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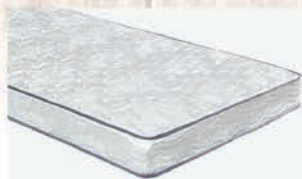
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pg. 23

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HIKER RESCUED IN IRON COUNTY

from Sheriff Kenneth K.
CARPENTER

FOR IRON COUNTY TODAY

On September 27, 2019 at 7:14 p.m., Cedar Communications received a call from a 51-year-old hiker who said he had fallen and broken his ankle in a remote area in northeastern Iron County (Near Little Creek Peak). The Victim; Brian Cummins reported he had fallen down a hillside approximately 200 feet. He also had several prior medical issues which were of concern to emergency crews.

Emergency responders arrived on location at around 11:40 p.m. after hiking about four miles of rugged terrain and with the assistance of K-9 officer Carlo. Crews found Cummins in poor health and immediately began to treat his injuries which included head, back and ankle injuries. While treating the victim it was determined Cummins had been hiking down the steep hillside when he stepped on a rock, which gave way. The victim fell



COURTESY OF ICSO

DURING THE RESCUE OPERATION a Utah Highway Patrol helicopter was called in to help hoist the fallen hiker to safety.

forward with the rock and began to roll and tumble down the hillside approximately 200 feet. Once he stopped rolling, he realized his ankle was hurting and would not be able to continue hiking out. The victim began to crawl the 200 feet back to the top of the hill to gain cell phone service. He remained at that location until emergency responders were able to access him. The

victim was not dressed for the cold conditions and was beginning to suffer from the exposure to the cold temperature in the higher elevation.

While on the phone with Cedar Communications awaiting assistance, it became apparent to dispatchers the victims' injuries were more severe than he self-reported due to his responses. The victim reported he had seen a small

bear approach him but was able to get it away from it by throwing items at it. Rescuers responding to the area later located nearby bear tracks. Due to the remote area, Utah Highway Patrol Helicopter was called to assist using their hoist capabilities.

At 11:55 hours, UHP helicopter arrived in the area and began to lower personnel to the victim. The victim was then hoisted into the helicopter and transported to the awaiting ambulance. The victim was transported to Cedar City Hospital in serious condition. The victim has since been released from the Cedar City Hospital.

Rescue personnel were able to hike back out of the area at approximately 3:00 AM. Multiple agencies assisted in this rescue including the Division of Wildlife, Iron County Sheriff's Deputies, Iron County Search and Rescue, Gold Cross ambulance and a representative from the Iron County Attorney's Office who was on a ride-along with DWR when the call was dispatched.

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Cedar City votes to partially fund Glacier Ice Rink

by Kelsey **KEENER**

IRON COUNTY TODAY

During last week's city council meeting, the Cedar City Council voted to partially fund the construction of a permanent ice rink as part of agreement with Staheli West.

The city entered into a memorandum of understanding with Staheli Recreation Management in April of this year in order to move forward with creating a permanent location for the ice rink. In August, the council voted to assist the ice rink with a new location and stick to the city's plan to develop a gymnasium where it is currently located.

After putting together cost estimates for constructing an ice rink in a new location, Staheli Rec. Management asked the city to contribute 2.85 million dollars – roughly half the total cost – to the project.

Finance Director Jason Norris explained that the request was for 100,000 dollars to be made immediately available for architecture design fees and the remaining 2.75 million dollars to be, potentially, put into an escrow account.

When the item opened for discussion, many of the council members expressed support for the project, but also concern about the contributing the amount asked for up front.

Councilman Scott Phillips said he wanted to determine the capacity in which city funds would be used for the project.

"What we really need to look at tonight, at least in my mind, is if we're going to do this, what are we going to do and how much money are we going to do it for," he said. "And then, is it a step up as a contribution, as a private-public partnership ...? I

still think that the project is worthy and needs to happen and I want to support it. As I've spoken to Dallin (Staheli) ... I still question the amount of money; that's what I've been concerned about. I want to support it and I think the city has a role to play in it but I think other private entities and other governmental agencies need to step forward and help."

Councilman Craig Isom echoed



DALLIN STAHELI ADDRESSES THE COUNCIL concerning the potential public-private partnership for the new ice rink in Cedar City.

KELESY KEENER

Councilman Phillips' sentiment and pledged his personal time and effort to helping make the project happen.

"I want to first acknowledge the passion and the blood, sweat and tears Dallin (Staheli) has put into the project," he said. "I've sat across from him numerous times and I just acknowledge what that has exacted from him and his family and his professional pursuits and I thank him. And I, like Councilman Phillips, see this is as a wonderful, wonderful project ... I, too, have a concern with the total number of 2.85 million but I see ways to raise that and involve other entities."

Councilwoman Terri Hartley promised her own resources as well and said she would prefer to see more community involvement and partnership and does not want the ice rink and the gymnasium projects to be competing against each other.

"I'm also in support of the rink and I've also sat across the table from Dallin (Staheli) many hours and made the commitment to him I would do

(21 million dollars, according to councilman Cozzens) to the potential one-time contribution to the ice rink.

"As I look at the other things we've done and built, those are things we continue to pay the (operating and maintenance) on," he said. "The ice rink is a one-time ask that we don't have any more liability as a city. Staheli Recreation Management agrees to pay all repairs and expenses, labor, materials, everything moving forward. We've never had, in the history of our city, a private entity willing to come forward and offer to pay half of the bill to construct a building, or raise the money ... to construct the facility and then donate it back to the city. I think this could be a model of public-private partnership."

Dallin Staheli approached the city council in an effort to understand where the city's priorities and obligations are regarding the order of completion and funding for various facilities and projects. He said he felt as though the community would be able to contribute to the project in meaningful ways and added that he feels Staheli Rec. Management has done what's been asked by the city.

"If it is an undue burden on the city, we can be creative like we tried be with the utilities," he said. "... I fully believe if there's a strong desire to find a way to do it that it can be done legally ... I think there's two options that can work. If the lump sum is too much there's another option. If we walk away in five years and we've borrowed a million and a half dollars, that's our debt still. We will put skin in the game but we have to make this facility profitable, that's what we've been promising everyone."

see **ICE RINK** » 10

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KELSEY KEENER

OFFICER ORLAS DEMASTERS (LEFT) is awarded September's Employee of the Month. He was nominated by his supervisor, Sergeant Justin Ludlow.

Cedar City employee of the month honored

by Kelsey **KEENER**

IRON COUNTY TODAY

Cedar City Police Department Officer Orlas DeMasters received the September Employee of the Month award during last week's city council meeting.

