IS THE TYPE OF GLIDER FLOWN BY LT. ELLIOTT HULET, a U.S. Army Air Force Waco CG-4A-GN glider at the National Museum of the United States Air Force, at Dayton, Ohio.

Iron County serves in the European Theatre

Seventy-five years ago, World War II was winding down. This is the seventh article in a series highlighting contributions of people from Iron County to the war effort. This article focuses on some additional accounts of Iron County servicemen in the European theatre of war.

by Jay M. JONES

FOR IRON COUNTY TODAY

Previous to the entry of the United States into World War II, Germany had initiated bombing attacks on Great Britain as well as devastating attacks on shipping, expecting the British to surrender in a short period of time.

The British did not surrender, and when the United States entered the war, plans were made to strike back at the Nazi war machine.

One of the first orders of business was to stop the massive destruction of Allied shipping by German U-boat submarines and to replace the shipping capacity which had been lost. By the end of 1942, over 10 million tons of Allied shipping capacity had been sunk by German U-boats. Steps were taken to protect ships from U-boats, and Allied ship building ramped up dramatically.

By September 1943, American

shipbuilding had rebuilt all of the shipping capacity sunk by the U-boats. By March of 1945, American shipbuilders had produced 10 million tons of shipping capacity above and beyond the amount lost to Nazi torpedoes.

Iron ore from Iron County played a part in this accomplishment by providing raw material for steel plates used in constructing some of the ships.

Next, American and British forces landed in North Africa and pushed the German and Italian troops away from that region.

During this time, Private First-Class Eugene Lowder of Parowan, who was with the Army Engineer Corps, died on Thanksgiving Day in 1943 in Tunisia from injuries accidentally sustained while operating a light crane.

From North Africa, the Allies made attacks on the island of Sicily and then on mainland Italy.

Fenton Dalley of Cedar City, a pilot of a B-25 Mitchell bomber, was killed in action over Vitero, Italy on 14 April 1944. Dalley was a radio technician with the Utah National Guard unit that was activated in March 1941. He transferred into the Army Air Corps in July of 1941, and arrived in the

Mediterranean Arena in February of 1944. He flew 18 combat missions.

Private First-Class Mark Wilcock of Parowan was killed in action in Italy on 9 October 1944. Private Wilcock served with Company L, 338th Infantry Regiment, 85th Infantry Division.

In 1944 the Allies launched the D-Day invasion into northern France, and then advanced across France and Belgium into Germany.

As 1945 began, Germany was suffering defeats on all fronts, yet they continued to fight fiercely, inflicting heavy casualties on the advancing armies. Iron County soldiers participated in the battles and also suffered death and injury.

According to Iron County Record accounts, Sergeant Otto Keith Dalley, 20 years old and from Summit, was killed in action in Germany on 23 February 1945.

Lieutenant Leonard Elliott Hulet from Parowan, a glider pilot in the 9th Air Corps of the First Airborne Army was killed during the crossing of the Rhine River in Germany on 24 March 1945 during Operation Varsity.

Lieutenant Hulet entered military service on 22 October 1941, just prior

see **EUROPEAN THEATRE** » 17



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FAITH

PASSOVER

by Edy **MEREDITH**

FOR IRON COUNTY TODAY

Shalom peace and goodwill to all.

On April 10, 2020, Good Friday, I will be in Los Angeles celebrating and remembering two events:

1) celebrating Passover at the Seder meal, and 2) the suffering, crucifixion, death on the cross, and the resurrection of Yeshua Messiah, also called Jesus Christ the Saviour, with my fellow Hebrew Christians, also called Messianic Jews.

Yes, there are Jews who believe that Jesus is the Christ, the Anointed One, who came to earth in the meridian of time following 400 years of silence when God did not speak through prophets to His people in Israel. With my Jewish friends we will participate in the Passover Seder, a remembrance when 3,000 or more years ago God freed His people from slavery in Egypt during the time of the pharaohs in the fifth century BCE (before the common era). This event has been re-told yearly by Jewish people throughout the world, no matter where they have resided since then.

In remembering the Passover, when the angel of the Lord passed over those who anointed their door post and lintel with the blood of a perfect lamb, we are honoring the Messiah of God, Jesus Yeshua who is the perfect sacrifice for sin. So, why is the Seder night different from all other nights? According to tradition it is different because on this night we remember that God's people were slaves in Egypt under Pharaoh, and our God brought His people out of slavery with strength and the might of His hand. If God had not brought them out, they would still be slaves.

Each Messianic Jew prays that all Jews will remember what God has done in liberating His Jewish people, and even more, Messianic Jews and Christians will join together in remembering how the Messiah

came to earth in the flesh to liberate humankind from slavery and bondage to sin through His perfect sacrifice for Jews and Gentiles. This powerful God freed humankind from slavery to sin with miracles and His own perfect sacrifice on the cross, crying out "It is finished" and dying. Yet that was not all because on the first day of the week, He rose from the grave and walked, talked, and ate among humankind before ascending to His Father, saying that His disciples should go to all the world preaching and teaching all that He had commanded them in His gospel of grace.

At His last supper, He declared that He had earnestly desired to eat that Passover meal with His disciples (Luke 22:15). Therefore, Messianic Jews and Christians add the New Covenant practice of Communion during their Passover meal.

As the Apostle Paul says in I Corinthians 11:23-26,

"For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, 'Take, eat, this is My body which is broken for you; do this in remembrance of Me.' In the same manner He also took the cup after supper, saying, 'This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.' For as often as you eat this bread and drink this cup, you proclaim the Lord's death until He comes."

The communion bread that is used is like a cracker, representing that it is unleavened. Leaven represents sin in the New Testament communion. The blood is represented by red grape juice or red wine in remembrance of His shed blood. So those who believe in, reside in, receive, and love the Messiah live in His peace.

Shalom to all. May His peace return to the world.

Easter IS NOT cancelled!

by Pastor Nancy **PEARSON**

COMMUNITY PRESBYTERIAN CHURCH

Have you heard the buzz? Easter is cancelled this year because of the coronavirus! No large family gatherings, no community Easter egg hunts, no packed sanctuaries for Easter Worship services. Many of the activities that we traditionally enjoy on Easter Sunday will not be happening this year.

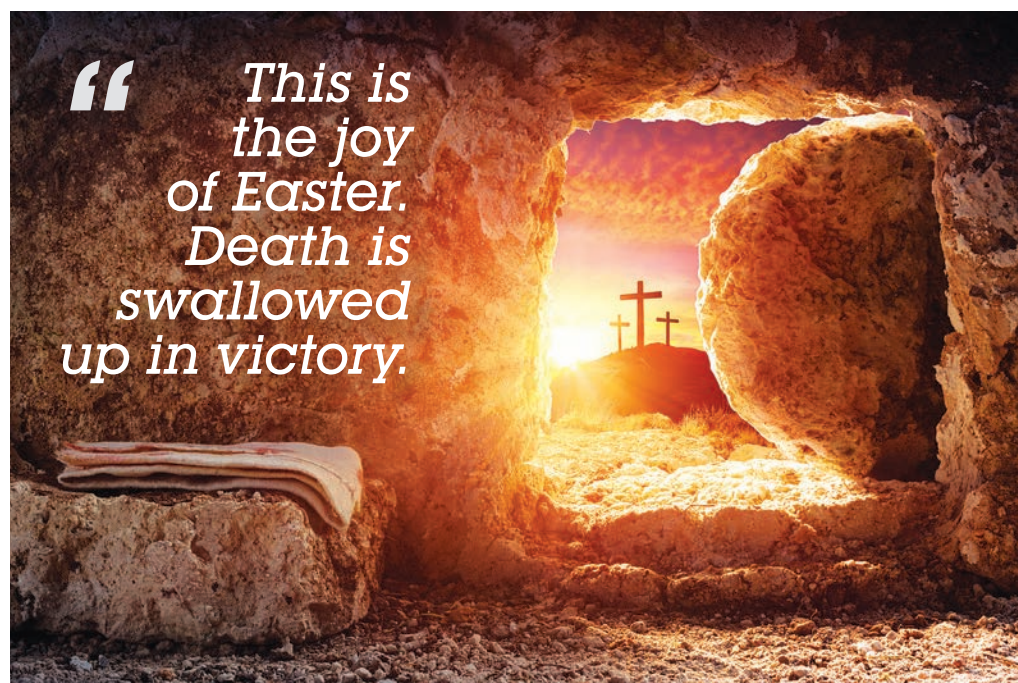
But Easter isn't cancelled! For followers of Jesus Christ, Easter is the single most important day on the calendar. For on that day, we remember with great joy and celebration the resurrection of our Lord Jesus. God in his power raised Jesus from death to life. And we believe that because Jesus lives and has conquered death, that we who trust him

And then comes Friday. Christians call it Good Friday, although we wonder why. What could possibly be good about a day when our Lord Jesus was tortured, mocked and crucified on a Roman cross? Yet, even as he is dying, still Jesus loves and forgives. "Father forgive them, for they don't know what they are doing"

When Jesus breathes his last, and utters "It is finished," the earth quakes and the curtain of the Jerusalem temple rips in two. The centurion declares "This truly was the Son of God."

Jesus is laid in a rock hewn tomb, wrapped in cloths. An enormous stone is rolled in place in front and the tomb is sealed. Jesus' followers are heartbroken. Their Lord, their Master, is gone.

But early in the morning on the third day, the women go to the tomb to anoint



GETTY IMAGES

will also be raised to new life when our earthly lives are over.

The celebration of the resurrection culminates the days that Christians call Holy Week. During this week, we remember Jesus' triumphal entry into Jerusalem on Palm Sunday as the people waved branches and cried "Hosanna! Blessed is He who comes in the name of the Lord." We remember the Last Supper when Jesus shared a meal with his disciples and gave new meaning to the bread and wine as his broken body and shed blood. Jesus said "This is my body which is broken for you; this is my blood shed for you." He showed his friends that their master is a servant by washing their feet.

the body, and find that the tomb is empty. An angel in gleaming white tells them, "He is not here! He is risen!"

This is the joy of Easter. Death is swallowed up in victory. Jesus who was dead is now alive and lives forever with the Father in Heaven. And because he lives, we too live, and walk in faith, living in abundant forgiven life now and will live forever with him when we die.

No, Easter is not cancelled this year. Join Easter worship celebrations online from our churches in Cedar City. You can access Community Presbyterian Church's Easter worship online at cedarpres.org. Join us for Easter worship.

"Christ is Risen! He is Risen Indeed!"

FAITH

The Breastplate of Righteousness (Armor 3)

EPHESIANS 6:10-18

With the Belt of Truth now fastened faithfully, we can continue to seek and secure God's guiding, guarding truths through a personal relationship with Him and our Savior Jesus Christ. This can be done effectively through humble and sincere prayer, scripture study and listening for the still, small voice directing and protecting us throughout our daily experiences.

What then shall we do with these gained truths and our testimonies? Keep them to ourselves, locked away within the virtuous vaults of our hearts? No, we share them with others by living out loud and striving to

are. If this is true then we must do all we can to protect our hearts. This is the purpose of the Breastplate and we must put in place to guard our hearts every day (Proverbs 4:23).

Interesting that the words, "...in place" are added to describe the Breastplate. If it is not secure it cannot function and protect us properly against the devil who attacks our hearts every chance he gets, especially in times of trouble. Thankfully, John 14:27 reminds us to let not our hearts be troubled. And should we fall, fail and be broken in battle, the Lord is still with us (Psalm 34:18).

With the Breastplate in place, God will direct us to the people, places and experiences that will help keep our hearts pure and protected from deception and danger. Putting on the

Breastplate of Righteousness provides not only protection, but transformation of our desires as we seek out righteousness in the books we read, the music we listen



GOD'S Porch

by Corey BAUMGARTNER

IRON COUNTY TODAY

maintain a righteous life. To help us do so, we must continue to acquire and equip the next piece of God's Armor, the Breastplate of Righteousness (Ephesians 6:14).

A breastplate protects a soldier's vital organs, especially the heart, the most vital and virtuous organ. Its every heart-beat pumping and providing replenishing, healing blood and oxygen to other precious parts of the body. One's spiritual heart is also very important to God. Its choice chambers contain the sacred soil wherein God can plant His most precious seeds of hope, faith, courage and love. Not coincidentally, the word [heart] is used over 800 times throughout the New and Old Testaments. Matthew 6:21 counsels, where are hearts are is where our treasures

to and the movies we watch. When we read, watch, listen to or participate in anything that is unedifying and not heart-healthy, our armor becomes loose and ineffective. Without a secure Breastplate, our desires are deceived and our spiritual arteries begin to clog. We may not even recognize the damage until we have a spiritual heart-attack.

Thankfully, when evil things of this world have poisoned and clogged our spiritual arteries, we can receive a heavenly heart transplant, even receive a new heart through repentance and the Atonement of Jesus Christ. (Psalm 51:10) Then we must protect that precious gift and eternal treasure with the Breastplate of Righteousness. Put in place the Breastplate of Righteousness.