Officer DeMasters was nominated by his supervisor, Sergeant Justin Ludlow, for the award. In his nomination, Sgt Ludlow said Officer DeMasters is a hard worker and driven to communicate with members of the community. He added that DeMasters puts a lot of personal time into his work as well.

"He respects his job and does his best to be the best," wrote Ludlow. "He is diligent in staying active and working. Another attribute that (DeMasters) has brought to this department is his willingness to spend his personal time building relationships and getting to know other officers and their families. He truly treats others as a brother."

"(DeMasters) respects his job and does his best to be the best"

» Sergeant Justin Ludlow

OPINION

Thought of the Week

from the desk of R. Gail Stahle, publisher

"Anyone can sympathize with the suffering of a friend, but it requires a very fine nature to sympathize with a friend's success."

» Oscar Wilde

From the Editor

Monkey Business

You may not immediately recognize the names H.A. and Margret Rey, but if you read books and enjoyed cartoons as a kid and/or have kids, you may be more familiar with the name, Curious George.

Still furry and famous today, the cute and memorable monkey was created in 1939 by H.A. and Margret Rey. Known then as Fifi, or Zozo because one wouldn't want the name of King George VI to be associated with an ape. The popular children's books have since been transformed into educational, entertaining movies and cartoons.

A curious fact is that just before the Nazis invaded Paris, H.A. and



COREY BAUMGARTNER
MANAGING EDITOR

Margret Rey fled on homemade bicycles. In their escape, one of the items they carried with them was the manuscript for Curious George.

Throughout the years Curious George has been teaching kids (and reminding adults) to be curious, experiment, discover and to be grateful for life's adventures found around every corner. And

along the way, don't be afraid to take chances or forget to celebrate successes, even if some mistakes were made along the way.

We would each do well to add a little more of this monkey business in our daily lives, no matter what jungles we work, play and live in.



"...BUT I'VE CONTRIBUTED **SO MUCH** TO THIS KINGDOM!"

OPINION

Guardians of Irresponsibility (Vol. 1)



Cyclops

by Bryan GRAY
COLUMNIST

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

The column pits BYU vs. the University of Utah. No, not the so-called Holy War football rivalry; call it the Accountability Game. The Cougars win!

Following a football game in which Washington drubbed the Cougars, BYU head coach Kalani Sitake said the loss was his fault.

“It’s my fault as a coach,” he told sportswriters. “I’ve got to get these guys ready...I’m looking forward to getting that done next week.”

Sitake didn’t throw an interception or fumble the ball twice. Neither was he responsible for nine penalties costing his team 80 yards. But instead of pointing to missed assignments and foolish mistakes by some of his players, he had the moxie to take the blame.

Compare that with how the University of Utah administration is handling a more serious matter than a football game, the fallout from the murder of its track star Lauren McCluskey. In a lawsuit filed by McCluskey’s parents, the university puts all the blame on the student and her killer while taking no responsibility for shoddy police work.

Since I’m not an attorney, the university might be technically correct. The campus has 50,000 students and employees, and it is unreasonable to think the small campus police force can protect each of them. It is also correct that the woman invited the man, who was (unbeknownst to her) a sex offender felon on parole, to the campus and her dormitory. In asking for a dismissal of the lawsuit, the school argues that it cannot “be guardians of every student’s safety from any act of relationship violence.”

To remove the legal standard and the university’s tone is feeble whitewash. Sure, things happen and the university cannot prevent every foul act, but in the McCluskey case it failed miserably by dismissing repeated reports that a student was in trouble.

The woman placed calls to the campus police that a man was threatening her with extortion and

other students told housing officials that the man was rambling about bringing a gun to campus. The campus police never investigated, never discovered that the guy was on parole, didn’t do anything except write up a report and leave the victim unprotected.

According to the McCluskey’s attorney, the woman and her friends asked for help more than 20 times. Here we have a sex offender on parole claiming to have a gun, reports of stalking and extortion....and the campus police blinked.

The university admits its police officers were deficient, but also claimed it had fulfilled its obligation to protect the woman. Furthermore, no officer was fired after the McCluskey murder and the university says every employee involved in the case should have immunity.

“Here we have a sex offender on parole claiming to have a gun, reports of stalking and extortion.... and the campus police blinked.”

I understand that the university is guarding its wallet; for that, taxpayers can be somewhat thankful. But the “we didn’t do our best but did everything according to policy” response is weak and self-serving. Lauren McCluskey followed the policy – and the campus police and housing folks simply took a coffee break.

Kalani Sitake stepped up and took the blame, taking the heat off his players. The University of Utah hid behind its lawyers and turned its back on Lauren McCluskey.



IRON COUNTY FORECAST

WE’RE READY TO FOLLOW UP A WINDY FALL WEEKEND WITH A VERY NICE, SUNNY, AND MILD ONE COMING UP! LOOK FOR HIGHS AROUND 70 UNDER BRIGHT, SUNNY, BLUE SKIES.



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THURSDAY	Sunny 73°/37° PRECIP: 0% WINDS: S 10-15
FRIDAY	Sunny 68°/44° PRECIP: 0% WINDS: W 10-15
SATURDAY	Sunny 69°/41° PRECIP: 0% WINDS: NW 10-15
SUNDAY	Sunny 71°/43° PRECIP: 0% WINDS: N 10-15
MONDAY	Partly Cloudy 72°/43° PRECIP: 10% WINDS: NW 15-25
TUESDAY	Partly Sunny 73°/42° PRECIP: 10% WINDS: NW 10-20

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Canyon Creek Services celebrates expansion

by Kelsey **KEENER**

IRON COUNTY TODAY

The administrative offices for Canyon Creek Services will now be located at 444 S. Main Street, in suite A4, as part of the non-profit's expansion.

During the ribbon cutting ceremony last week, Executive Director Brant Wadsworth commented on the organization's milestone.

"This is not a relocation, it's an expansion," he said. "We have more than doubled in size in the last three years as an organization. We have over 30 employees now. We do still operate the emergency shelter here in Cedar City, we also now have our survivor services location, which remains above Bulloch Drug; and we are here now in our new administrative offices."

Wadsworth said the organization's department directors will work from the new location, and hopes it will also be where CCS can work more closely with the community.

"This is, hopefully, the office where we'll have with community



KELSEY KEENER

CANYON CREEK SERVICES EXECUTIVE DIRECTOR BRANT WADSWORTH cuts the ribbon making the new expansion offices for CCS official.

members officially, as an organization," he said. "Survivors will continue to go to our location above Bulloch Drug for services from our advocates, our case manager, as well as our, hopefully, soon-to-be-hired mental health therapist. We are growing and we are excited."

He added that while CCS does continue to provide emergency

shelter, many other services are also available.