Community organizations care during COVID-19

from Sandy BALL

REGENT, BALD EAGLE CHAPTER DAR

Like our patriots, the Daughters of the American Revolution (DAR) answered the call...for face masks. Over one weekend the members of the local Bald Eagle Chapter and friends made 57 face masks for Canyon Creek Services, which provide services and shelter for survivors of domestic abuse and sexual assault.



THANKS TO THE LOCAL CHAPTER OF THE DAUGHTERS OF THE AMERICAN REVOLUTION, face masks got a creative facelift which will help make staying healthy functional and fashionable.

EUROPEAN THEATRE

« CONTINUED FROM PAGE 15

to America's declaration of war, and became a flight officer in 1943.

Glider pilots had particularly dangerous tasks. Carrying infantrymen and equipment on the glider, they would silently land behind enemy lines to complete missions in advance of a broader attack.

Lieutenant Hulet had previously landed gliders in Operation Overlord at Normandy, in Operation Dragoon in Southern France, and in Operation Market Garden in the Netherlands. Operation Varsity, the last time gliders were used in World War II, resulted in the death of 79 American glider pilots.

Sergeant Jack Moore of Parowan became one of the last Iron County soldiers to lose his life in the European war. He died in Germany on 27 March 1945.

Sergeant Moore began Army service in 1936. After 3 years in the Philippines he returned to the U. S. and was later deployed to Europe. He served with the 15th Infantry, 3rd Division of the US 7th Army. His unit received the Presidential Unit Citation for their actions during the Colmar Pocket battles from 22 January to 6 February 1945.

Lieutenant Eugene Woolf was a forward observer with the 3rd Army Field Artillery. He received a slight hand wound when German planes strafed his column on April 17, 1945. He was hospitalized on April 21 and returned to action before the war in Europe ended in early May.

Garth Esplin from Cedar City, a pilot of a C-47 transport plane, was hit by shrapnel and hospitalized for 5 months.

Stanley Hunt of Beryl was wounded twice. Cressel Sherratt and Antone Lambert also received wounds in some of the concluding battles of World War II in Europe.

BUSINESS

Challenging times call for innovative thinking

BUILDING MAIN STREET, NOT WALL STREET

To quote Charles Dickens, “It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”

I believe I speak for most when I say all the above has gone through our minds over the past weeks or month as we as a nation and individually have come face-to-face with an unseen enemy, Covid-19.

Despite those human thoughts we all entertain at times in the deepest shadows of our minds, leaders will find ways to work beyond those negatives and move into the light. The light is where each of us must find ourselves, not only for our family, but also for our communities. Your community is thirsting for positive and innovative people stepping to the plate and leading. Here some ideas we might use, regardless of where we reside within the framework of the local community.

Business Owners Need to Innovate Their Practices

I read of a pizza restaurant in New York asking everyone calling in to order a pizza, if they wanted to order two. They would then donate one of the pizzas to 1st Responders, Hospitals, Veteran Homes, Homeless Shelters, Red Cross and like organizations. They report an over-whelming response and it is truly a win-win-win. The business wins with increased revenue during a very difficult time. The community wins as many organizations are supported. The residents win because they have an opportunity to assist their community. This is the time that business owners

need to become more creative. Media companies need to be at the forefront of this type of innovation and ready to promote and market those business solutions.

Communities Need Great Media Websites

This is a great opportunity for local media companies to assure they provide a top-notch website to their readers. This is even more true with less than daily circulation and weekly newspapers. Look at this as a HUGE opportunity to provide something many in



JOHN A. NEWBY
COLUMNIST

your community are thirsting for. We are seeing more residents than ever before within the local communities supporting these local efforts. They realize the importance of the media in these challenging, and sometimes scary times. If the local media website isn't top-notch, seize that opportunity and make it happen right away.

We Need Positive News and Information

It is so easy to get caught-up in the endless cycle of negative news that is blasted across our airwaves 24/7. Studies show if you surround yourself with negative news, it has a depressing impact on the brain, and thus your overall outlook. There is so much positive news within the boundaries of our community; we need to assure the community is aware of this information. While the local media company can certainly provide the information regarding outstanding aspects of the community, each community member can do their part as well. Share those local media stories on social media. Provide the media company with tips leading to positive information. We can all share in a great news effort, let's go.

Be a Leader Now!

As I mentioned at the beginning of this column, every community needs leadership. Not all leadership is the same. Leadership can be in your home, in your place of business, in your neighborhood, in your civic organization and of course in your community. Great leaders are constantly coming up with new ideas and innovations. Leaders are those exuding trust from those they come into contact with. Leadership can come from the media company working with businesses and communities during hard times to assist them in their critical leadership roles. Leadership isn't waiting for others to ask you what to do; it can be reaching out to others and asking how you can help or offer suggestions about how others can serve their community better. Now is the time leaders must reach out, step-up and be counted.

As I read back through this column, a thought came to my mind. The things written here are not things that are profound, they are simply what we as a business, community, media-company and residents should have been doing all along. Oftentimes it takes times of uncertainty and change to make us realize what our mission should be. Our communities are full of great businesses, media companies, leaders and people; now is the time for each of us to reach out and fulfill what we are capable of doing. Anything short of that leaves a void within our communities, maybe a void that no one else can fill.

John A. Newby, author of the "Building Main Street, Not Wall Street" column and Facebook group dedicated to helping communities and media companies work together allowing both to not just survive, but thrive in a world where truly-local is lost to Amazon, Wall Street chains and others. His email: john@360MediaAlliance.net.

OBITUARIES

Marian Alice DeLapp Woolsey



Marian Alice DeLapp Woolsey, at the age of 90, passed away on March 31, 2020 in Washington, Utah. She was born August 9, 1929 in Woodrow, Utah to John Mitchell DeLapp and Carrie Alice Anderson DeLapp.

Marian grew up in Woodrow, Utah. She came to Cedar City

to attend college and graduated from what was then called the B.A.C. While she was there in Cedar, she met Verl T. Woolsey. They were married for 63 years before Verl passed away. They had 4 children, Joy, Charles, Eugene and Mark. Marian was a member of the Lady Lions Club. She taught 4H cooking and sewing. She was a great cook. She crocheted, quilted and tied some beautiful quilts. She enjoyed working in the Boy Scout program. She loved teaching others her many talents. She loved her family and was always willing to help them and others.

Marian was survived by her children, Joy Stover of Cedar City, Charles and Camille Woolsey of Cedar City, Eugene and Suzette Woolsey of Washington, Utah and Mark and Patty Woolsey of Tigard, Oregon; 21 grandchildren, 66 great grandchildren and 6 great-great grandchildren.