"We served 757 people this last fiscal year, 200 of which needed shelter," Wadsworth said. "So, 575 people we served in other ways. Our sexual assault services, especially, are growing and expanding and we still need to grow, we still need to get more of a presence in

Beaver and Garfield Counties. So, we appreciate all of the support as we continue to try and realize our vision of communities free of domestic violence and sexual assault."

For more information, visit canyoncreekservices.org or call 435-867-9411. A 24-hour hotline is also available at 435-233-5732.

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Restaurants, community join for 8th annual 'Dine Out for Shelter' event

from ReAnne **REIMSCHUSSEL**
FOR IRON COUNTY TODAY

On October 9th, local restaurants will donate a portion of their sales to help survivors of domestic violence and sexual assault in the 8th annual Dine Out for Shelter event, Canyon Creek Services' largest fundraiser of the year.

This fun, city-wide event brings restaurants and the community together in support

of an important cause. Canyon Creek Services is hoping to raise a record high of \$20,000 this year.

"Whether it is eating out for breakfast, lunch, snack, dinner or dessert, there is a way for everyone in the community to participate in this event and support our local restaurants and survivors," said CCS Development Director, ReAnne Reimschussel. "This is one of our favorite events of the year. We love the enthusiasm our community brings to this event."

Participating restaurants will donate a portion of their sales for the entire day of October 9th to

Canyon Creek Services. Pizza Cart and Charlie's Southern BBQ are donating 50 percent of their sales. All American Diner, Teriyaki Grill, 5 Buck Pizza (both locations), Bruno's, Dairy Queen (both locations), Pasty Pub, Perks Coffee and Smoothies, Pork Belly's Eatery and Catering, Centro Woodfired Pizzeria, Brick House Cafe, The Depot Grill Steak and Seafood, and Alfredo's A Mexican Restaurant are all contributing 25 percent.

Many of the restaurants have also donated gift cards, and donations of over \$5 made at the restaurants will be into a prize drawing. CCS encourages diners to share their dining experiences throughout

the day on October 9th by posting photos or social media updates with #eatforcanyoncreek. A traveling videographer and photographers will also be out and about to document the community conversation that will be surrounding this event. Canyon Creek Services encourages all of Iron County to become part of its mission to have "communities free of domestic violence and sexual assault."

"We love the enthusiasm our community brings to this event."

» **ReAnne Reimschussel**



FFA STUDENTS FROM UTAH AND NEVADA put their skills to the test during this year's FFA contests.

COURTESY SUU AGRICULTURE CLUB

SUU hosts FFA judging contest

by Kelsey **KEENER**

IRON COUNTY TODAY

Last week, approximately 30 Future Farmers of America chapters from Utah and Nevada traveled to Cedar City to compete in the 2019 FFA Livestock, Horse, Range and Agronomy Judging Contest.

The contest is hosted by members of the Southern Utah University Agriculture Club, and the various contest categories are directed by professors of agricul-

ture. The livestock judging, run by Chad Gasser, and range judging, directed by Randall Violett, took place at the Diamond Z Arena; Dean Winward ran the agronomy judging and Lee Wood directed the horse judging at the SUU Valley Farm.

In addition to being a fundraiser for the SUU Ag Club, the event allows the approximately 600 participants to test the skills they learn in the FFA program and prepare for future contests and successful careers.

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SUU Alum on 'being a disrupter'

by Kelsey **KEENER**

IRON COUNTY TODAY

Southern Utah University alumna Julie Castle received the Outstanding Alumnus Award during homecoming festivities last week, and spoke as part of the APEX Event Series on her work with Best Friends Animal Sanctuary.

Castle began by discussing the common thread of success with students in the audience.

"It's not your education, master's degree, doctorate," she said. "It's not where you grew up; it's not the influencers around you. It is, grit. It is grit and perseverance. ... Grit means sticking to it no matter what.

one of the school's quads.

"That was not the right trouble-making path," she said. "The difference, it dawned on me at the time, between what good trouble-making is and what bad trouble-making is, is that you need a plan. If you're going to do something bold, you better have a backup to actually execute on. Don't just go out and cause trouble."

She went on to share her experiences in two internships she was able to participate in through SUU and how she recognized that many of the people she worked with in those internships were there because they took risks.

"I saw a lot of these guys there, and

constituents," she said. "This was a huge learning experience for me, that sometimes you've got to go slow before you go fast. Sometimes you have to work with people who have completely different views than you do, and that takes a long time. But it pays off."

Castle continued to discuss traveling to Belarus for the internship and opportunities she had as a result of her own risk-taking. Then she began explaining how she came to be part of Best Friends Animal Sanctuary in Kanab, UT.

While traveling back from a trip to Mexico with friends, Castle stopped at the sanctuary so her friend could visit the animal she was sponsoring. While taking a tour with one of the founders of the organization, Castle learned of its no kill philosophy.

"How cool is it that an organization chose a different path?" she proposed, remembering a time when the Enoch Animal Shelter euthanized animals. "That an organization decided to be totally disruptive, in a space that was the same old same old year after year? These guys were the ultimate risk-takers. They moved to this county with absolutely nothing and I absolutely fell in love with it."

Castle said that was when she decided to forego Utah and work with Best Friends. She decided to research animal welfare and discovered that animal shelters originated from an overpopulation of dogs in New York. She also learned that euthanizing animals was extremely prevalent – 17 million animals were killed annually – until Best Friends began practicing its no kill philosophy.

She commented on the goal of being a no kill country by 2025 that was announced in 2016 and the progress that's already been made toward that goal. There are now 4,000 no-kill communities across the United States.

Castle also stated the importance and power of belief in her work.

"It's the profound nature of belief: even when people think you're crazy, even when people think you're wrong, even when people might think you're an idiot, you have to believe," she said. "You have to believe that you can."

Castle left students with what she hopes they understood from her story.

"I hope that I leave you today with that inspiration to really think differently about your paths forward, to be a bit of a trouble-maker with a plan, and to be a little bit crazy," she said.



KELSEY KEENER

SUU ALUMNA JULIE CASTLE ENCOURAGES AND EMPOWERS STUDENTS to believe in themselves and that they can accomplish their goals no matter what others say.

Grit means not giving up. Grit means powering through when everyone else quits. Grit means, when you're running that marathon and you're half way through and you're thinking about giving up, you power through. You take that one step in front of the other."

Castle also talked about the expectations she felt growing up, her experiences at SUU and being student body president. She shared a brief story about wanting to bring attention to the housing issue facing students and organized a "shanty town" of sorts, with students in tents and sleeping bags, to take place on

women, who had gotten to where they were at because they had taken risks," she said. "Because they had been disrupters. In a sense, they had been trouble-makers."