Marian was preceded in death by her husband Verl T. Woolsey, 4 great grandchildren Emma, Gabriel, Isabelle, and Eli and her 2 sisters Betty Baker, Ruth Coats and 1 brother John DeLapp.

Graveside services will be held on April 13, 2020 at the Cedar City Cemetery. A viewing will be held on April 13, 2020 at the Southern Utah Mortuary. Under the direction of Southern Utah Mortuary. Unfortunately, due to the situation going on in the world the graveside and viewing are for immediate family only but we would love to hear from you. So please go online and tell us of how you remember our Mom. Thanks! Online condolences can be sent at www.sumortuary.com. A special thanks to IHC and Autumn Park Assisted Living for all of the help and care that they gave to Mom.

Submitting an obituary...

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



The virus won't defeat the good in us

GETTY IMAGES

As Week 4 of self-quarantine/stay-at-home/stay safe unfolded, the obituary list of people we know kept on growing, most passing away from COVID-19.

Among them was Fountains of Wayne co-founder Adam Schlesinger, jazz legend Ellis Marsalis, playwright Terrence McNally and country singer Joe Diffie. All of them are gone due to a virus leaving a mounting death toll in its wake.

These artists had an impact on most of us in one form or another. We sang their songs, smiled when we saw their written works presented on stage, and probably shed a tear when they passed away.

On a sports note, Ed Farmer, the radio voice of the Chicago White Sox for almost 30 years, died a week ago at age 70. I've described the feelings I had when I learned of the passing of Detroit Tigers radio legend Ernie Harwell in 2010, and this one hurts just as much.

As White Sox TV man Jason Benetti wrote in a tweet posted on the Chicago Tribune web site in tribute to Farmer: "Scores of people have lost a piece of their heart, including me."

We're all losing something in an emotional sense when people we know and love are taken from us too soon, even if they're "celebrities." Schlesinger was only 52 years old. Diffie passed away at 61.

If there's a bottom line to all of this insanity, we need to be grateful for what we have, from



RANDOM Thoughts

by Tom ZULEWSKI

SPORTS WRITER

our families and friends to the entertainment and culture we choose to embrace. Spread kindness like a wildfire. Reach out by any means necessary to check in on people, but don't forget the social distancing rules.

Some of us may have loathed Jerry Springer's "talk" show, but he always closed with the same words that are very appropriate now. "Take care of yourself – and each other."

» **While the Utah Summer Games are still on pause through April 23**, more sports events on the national stage are being postponed or cancelled. The Indianapolis 500 has been pushed back to Aug. 23. Wimbledon won't be happening at all for the first time since World War II. The French Open – a major normally run in May – has been postponed to Sept. 20.

At least for now, the U.S. Open is still slated to

start on time Aug. 24 and finish Sept. 13, the week before play starts at Roland Garros. So far, the griping about the lack of a realistic turnaround hasn't been heard, but you can bet it probably will when these events get closer on the calendar.

» **Back here at home, I wondered in this space** why the baseball scoreboard at SUU had sat unused for eight long years with two athletic directors in charge after the school had to disband the program when it joined the Big Sky in 2012.

It was learned from sources that a move of the scoreboard would be too costly, but that has finally changed. The old "Thunderbird Baseball" logo was removed recently and the scoreboard has been placed on the softball field at long last.

Here's hoping it'll see some use in live games by this time next year. Just check to make sure everything still works.

» **If you enjoyed Week 1 of my quarantine sports trivia goodness**, it's back for Week 2 on these pages. Answers from last week will be provided, and this week turns our attention to events of a decade in sports. Look for it, play along, and please stay safe.

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

TOM'S SPORTS TRIVIA CHALLENGE

As we all look for ways to keep our brains engaged and entertained in the midst of this pandemic, here's Week 2 of my public service for you. The usual 12 questions, this time with a focus on sports from the 2010s, the decade that probably feels like it was a lifetime ago. *Answers from last week are included at the end.

Starting with tennis this time, focused on the Grand Slam events.

1. Who won the most men's singles titles at the US Open in the last decade?

- A. Andy Murray
- B. Roger Federer
- C. Rafael Nadal
- D. Novak Djokovic

2. Who won the most women's singles titles at the US Open in the last decade?

- A. Sloane Stephens
- B. Serena Williams
- C. Kim Clijsters
- D. Naomi Osaka

3. Between them, how many times did the men's and women's singles final at the US Open need the full number of sets (women: best-of-3; men: best-of-5)?

- A. 3
- B. 4
- C. 5
- D. 6

On to auto racing...

4. Who was the only driver to win more than one Indy 500 in the 2010s?

- A. Will Power
- B. Juan Pablo Montoya
- C. Ryan Hunter-Reay
- D. Dario Franchitti

5. Who was the only driver to win the Indy 500 from the pole in the decade?

- A. Simon Pagenaud
- B. Takuma Sato
- C. Dan Wheldon
- D. Tony Kanaan

6. Who won the Indy 500 as a rookie during the 2010s?

- A. Will Power
- B. Scott Dixon
- C. Alexander Rossi
- D. Ed Carpenter

Baseball for us all...

7. The Kansas City Royals lost the 2014 World Series to the San Francisco Giants, but returned one year later and won it all. Which team did the Royals beat in 2015?

- A. Philadelphia Phillies
- B. Los Angeles Dodgers
- C. Atlanta Braves
- D. New York Mets

8. We all know it took the Chicago Cubs 108 years before they finally had their World Series winning moment in 2016. Which MLB club holds the longest active title drought at 71 years?

- A. Cleveland Indians
- B. Pittsburgh Pirates
- C. Milwaukee Brewers
- D. Oakland Athletics

9. Between the leagues, how many MLB players hit more than 50 home runs in the last decade?

- A. 4
- B. 5
- C. 6
- D. 7

And finally, some football (the NFL Draft is less than three weeks away)

10. Which position had the most players chosen No. 1 in the NFL Draft in the 2010s?

- A. Running back
- B. Quarterback
- C. Wide receiver
- D. Tight end

11. Which school had the most No. 1s (three) taken in the draft in the decade?

- A. California
- B. Auburn
- C. Florida State
- D. Oklahoma

12. How many NFL teams had a win and a loss in the Super Bowl in the 2010s?

- A. 1
- B. 2
- C. 3
- D. 4

Last week's answers:

1. A: "This impossible dream comes true!" The clip of Michaels' call from the gold-medal game is on YouTube.

2. C: 13. Two players – Neal Broten and Mike Ramsey – played over 1,000 NHL games and Ken Morrow was the first player to win a gold medal and Stanley Cup in the same year (with the New York Islanders).

3. A: France. 1998 was the first year NHL players participated in the Olympics and Brooks guided the 2002 U.S. team to the silver medal.

4. B: 1996.

5. C: Atlanta Braves/New York Yankees

6. D: Seattle Mariners

7. B: 2. Both of the Warriors' home losses came within a three-game span in early April to the Boston Celtics and Minnesota Timberwolves.

8. B: 24. The Warriors started the season 24-0, ironically with Luke Walton as head coach. Walton replaced Steve Kerr, who was recovering from surgery and didn't return to the team until Jan. 20, 2016.

9. C: Oklahoma City Thunder.

10. A: St. Louis Rams. Adam Vinatieri hit the game-winning field goal that year after the Rams had come back from a 17-3 deficit to tie the score with less than two minutes left.

11. B: 2. The years were 2002 and 2008.

12. A: New York Giants.



COURTESY OF SUU

BROOKE BROWN

Leavitt Group Student-Athlete Spotlight: Brooke Brown

by Kyle BIRNBRAUER

SUU ATHLETICS STRATEGIC COMMUNICATION

CEDAR CITY — Each week through the offseason the Leavitt Group will highlight a student-athlete from Southern Utah University that has made a positive impact on their program and the institution. This week's Student-Athlete Spotlight is focused on softball athlete junior Brooke Brown.

Brown joined the Thunderbirds as a junior this season after playing two seasons at Snow College. She is originally from North Salt Lake City where she played softball for Woods Cross High School.

Before the 2020 season was cut short due to the ongoing global pandemic, Brown was hitting a stellar .419 with a slugging percentage of .791. In just 43 at-bats, she had 18 hits including four home runs, two doubles, and a triple. Brown also knocked in 11 runs and scored eight of her own.

She went 3-for-4 with two RBI in the team's 8-4 win over CSU Bakersfield and was 2-for-3 in their win over Wisconsin.

Track Southern Utah Athletics 24/7 by following @SUUThunderbirds on Twitter and Instagram, and by liking the Southern Utah Athletics page on Facebook.

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LEGAL NOTICES

NOTICE TO CONTRACTORS

Notice is hereby given that the Iron County Engineer will receive sealed bids until the hour of 1:30 pm, April 16, 2020, at his office in the Iron County Justice Center, Suite 104 located at 82 North 100 East Cedar City, Utah 84720. Bids will be for the crushing and stockpiling of approximately 30,000 cubic yards of Untreated Base Course Aggregate in Parowan Utah. Bids will be opened and read aloud to the public at or about the same time as set for receiving the bids.

Bidding Documents and Specifications are available at the office of the Iron County Engineer, 82 North 100 East Suite 104 Cedar City, Utah, or at the office of the Iron County Clerk in the Iron County Courthouse located at 68 S. 100 E. Parowan, Utah. There is a \$10.00 charge for the specifications, none of which is refundable.

The aggregate gradation shall be a 1 inch maximum gradation as per page 161a of these specifications. All other conditions for this material shall be as per Section 301, Untreated Base Course, of the 1992 UDOT Standard Specifications for Road and Bridge Construction. The aggregate source is 24 acres owned by Iron County and is in Parowan, Utah northeast of the intersection of 300 East and 400 North. The material to be crushed and stockpiled shall be obtained from the easterly portion of the material source.

The Iron County Engineer reserves the right to reject any or all bids, to make the award in the considered best interest of the county, and to waive any irregularities or informalities in any bid in the considered best interest of the County.

**Published April 1 & 8, 2020
Iron County Today • ICT #0242**

BEEHIVE TELEPHONE PUBLIC NOTICE

Lifeline service is a government program designed to make monthly residential telecommunication services more affordable to eligible low-income customers. Customers who are eligible for the Lifeline program are also eligible for toll blocking at no additional charge.

The Federal and State Lifeline discount can be applied to qualifying voice or broadband services. In order to be eligible for the Lifeline discount, a customer's annual household income must be at or below 135% of the Federal Poverty Guidelines or a customer must participate in one of the following programs: Supplemental Nutrition Assistance Program (SNAP); Medicaid; Supplemental Security Income (SSI); Federal Public Housing Assistance; Veterans Pension & Survivors Pension; or qualifying Tribal Programs.

Lifeline is a non-transferable service and eligible subscribers may receive assistance from only one wireline or wireless telecommunications provider per household. Only eligible customers may enroll in the program. Customers are required to submit a Lifeline application form and will be required to certify continued eligibility annually. Customers who willfully make false statements in order to obtain Lifeline benefits can be punished by fine or imprisonment or can be barred from the program.

Basic services are offered to all customers in Beehive Telephone's service territories at the rates, terms, and conditions specified in Beehive's tariff. If you have any questions regarding Lifeline service or would like to apply for Lifeline service, please call us at 800-615-8021.

**Published April 8 & 15, 2020
Iron County Today • ICT #0246**

BEEHIVE TELEPHONE COMPANY PUBLIC NOTICE

Beehive Telephone Company is a telecommunications provider of basic and enhanced services within its service territory. Beehive is an Eligible Telecommunications Carrier and as such, receives support from the Federal Universal Service Fund. Monthly local service charges are as follows:

Single Party Residence Service	\$18.00
Single Party Business Service	\$27.50
State Mandated Emergency 911 Services	
Each Telephone Number	\$1.48
State Universal Service Charge	
Each Line	\$0.60
Federal Mandated Subscriber Line Charge	
Each Single Line Residence & Business Telephone Number	\$6.50
Each Business Multi-Line & Pay Telephone Number	\$9.20

Customers of basic service have access to the public switched network, minutes of use for local service provided at no additional charge, and access to emergency 911 services. Toll limitation services are also available for qualifying low-income customers. Lifeline service is available for qualifying low-income customers. The \$7.25 federal Lifeline benefit may be applied to either qualifying voice services or qualifying broadband services.

Broadband internet access service is available. Purchase of Broadband may require purchase of additional services. Beehive offers the following speeds and rates:

• Residential 6/1Mbps	\$59.95
• Residential 10/1Mbps	\$59.95
• Residential 50/25Mbps	\$99.95
• Residential 100/50Mbps	\$124.95
• Residential 1G/100Mbps	\$149.95
• Business 6/1Mbps	\$59.95
• Business 10/1Mbps	\$59.95
• Business 50/25Mbps	\$109.95
• Business 100/50Mbps	\$134.95
• Business 1G/100 Mbps	\$159.95

Not all speeds may be available in your area. To find out what speeds are available in your area or to order services please call us at 800-615-8021.