One of her internships was with the Senate Republican Conference, and the other was with Senator Orrin Hatch. She said that she learned a lot from Senator Hatch while being able to observe how he worked with others who had views that opposed his own.

"I saw how he worked across the aisle and collaborated and took risks to craft something with the other side that maybe wasn't popular, that maybe wasn't popular with his

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.

Sept. 23

KELLI L BRUNSON-HARE
FILMORE, UT
Criminal Trespass,
Retail Theft

LORI A BUSBEE
BERYL, UT
DUI, Theft
FEMALE JUV OFFENDER
CEDAR CITY, UT
Assault

Sept. 24

MARY S PHILLIPS
BERYL, UT
DRUG - Poss C/S in
Correctional Fac,
Theft

JENARO RODRIGUEZ
CEDAR CITY, UT
Assault, Damage/
Interruption Comm
Device

NATHAN R MADSON

CEDAR CITY, UT
DRUG - Poss/use
of C/S

CHRISTOPHER R WILSON
CEDAR CITY, UT
Driving w/o Ins,
Open Container in
Veh, Intoxication,
Theft, Poss of Dnger
Weapon by Rest

JAKEY J WALL
CEDAR CITY, UT
Probation/Parole
Violation

FEMALE JUV OFFENDER
CEDAR CITY, UT
Disorderly Conduct

OTIS L CRANDALL IV
CLYDE, TX
Assault

Sept. 27

SUUMER F FREEMAN
PRICE, UT
Assault

VANISA E CLEVELAND
CEDAR CITY, UT
Drug Court Violation

PATRICIA A LASALLE
HOMELESS, CEDAR
CITY, UT
Violation of Court
Order, Poss of Meds
in Cor. Fac.

SHANNON N SIMPSON
PAGE, AZ
Retail Theft, DUI

Sept. 25

MCKAY N FORBES
CEDAR CITY, UT
Failure to Comply w/
Court

Sept. 28

MICHAEL T KINGSLEY
CEDAR CITY, UT
DRUG - Poss/Use of
C/S, Poss of Drug
Paraphernalia

RUSSELL G GOODRICH
CEDAR CITY, UT
Intoxication,
Resisting/Interfering
w/Arrest, Criminal
Mischief, Criminal
Trespass within a
Dwelling

DANA A LANGSTON
BOWMAN, ND
Retail Theft

Sept. 29

JOSEPH M SANDOVAL
HOMELESS, CEDAR
CITY, UT
DRUG - Poss of Drug
Paraphernalia (2
Counts), DRUG - C/S
Sched I or II

CRAIG G PACHECO
CEDAR CITY, UT
Criminal Trespass

MALE JUV OFFENDER

CEDAR CITY, UT
Criminal Mischief

KAYLEN G SPENCER
CEDAR CITY, UT
Probation/Parole
Violation, Burglary/
Vehicle

COLE VOORHEES
CEDAR CITY, UT
Assault

MALE JUV OFFENDER
CEDAR CITY, UT
Criminal Trespass
Within a Dwelling

Sept. 26

JUSTIN S OLIVER
CEDAR CITY, UT
Driving w/Measur-
able Controlled
Substance

AARON F TANAKA HENDERSON, NV
Retail Theft

TODD L WITHERS
CEDAR CITY, UT
Retail Theft,
Probation Violation

FEMALE JUV OFFENDER
Purchase, Poss,
Consume by Minor -
Measurable Amounts

Sept. 30

RUN Z WU
CEDAR CITY, UT
Aggravated Assault



COURTESY PHOTOS

SUU hosting 'Walk to End Alzheimer's'

from Mike **MILLER**

FOR IRON COUNTY TODAY

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

SUU's Community Engagement Center is hosting the October 12 Cedar City Walk. This new event is one of only eight throughout Utah. It will begin at 9 a.m. in the Sharwin Smith Ballroom in the Student Center with registration and check in, program and vendor booths.

Walkers may also visit the Promise Garden and share memories and the Purple Zone for purple hair spray, finger nail polish and face painting. Following the opening ceremony at 10 a.m. walkers will pass through the purple arch on a one-and-a-half-mile journey throughout the SUU campus before returning to the ballroom.

Registration is now open at www.alz.org and by texting AlzWalk to 51555. You may also register to walk at the event, starting at 9 a.m.

When you participate in the walk, your fundraising dollars fuel the Alzheimer's Association mission and work in Iron and Beaver Counties, and your participation in the event helps to change the level of Alzheimer's awareness in our community.

For those who walk, the Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. While there



is no fee to register, we encourage participants to fundraise in order to contribute to the cause and raise awareness. New teams registering before October 3 are eligible for special incentives and teams raising \$250 by October 8 are eligible to win a pair of purple Vans shoes. For more information

contact Mike Miller, (435) 238-4998 or mjmillar@alz.org.

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. For more information, visit www.alz.org.

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Red Cross blood donation opportunities

from Cynthia **DE LA TORRE**

FOR IRON COUNTY TODAY

The American Red Cross is urging eligible donors of all races and ethnicities to give blood or platelets to help increase the diversity of the blood supply for those who depend on lifesaving transfusions.

Patients who depend on frequent transfusions or with rare blood types are more likely to find a compatible blood match from a donor of the same race or ethnic group. You can help increase the diversity of the blood supply by telling people of all blood types, as well as all races and ethnicities, that their blood donation is needed.

The vast majority of blood types fall into one of the major blood groups. However, for patients with rare blood types or those who receive regular blood transfusions, blood must be matched closely – beyond the primary A, B, O and AB blood types – to reduce the risk of developing complications from transfusion therapy. Finding

someone with the same blood type can be as difficult as finding a needle in a haystack.

Eight-year-old AJ Torres requires blood transfusions to treat complications from sickle cell disease, the most common genetic disease in the U.S. The disease is most common among people of African descent or Latino descent, like AJ, and can sometimes cause small blood vessels to become blocked. Diverse donors are important to ensuring AJ has the blood products he needs to regain his health. “Within minutes of receiving a blood transfusion, I watch his strength be restored, pain vanish and energy return. Soon he transforms back to himself – a rambunctious little boy,” said his mom, Caira Torres. “If an 8-year-old can withstand a needle, so can you.”

Appointments can be made by downloading the free Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on

any Alexa Echo device.

As a thank-you, those who come to give blood or platelets during the month of October will automatically be entered for a chance to win one of five \$500 gift cards redeemable at hundreds of merchants, courtesy of Tango Card. Terms apply; see rcblood.org/game.