**Published April 8 & 15, 2020
Iron County Today • ICT #0245**

BEEHIVE TELEPHONE COMPANY PUBLIC NOTICE

Beehive Telephone Company is the recipient of Federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, age, religion, national origin or handicap shall be excluded from participation in, or admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is Larry Mason, SVP-Regulatory Affairs. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization; or USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or call (800)795-3272 (voice) or (202)720-6382 (TDD). USDA is an equal opportunity employer. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

**Published April 8 & 15, 2020
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LEGAL NOTICES

NOTICE OF TRUSTEE'S SALE

Serial No. A-0477-0001-0000

The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States at the time of sale, at the front entrance of the Iron County Courthouse, 40 North 100 East, Cedar City, Iron County, State of Utah, on May 11th, 2020, at 12:00 p.m., of said day, for the purpose of foreclosing an Trust Deed with Assignment of Rents executed by Russell Burt, Trustor, in which Donald B. Scholten and Claudia Penny Webster-Scholten, Trustees of the Scholten 1991 Trust, dated December 17, 1991, as to an undivided 50% interest and Lora Lee Spencer, as to an undivided 50% interest, are Beneficiaries. The Trust Deed with Assignment of Rents was recorded November 6th, 2017, as Entry No.00705628, in Book 1393, at pages 960-964 of Official Records of Iron County, Utah, which describes the following trust property located in Iron County, State of Utah:

Beginning at the Northwest Corner of Lot Four (4), Block Sixty-Nine (69), Plat "B", PAROWAN CITY SURVEY, and running thence North 89° 11'31" East, 100.11 feet along 200 South Street; thence South 00°27'19" East, 99.96 feet, more or less; thence South 89°14'55" West, 100.11 feet; thence North 00°27'19" West 99.89 feet to the point of beginning.

Tax ID# 0410792/A-0477-0001-0000

also known by street and number as: Vacant Land, Parowan, UT 84761

The current beneficiary of the trust deed is Donald B. Scholten and Claudia Penny Webster-Scholten, Trustees of the Scholten 1991 Trust, dated December 17, 1991, as to an undivided 50% interest and Lora Lee Spencer, as to an undivided 50% interest, and the record owner of the property as of the recording of the notice of default is Russell Burt. The sale is subject to a bankruptcy filing, a payoff, a reinstatement or any other condition of which the trustee is not aware that would cause the cancellation of the sale. If any such condition exists, the sale shall be void, the successful bidder's funds returned and the trustee and current beneficiary shall not be liable to the successful bidder for any damage.

Bidders must tender to the trustee a \$5,000.00 deposit at the sale and the balance of the purchase price by 12:00 noon the day following the sale. Both the deposit and the balance must be in the form of a wire transfer, cashier's check or certified funds payable to Justin W. Wayment, Attorney at Law.

DATED this 3rd day of April, 2020.

Justin W. Wayment, State Bar No. 7011
Successor Trustee
51 East 400 North #1
Cedar City, UT 84720
(435) 586-3300

Office Hours: 8:00 a.m. - 5:00 p.m.

STATE OF UTAH)
: ss.
COUNTY OF IRON)

On the 3rd day of April, 2020, personally appeared before me JUSTIN W. WAYMENT, Attorney at Law, State Bar No. 7011, Successor Trustee, the signer of the foregoing instrument, who duly acknowledged to me that he executed the same.

KEITH J. NAYLOR
NOTARY PUBLIC, STATE OF UTAH
My Comm. Exp 06/05/2021
Commission # 695378

THIS COMMUNICATION IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Published April 8, 15 & 22, 2020
Iron County Today • ICT #0244

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WAIT! Don't do this page alone.

If this page looks **TOO HARD**, find an older buddy to help you. If it looks **EASY**, find a younger buddy and help them!



The Bunny Buddies' Giggle Garden

Why did Bart Bunny get arrested for running through the farmer's garden?



What did Bella Bunny say to the last bite of her carrot?

Circle every third letter to reveal the answer.

**D G O R S T C B S V W
B J S E Y M E P H N X
B N Q V I G B C D T E
K P G R T N F O A H G
W S D I Z A N B W G
E T Y D V O S C U**

I _____!

9 6 11 21 1 5 13 6 14 15

21 8 2 12 2 7 11

Use the code to answer the above riddle.

7 = A 2 = E 6 = I 5 = R 1 = U
13 = B 15 = G 14 = N 11 = S 10 = V
9 = D 8 = H 12 = P 21 = T 3 = W

Do the math to reveal the answer to this riddle:

How does Bosco Bunny make gold soup?

15 - 10

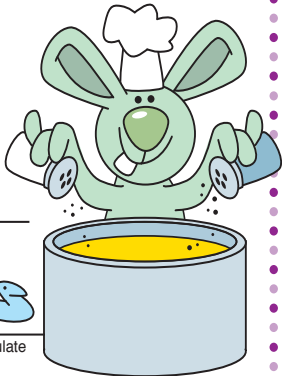
21 - 8

9 - 6

24 - 8

36 - 28

26 - 12



Standards Link: Number Sense: Calculate sums and differences.

- 13 = STARTS
- 9 = SPOON
- 16 = TWENTY
- 5 = HE
- 2 = COOKS
- 11 = RECIPE
- 14 = CARROTS
- 6 = ONIONS
- 21 = STEW
- 3 = WITH
- 8 = FOUR
- 19 = LEMONS

Use the clues to fill in the missing letters. The letters in the second vertical row reveal the punchline to this riddle:

How does Brianna Bunny stay healthy?

1.	C				
2.		A			
3.				Z	
4.			E		
5.	M				
6.		B			
7.				E	
8.					N
9.			H		

CLUES

- Your teacher writes on a blackboard with this.
- What ghosts like to do to houses.
- A reward for winning.
- Farmers plant these to grow crops.
- Another word for engine.
- The opposite of below.
- What you are when you need rest.
- A very large expanse of sea.
- What is left after something burns.

Standards Link: Vocabulary: Spell grade-level appropriate words correctly.

The Bunny Buddies have hidden marshmallow chickies all over this page. How many can you find in two minutes? Now have your buddy try. Who found the most?

Eggstra! Eggstra!

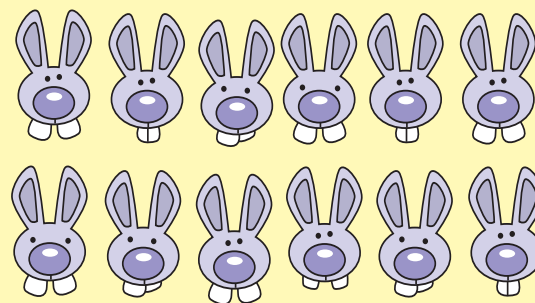
Scrambled Easter Eggs

Look through the newspaper for letters that spell "Easter Eggs." Cut them out. With your buddy, take turns mixing up the letters and spelling a new word. A player gets one point for each letter used.