Cedar City

- » 9/27/2019: 11 a.m. – 5 p.m., Southwest Technical College, 757 S 800 W
- » 10/7/2019: 12 p.m. – 5 p.m., Eccles A Student Housing, 200 S 500 W
- » 10/15/2019: 8:30 a.m. – 1:30 p.m., Cedar High School, 703 W 600 S

Parowan

- » 10/8/2019: 9 a.m. – 2 p.m., Parowan High School, 168 N. Main

Beaver

- » 9/23/2019: 9 a.m. – 2 p.m., Beaver City Office, 30 W 300 N

Milford

- » 9/25/2019: 1:30 p.m. – 6:30 p.m., Milford Stake Center, 748 W 600 S

ICE RINK

« CONTINUED FROM PAGE 3

Dave Staheli also addressed the council and said he recognizes that the city is being asked for a significant contribution, but hoped council members would consider the generosity being offered from Staheli Rec Management and look at it as a team effort.

“We are a private entity offering to fund half of this facility and take care of all the (operating and maintenance) in the future, and you’ve heard me commit and our board will commit that you won’t be liable for other things that come along during the term that we are in that building,” he said. “... Here is an entity offering to bring half of the expense through some means to get something done that does set our city apart from every other city from Provo to Las Vegas and provide something really good, really good – which is already moving, which is not a concept that has not been proven yet. ... The limits right now are space and time.”

Dave Staheli added that Staheli Rec Management may not be able to go through with the project if the city cannot contribute the amount being asked.

After further discussion and a few failed motions, the council voted 3-2 to contribute \$1.5 million directly and up to \$67,500 per year for utilities for 20 years for a total contribution of 2.85 million dollars.

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Showcase

ARTS &
ENTERTAINMENT
IN IRON COUNTY

Every Brilliant Thing

a touching,
beautiful
play

IN
Review

by Rachele **HUGHES**

FOR IRON COUNTY TODAY

Beautiful, poignant and thought-provoking, Utah Shakespeare Festival's production of *Every Brilliant Thing* has moved audiences and individuals in the most positive way this season.

The one man show features audience favorite Michael Doherty as the character retelling the story of his experience with his encounters with mental health issues in his life.

The play begins when he is 7-years-old and his father takes him to see his mother in the hospital after her first attempt to take her life. The boy then begins a list of

every brilliant thing to love and live for in the world. As his journey through life advances and matures, he envelops family and community around him into this journey of finding "every brilliant thing." Along the way, the audience gets to discover the depression, hope, love, guilt, humor and profound and complicated sides of mental health along with the char-

acter and Doherty.

Before I saw the play, I wondered, "why would Utah Shakespeare Festival give only one role during the 2019 season to one of its audience favorite actors?" It was a question to ponder until I saw Doherty in the Festival's production of *Every Brilliant Thing*.

Doherty embraced this one man show about depression, suicide,

hope, love, understanding with every acting and emotional capacity he has. His ownership of this play is utterly complete. Energy, authenticity, humor, spontaneity, generosity are all part of his performance and storytelling. After the show, as he embraced or spoke with those audience members touched by the show's message or relevance to their own lives it was obvious this has been a labor of love for this actor.

The play is performed in the round in the Eileen and Allen Anes Studio Theatre that lends itself perfectly to the intimate interactive audience performance that is

“

Michael Doherty's ownership of this play is utterly complete.

see **BRILLIANT THING** » 18

SUMA's 'Tiny Art Show' exhibit draws big crowd

by Shary **BARUFFI**

IRON COUNTY TODAY

The Southern Utah Museum of Art (SUMA) opened their Tiny Art Show display on September 27th. The Very Big Tiny Art Show attracted a very big crowd, all of whom were marveling at the teeny-tiny artworks. The tiny art show is a community art project based in Provo, Utah. Miniature art shows are installed in unexpected places around Utah every month. The SUMA exhibition features 26 local artists' tiny art work. Each artist has created a small, cubby sized art gallery displaying their own tiny art exhibition.

The artist's displays are a diverse array of their own personal interests and styles. The mini-galleries include pieces by: Kara Aina, Brooke Bowen, Gina Dodge, Rachel Erickson, Rachel Godfrey, Audrey Hancock, Jeff Hanson, Nicholas Hemingway, Kimberley Ipson, Mary Jabens, Emily E. Jones, Hannah Mason, Carol Ogden, Nancy Olson, Valerie Orlemann, Rachel Pixton, Debbie Robb, Mallory Sanders, Meghan Sours, Whitney Staheli, Sarah Stoddard, Melissa Walkenhorst, Diane Walsh, Jessica Whittaker, Rebecca Wood and Mona Woolsey.

Check out SUMA's A Very Big Tiny Art Show, it will be on display until October 12th. For more information about tiny art show you can find them on Instagram at @tinyartshow.



PHOTOS BY COREY BAUMGARTNER

LARGE CROWDS GATHERED AT SUMA to peer into a world of miniature masterpieces and lilliputian landscapes created by the patient and precise hands of skillful artists.



VISTORS TO THE TINY ART SHOW had the opportunity to paint their own miniature masterpieces.

Oh, no! I'm chewing gum in church

by Mary Anne **ANDERSEN**

CEDAR CITY ARTS COUNCIL

There I was in church and horrified to find myself with gum in my mouth! All I could think of was that Cindy would have been most disapproving. I was settled in my pew, it was close to beginning the service, and I didn't want to get up and leave. So, I tongued it up to the upper left corner of my cheek and was very careful to not chew until we were dismissed and I could throw it away. Gum in church is one of the few things which my dear forgiving friend could not condone and a lesson in decorum I learned from her and never forgot.

There are other lessons like that that I have learned over the years that I do not break—ever. I'm not talking about great moral precepts that have eternal ramifications, such as my mother's abhorrence of dishonesty, especially cheating. I mean those little daily habits that shape how we manage our lives from day to day. It was years ago, long before the prevalence of re-cycling, that my sister caught me wadding up a piece of aluminum foil and throwing it out. She was aghast. That was not very frugal, she informed me, and directed me to wipe it off and use it again. To this day I have wrinkled sheets of foil that I have re-used for months.

Let it be said that my daughters give me grief about this, telling me that it is an over-the-top habit that I should eschew. They point out that I could re-cycle it, but why throw out something still usable and buy it new?

Another sister gasped as I lay a paperback book face down on the table. She said I should take care of my paperback books, use bookmarks instead, and be very careful not to bend the corners of the covers. We sisters all have used paperbacks that look brand new.

You see, we were raised by a man who had strong ideas about never wasting anything and taking care of our possessions. I cringe when I see my students jam their feet into their shoes, breaking the backs until they are floppy and worn. (Yes, I have and use a shoe horn.) You would never catch any of us putting out feet up on the edge of a coffee table, as that scratches and wears the edge. We were taught to put a shoeless foot on the flat tabletop where it would not mar the wood. Getting a glass of water? Choose a distinctive one and use it several times in a row, rather than slurping through clean glass after clean glass.

He also had strong ideas of propriety about behavior. We were discouraged from using a toothpick and then walking around with it in our mouths. And a dainty ankle bracelet? Not his girls. (I'm still not sure about the why of that one.)

So, I apologize, Cindy. I might wear gaucho pants to church as you did, but chew gum? Never!





SHAY BARUFFI

SOME OF JESSICA'S DETAILED DESIGNS can take anywhere from 40 to 250 hours to complete, but they are well worth the work and wait.

Jessica Hancock's detailed designs

by Shay **BARUFFI**

IRON COUNTY TODAY

Jessica Hancock's Precisely Abstract exhibit opened at Art Works Gallery last week. Hancock is a visual artist who creates highly detailed geometric images. According to her artist's biography, her work "explores the idea of abstraction as it relates to aesthetic uniformity and universal balance." Hancock draws everything entirely by hand, these pieces take anywhere between 40 and 250 hours to complete, depending on their size. In addition to multiple solo showcases, Jessica has been included in over 65 art shows since 2013.

Jessica Hancock has won many awards, including: membership with the National Association of Women Artists, Distinguished Artist Award from Art Ascent Art & Literature Journal and the 2015-2016 Stutz Artist Association Studio Resident Award. Hancock has been published twice by Westminster John Knox

Press and in ArtAscent, StudioVisit Magazine, and Artblend Gallery's "The Art Book 2019".

The work displayed at Art Works Gallery is a collection of different mediums and styles that she works with. Hancock spoke about her comparative art piece portraying the Bible story of Cain and Abel. It represents the personalities of the brothers and what made them different: "God is the geometric center of the piece; God is a being who is similar but different to us all and that is why the shading is slightly different on either side of the piece. Just because spiders, snakes and darker animals represent Cain doesn't mean he is a bad person, he's just a different person. Abel's side is less prickly than Cain's because he was the 'good' brother."

For more information about Jessica visit her website at <https://jhancockart.com>. Go view her exhibition at Art Works Gallery, 16 N 100 W, Cedar City. It will be available until October 19th.

Special Sunday concert with Red Rock Singers

from Marco **IHLER**

FOR IRON COUNTY TODAY

CEDAR CITY – Join Cedar City's Red Rock Singers for a special Sunday evening concert, *Alleluia: An Evening of Sacred Music*, October 6 at 7:30 pm at Christ the King Catholic Church, 690 Cove Drive. Admission is free and families are welcome.

The 35-member group is directed by Drs. Keith Bradshaw and Steven Meredith, and is accompanied by Tracey Bradshaw. The SUU Brass Ensemble are the guest artist for two pieces.

The choir will perform such sacred songs as the lyrical "Alleluia" by Ralph Manuel, the rhythmic "Alleluia" from Berger's Brazilian Psalm, the gentle "Be Still, My Child" by Dengler and Dengler, the beloved "Come, Thou Fount" arranged by Mack Wilberg, the spiritual "Poor Man Lazarus" by

Jester Hairston, and the triumphant "O Clap Your Hands" by R. Vaughan Williams, with organ, brass, and percussion.

"Our earliest recorded music is music written for worship," says Dr. Bradshaw. "Much of the great music of the past is sacred in nature, from Bach's cantatas, through masses and requiems by Mozart, Brahms, Verdi, and Rutter. Music truly has a way of crossing the boundaries of beliefs and organized religions; spiritual music touches souls."

Red Rock Singers began in February 2015 and has, since then, worked with well-known choral directors Dr. Ronald Staheli, professor emeritus of Brigham Young University, and Dr. Ryan Murphy of the Tabernacle Choir at Temple Square. The choir welcomes new members through audition. For more information, visit facebook.com/redrocksingers or email at redrocksingers@gmail.com.

THE ORCHESTRA OF SOUTHERN UTAH
STORYTIME

Origins
OCTOBER 10, 2019
7:30PM · HERITAGE CENTER

CARYLEE ZWANG, CONDUCTOR

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MYOSU.ORG

'Story Time' with OSU to open the season

by Tanisa **CROSBY**

FOR IRON COUNTY TODAY

The Orchestra of Southern Utah (OSU) opens its concert season by telling beloved stories through music. Opening up a book for the first time -- getting lost in the stories we love -- provides irreplaceable magic. As Lewis Carroll wrote in *Alice in Wonderland*, "Begin at the beginning," which is exactly what the Orchestra plans to do with "Story Time". OSU is excited to invite everyone to come enjoy a good story with the orchestra. This concert, taking place the evening of October 10th at 7:30 p.m. in the Heritage Theater, will be under the direction of OSU Assistant Conductor Carylee Zwang.

The evening will begin on the banks of the Mississippi River with "Huckleberry Finn" from Grofé's "Mississippi Suite". After following our young Huck and Jim down the river, the orchestra will then perform the full *Mother Goose Suite* by Ravel. This will capture many different sto-



COURTESY PHOTO

DIRECTOR CARYLEE ZWANG prepares the Orchestra of Southern Utah for season opening "Storytime" concert.

ries, including *Beauty and the Beast* and *Tom Thumb*. It is sure to inspire the audience to get reenchanting with some classic fairy tales. Following the theme of the classics, the orchestra

will take off with *Peter Rabbit* and his friends in music from Lanchberry's *Ballet Suite "Tales of Beatrix Potter"*.

Acknowledging some wonderful classics this concert will also pay

tribute to stories that have been reimagined in more recent times. The strings will feature the title theme from "Alice" by Danny Elfman. Once caught up with our dear white rabbit, the orchestra will dive into themes from "To Kill A Mockingbird" by Elmer Bernstein. Lastly, the orchestra will conclude the Story Time Concert with *The Greatest Showman*, a story the world fell in love with two years ago. It will be a night to remember and one that will bring happy memories of beloved tales. As P.T. Barnum once said, "The noblest art is that of making others happy."

The Story Time concert of the season will take place on October 10th at 7:30 pm and will take place at the Heritage Center Theatre (105 N 100 E, Cedar City -- behind Lin's). Tickets are \$12 for adults and \$6 for students and children. Children 6 and older are welcome to attend. For more information contact OSU Manager Rebekah Hughes at (435) 590-6829 or beckyosucedarcity@gmail.com.



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Festival leaks films, offers local passes

from Matt **MARXTEYN**

FOR IRON COUNTY TODAY

The Red Rock Film Festival has prepared locals with special passes until October 11 and just in time as the Festival's previewers are releasing information about the official selections.