Standards Link: Spelling: Recognize common spelling patterns.

Kid Scoop Puzzler

Each of the Bunny Buddies below has at least one look-alike, except for one. Can you find the unique bunny?



How do you catch a unique bunny? *u n i t u n d n o n*

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

- ARRESTED
- GHOSTS
- CARROT
- BUNNY
- ENGINE
- GARDEN
- REVEAL
- SEA
- EGGS
- SWIM
- RIDDLE
- PAGE
- LAST
- NEW
- USE

Find the words in the puzzle. How many of them can you find on this page?

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

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop[®] LESSON LIBRARY

Silly News Story

Mix and match news stories to create silly stories. Select a **who**, **what**, **when**, **where**, **why** and **how** from different stories. Write a silly news story with these facts. For extra silliness, use quotes from other news stories.

Standards Link: Writing Applications: Write in a variety of forms and genres.

Write On!

Best Book of the Summer

Send your story to:

Tell other kids about a book you think they should read this summer. Have fun describing the details, but don't give away the ending!

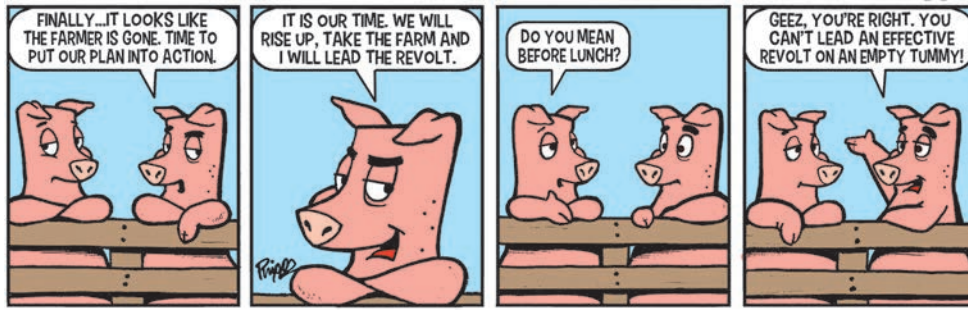
Deadline: May 3 Published: Week of May 31
Please include your school and grade.

Why did BayLey Bunny swim across the ATLANTic?

The letters along the correct path reveal the answer!

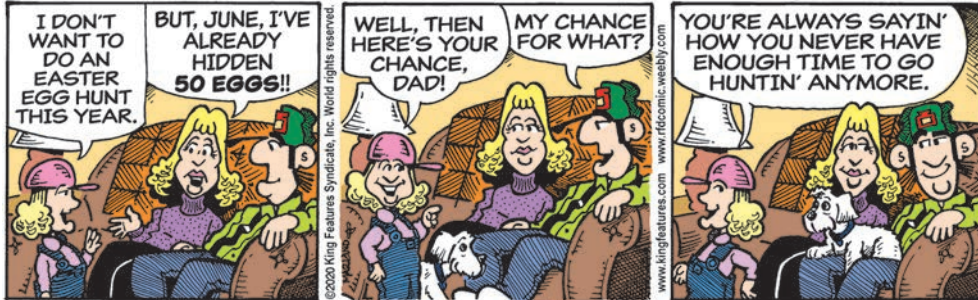
Amber Waves

by Dave T. Phipps



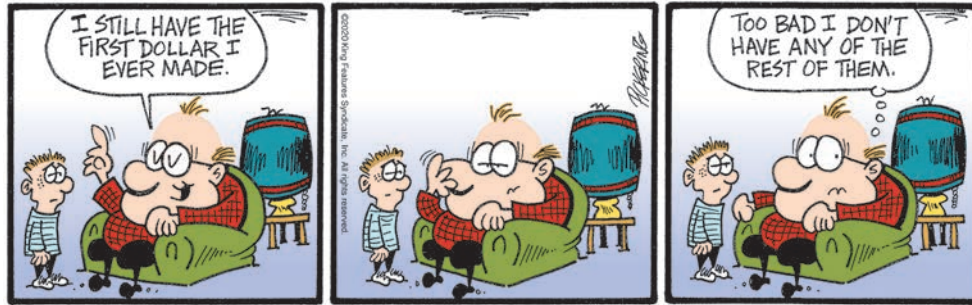
R.F.D.

by Mike Marland



The Spats

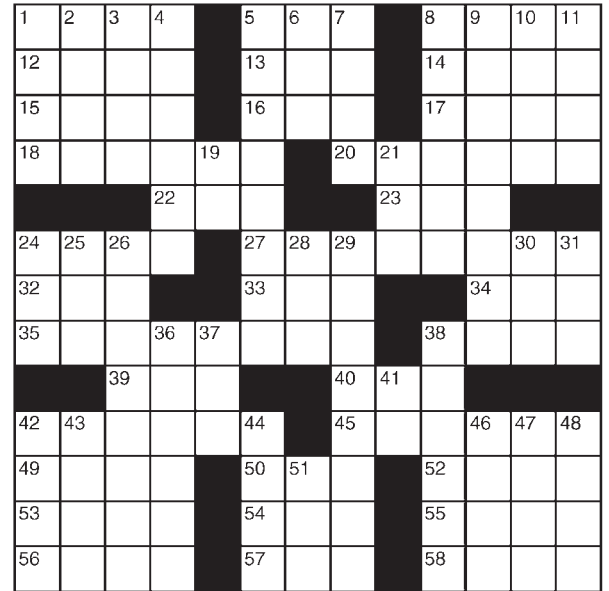
by Jeff Pickering



King Crossword

ACROSS

- 1 Radius neighbor
- 5 Letterman's network
- 8 Atlantic food fish
- 12 Public disturbance
- 13 Have a bug
- 14 Dumbo's "wings"
- 15 Pace
- 16 Also
- 17 Greek vowels
- 18 Proofreader's finds
- 20 Lava rock
- 22 Army rank (Abbr.)
- 23 Cul-de- —
- 24 Make fun of
- 27 Small caterpillar
- 32 Literary collection
- 33 Actress Vardalos
- 34 Cattle call
- 35 Braised beef
- 38 Help in crime
- 39 Swiss river
- 40 Spring mo.
- 42 Walk quietly
- 45 Lengthy list
- 49 Defeat decisively
- 50 Bashful
- 52 Pelvic bones



- 7 Unkempt one
- 8 Playground favorite
- 9 Subterranean passage
- 10 Caspian feeder
- 11 "Hey, you!"
- 19 Gift-tag word
- 21 Baseball bat wood
- 24 Treasure hunter's aid
- 25 Yoko of music
- 26 Grenade hurler
- 28 Serbian city
- 29 Stimulus of a kind
- 30 Fish eggs
- 31 Witticism
- 36 Baby's toy
- 37 Acapulco gold
- 38 Sculptor, e.g. (2012 movie)
- 42 Decorate
- 43 Tittle
- 44 Catch sight of
- 46 Lotion additive
- 47 Pleasing
- 48 Tibetan herd
- 51 Weeding tool

DOWN

- 1 Incite
- 2 Taleteller
- 3 Bleak, in Hollywood
- 4 Assault
- 5 California island
- 6 Resume

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Weekly SUDOKU

by Linda Thistle

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

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.