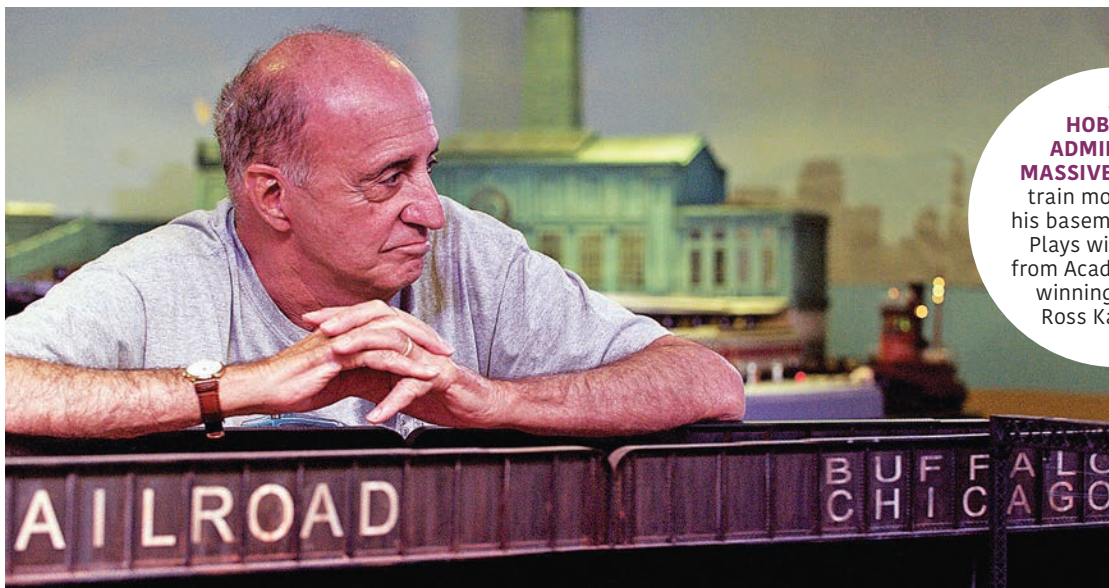
According to the Festival's Facebook page, one of the film's appropriately enough is about the old ways of sheep herding with gorgeous cinematography and documents not just any herder, the subject is one of the last in the Netherlands in an over-regulated neoliberal world.

The flip side to this story is another political documentary — this one is a character-driven story centered on the unlikely figure of Howard Jarvis, the man behind California's iconic Proposition 13, the birth of the Tax Revolt which according to this film, eventually lead to California's demise.

Also in the works are a variety of films in all genres, for both adults and for children, animated seahorses, a computer animated Neil Armstrong, student films such as a sci-fi about digitizing the souls of the dying, a man with a 3000 square foot recreation of the old Lackawanna Railroad, experimental films, music videos, and new features of getting back to one's culture and back to nature.

One such film was revealed at the Festival organization's Children in Crisis event called

MARIE BUNEL, RENÉ HEGER
OVERLOOKING THE UTAH LANDSCAPE in "Links of Life" one of the films leaked that will be playing at the Red Rock Film Festival



A HOBBYIST ADMIRES HIS MASSIVE miniature train model set in his basement in "Still Plays with Trains" from Academy Award winning director Ross Kauffman.

AN AERIAL VIEW OF SHEEP from the documentary "Sheep Hero" coming to Red Rock Film Festival.



"Links of Life", filmed in Southern Utah's unfiltered landscape about a French woman with OCD and trying to make a new friendship.

Festival previewer Bettina Hanna, said, "I would like to emphasize the brilliant acting of Marie Burnel... what I really like about this film is its [mix] of emotions, it's funny, it's tense, it's sad, it's adventurous all at the same time."

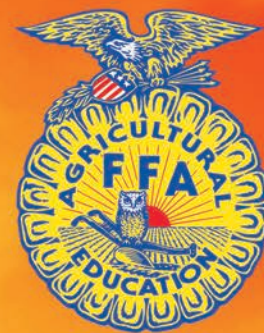
Directed by Marie-Hélène Roux, her previous film "Shortage of Children" played at the Festival in 2015. 2016's 'Featured Artists' the Pattiz brothers are also back with another National Park short.

Other outdoor adventures the programmers are filling include films about the photography of penguins, breaking motorcycle records on Salt Lake flats of Bonneville, photographing breaking waves on the North Shore of Oahu from another returning filmmaker and several others as the Festival's international previewers race to finalize their selections.

The special Locals Passes include a choice of a two-day Weekend Local Pass good for Competition Screenings, Headliner Screenings, Orientation Screenings and Brief Screenings to the 2019 — 13th Annual Red Rock Film Festival, and a 3 1/2 day Cedar City Local Pass. Prices will increase day by day as the Festival finalizes its scope as it has also extended the Festival to include St. George November 1-5, and Cedar City November 6-9. Passes available until October 11 at www.RedRockFilmFestival.com.



**Cedar City,
Utah**



**Iron County
Fair 2019**

SPECIAL THANK YOU to the 2019 buyers for supporting the show

\$25,000 +
Mel Clark Construction##

\$15,000 +
State Bank of Southern
Utah##

\$10,000 +
Beaver Co. Businesses
Holt Dairy LLC Kimball &
Shelly Holt

Reyes & Kacie Carballo
Rusty's & Milts Steakhouse
Zion Plumbing & Mechanical

\$5,000 +
Bettridge Distributing
Cedar Band Corporation
Cedar City Motor Company
Donna Christensen ERA Realty
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Holt Dairy LLC Randall Holt
IFA - Cedar City#
IFA SUAC
Kanab Meats
Leon's Alignments
M S Concrete
Marshall & Evans Electric Inc
Roberts Dairy Inc
Security Escrow & Title
South Central Communications
Zions Bank - Cedar

\$2,000 +
3J Cattle LLC
Allred & Allred
Asset Management Real Estate

Beau's Auto Parts
Billy & Jennifer Davis
Bradshaw Chevrolet
Bret Whittier Livestock
Carter Cattle#
Carter's Market
Dean & Kathy Lamoreaux
Double O Agri-Spraying
Farm Bureau Fin. Serv.
McKenna Hansen
Flanigan Construction
Harris Cabinets
Jolly's Drug Store
McCulley Brothers Ag
Michael Yardley Farms LLC#
Mike's Tire & Oil
Mountain View Animal Clinic
One Trust Home Loans
Pat Yardley Ranching
Phone Skope
Putnam Plumbing
R S Energy
Rand Bettridge
Russ Mitchell & Trent Fox
Masonry
Scott Stubbs Livestock
Smithfield#
Valley Agronomics
Wesly Barton# ##