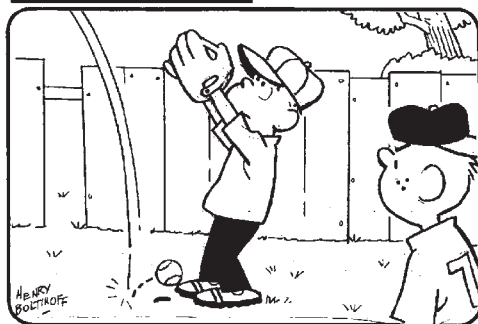
DIFFICULTY THIS WEEK: ♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

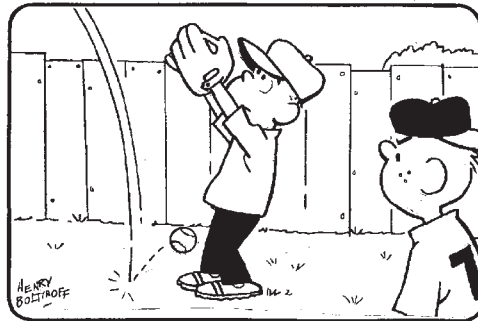
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is mended. 2. Ball is higher. 3. Hat is black. 4. Shoes are different. 5. Tree is gone. 6. Seven

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

Answer

Weekly SUDOKU

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

Solution time: 25 mins.

Answers

King Crossword

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1. U.S. PRESIDENTS: Which president had an estate called The Hermitage?
2. ADVERTISING: Which soft drink used the ad slogan, "Just What the Doctor Ordered"?
3. MOVIES: Which James Bond movie introduced the villainous character Oddjob?
4. GENERAL KNOWLEDGE: How long was the wall that separated East and West Berlin for 30 years?
5. U.S. STATES: Which state was the 49th added to the United States of America?
6. HISTORY: Which ancient empire had a capital called Tenochtitlan?
7. ASTRONOMY: Which planet in our solar system has the most gravity?
8. MYTHOLOGY: What was Cassandra's unique power, which was given to her as a gift?
9. FAMOUS QUOTATIONS: Which 20th-century poet once said, "You can cut all the flowers, but you cannot keep spring from coming"?
10. LITERATURE: Which novel introduced the character of Holden Caulfield?

Trivia Test Answers

1. Andrew Jackson; 2. Dr Pepper; 3. "Goldfinger" (1964); 4. 27 miles; 5. Alaska; 6. Aztec; 7. Jupiter; 8. Prophecy; 9. Pablo Neruda; 10. "The Catcher in the Rye"



GETTY IMAGES

Now's the time to teach AT-HOME NUTRITION

With a lot of parents facing the challenge of keeping housebound kids happy and healthy, this is the perfect time to teach kids the basics of nutrition and eating right.

Consider these simple suggestions from Melanie Marcus, MA, RD, health and nutrition communications manager for Dole Food Company.

Healthy Snack Time Taste Tests

Sometimes it feels like kids can snack all day long on easy-to-grab crackers, chips or cookies. Next time they reach into the snack pantry, try incorporating a taste test or food critic activity to encourage something different and more nutritious.

Purposeful Playtime

Many households have a play kitchen or some kind of play food. Use this as an opportunity to act out how to create a healthy kitchen with activities like making salad, setting the table, peeling bananas and washing dishes. This can help young children become more independent, learn what to expect and grow into little helpers at family mealtimes.

Sensory Activity

One idea that can work for school and at home is making a sensory box. Simply place a fruit or two inside a tissue box and have children put their hands inside then try to guess which fruit it is by feeling it.

Recipes for Fun

If you're preparing a meal, it could be a good time to teach children of reading age how to review a recipe. Evaluating ingredients to learn how food transforms from raw to cooked or how a dish is created can help kids learn kitchen skills. For example, try this fun, fruity recipe for Kids with Almond Toast.

Food Groups Focus

Get kids involved in making dinner by setting a rule that each food group must be represented. Give them a warmup activity by asking which food groups are found in family favorites like chicken soup, lasagna or meatloaf. Asking kids to guess which ingredients are used in these dishes and identifying which food group each ingredient belongs to can help

them understand dietary balance. Find more at-home tips in the free, downloadable Healthy Eating Toolkit from the nonprofit organization Action for Healthy Kids.

Reading Time

From food labels to children's books to cookbooks, there are plenty of reading materials to choose from that reinforce healthy eating habits. Exposing children to fruits and vegetables outside the kitchen is a subtle way to show that nutritious ingredients are part of everyday life.

Explain the Bathroom Routine

Make sure to wash hands and explain that this is a way of washing away germs to stay healthy. Also explain why brushing teeth is important by reminding children that food can get stuck in teeth and cause cavities. (*Family Features*)

Find more kid-friendly recipe ideas at dole.com plus nutritional tips, free printables and other healthy fun on Facebook, Pinterest, Twitter and Instagram.

"Kids" with Almond Toast

Total time: 10 minutes • Servings: 4

- 4 slices whole-grain bread
- 6 tablespoons unsalted almond butter
- 2 teaspoons honey (optional)
- 1 Dole Banana, peeled
- 2 Strawberries, trimmed and halved
- 4 chunks (1 1/2 inches) fresh Dole Tropical Gold Pineapple
- 2 Dole Blackberries
- 2 teaspoons toasted flaxseed (optional)

Toast bread slices. Spread with almond butter and drizzle with honey, if desired.

To make "kids": Cut eight slices and 32 matchsticks from banana. Arrange one strawberry half and one pineapple chunk on two slices toast; arrange remaining strawberry halves and blackberries on remaining slices. Place one banana slice "head" at top of each piece of fruit and arrange four banana matchsticks around each "kid" for arms and legs. Sprinkle flaxseed along bottom edges of toast under kids' feet, if desired.