\$1,000 +
AAA Mobile Storage
Barney Brothers Electric
Bauer Farms**
Blackner Trucking
Brianhead Resort
C-A-L Ranch
Cedar Livestock Market##
Chad & Linda Reid
Cuzzens Cabinets
CR Farms
Creamer Insurance
Dan & Dusty Benson

DGS Services
Diamond X Genetics #
Diary Queen of Cedar City
Dixie Escalante Power
Downtown Diner
Evans Trucking
Gilbert Development
Greg Marshall
J & D Cattle Co
Jaci Hasemeyer
JB Excavating
Jeanette Johnson
John Plumbing
Lance Reid
McCoy Clark
Producers Livestock
Producers Livestock
Richard Clark
Sandy Webster
South Creek Shell
Southern Utah Animal Hospital
SS Transportation
Terence Heath MDPC
WL Plastics

\$500 +
Adams Livestock
BJG Land & Livestock
Bob & Donna Jean Clark
Brad Benson Livestock
Brent Hunter
Cedar City Rotary Club
Daren Lovell
David Christopher
Dr. Rhett Smith
ERA Realty Center
Go Hunt
Jenson Brothers Farm
John's Spetic Service
JT Robinson Shearing
Lazy A Ranch##
Mark Webster**
MBM Livestock
Mike Yardley Farms
Nelson Brothers
Newby Buick

Overson's Farm Center**
Paul Nelson
Phillip Gardner
Precision Pipeline Inc
Ron Heaton
Shear D'Lite
Sunroc**
The Tire Company
Tony Carlile
Triple B Concrete
Western Ag Credit**
Yardley Goat Ranch

< \$500

Alex Mayer#
CDS Minis#
Cedar Land Title**
Farm Bureau Financial Serv
Washington Co
Farm Bureau Insurance#
Kesler Farms#
Knowles Ranch
Marty Stubbs
Matt & Marilyn Wood**
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Rollins Construction
Slade Farms#
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BOOSTS

7J Ranch
Adams Livestock
Adams Storage Kade & Michelle Adams
Advantage Feedyard LLC
Alan & Marie Adams
All Around Tire & Service
Ammon & Kadye Condie
Anita W Bell
Archway Construction Company
Atkore Plastics Pipe Company
Austin & Lee Bingham
Baily & Heather Raymer
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Brad & Darla Williams
Bradshaw Livestock
Brady & Jennifer Guymon
Brady & Marci Webster
Brian Tavioan DDS
Bruce & Arlene B Cornelius
Burton Horseshoeing
Butler Enterprises
Carl Nelson
CBK Livestock
Cedar Valley Medical Clinic
Cedar View Pediatric Dentistry
Charles D Bosworth
Chris & Jo Nell Hone
Cliff Stubbs Concrete
Coca Cola
Color Country Animal Hospital
Construction Monitor
Coy & Kasey Stowell
Craig Blackner Trucking
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Cressa & Heston Farnsworth
D & A Livestock
Dairy Queen of Las Vegas Inc
Dale T Smith & Sons
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Dave Marshall
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Desert Sky Sheep
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Design Curb
Diamond J Farms
Diamond Z Ranch
Doug & Judy Stephensen
Dr. Shannon Sorenson DDS
Droubay Chevrolet
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E & I Soil Conservation District
Eric & Carolyn Anderson
Ernie & Jessica Bulloch
Finch Trucking LLC
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Garfield Livestock
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Gateway to Sanity Stables
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Hermies
Howell Valley Rockin B Ranch Trucking
Hughes and Sons Inc
Indian Creek Veterinary Clinic
Jake Benson
Jared McNaughten
Jared Smith
JC Diesel
Jean Stubbs
Jenkin's Oil
Jim & Alison Webb
Joey Bleak
John & Kris Orton
John Orton Excavating
Josh & Janelle Adams
Julie Leeder Design
Kathy Jolley
Ken & Barbara McKnight
Kendall & Kay Benson
Kendall & Paula Parry
Kenny & Shaylee Lamoreaux
Kevin John
Kim Evans
King Feed & Livestock
Kirby Adams
Kong Crete LLC
Kym Topham
L & W Ranch
Lacey Keele
Larry C or Rebecca Stubbs
Lawn Ranger's Lawn Care Inc
Lee Hulet Farms
Lester & Katherine Ross
Lincoln County Conservation District
Lincoln County Farm Bureau
Lindsey Bagley
Lisa Beck Michael Beck
Lynn Nelson
Mark Webster
Mason Machinery
Mathews Farms
Matt & Toni Buechler
Matt's Springs & Trailer Sales
McKay & Sheila Jenson
Mike Clark
Mike Stanworth & Sons
Minersville Land & Livestock
Monuments Academy
Mosdell Sanitation
Nancy Clark
Nate Blake Construction
Okerlund, Sorenson & Leavitt Insurance

Parowan Cafe
Pine Tree Inn & Bakery
Pine Valley Outfitters
R Livestock
Radiant Blue Homes
Rafters K Show Lambs
Robb Bulloch
Rangers Farm & Ranch Supply
Reladyne/Cardwell Distributing
RL Transport
Robb Bulloch
Robin S & Lisa M Boneck
Rocky Ridge Landscape Rock
Roy Adams Farms
Ryan & Kari Coleman
SB Concrete
SC Built
Scholzen Products
Shad & Rashell Stubbs
Sid & Gayle Webster
Simply Chiropractic
Six States Distributing
Son Builders
Southern Utah Vision Care
Stephanie Wittenbrink
Stoney & Tami Shugart
Stotz Equipment
Sunroc
Superior Simmentals
Swinerton Renewable Energy
Tammy Carter
The Wash
Thermo No. 1
Tink's Auto Parts
Todd E Holt CPA PC
Tony Orton
Tucker High Adventure
United Soil Science
Virgil & Teri Newton
Wade Kleinman
WB Trucking
Weaver Development
Wells & Sandra Webster
Wendel & Kayleen Bundy
Western Ag Credit
Western Ag Credit (Richfield)
Williams Development
WT Transportation
Wyatt & Amanda Renzello
Yardley Cattle Company
Zion Sun Floral

***Buyers Fund *Grand Champion Lamb **Iron County Champion Lamb**

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Mike Brown	Dale & Anona Yardley	Roy Adams Farms
Wayne & Maria Smith	Ree Zaphiropoulos	Lee & Giana Hulet
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Wes Barton	Bret & Margo Whittier	Kade & Michelle Adams
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Floyd & Elizabeth Yardley
Hayden Hogs
Jake Benson
Keith & Brooke Bali
Sam & Kristi Jones
Benson Livestock
Kendall & Kay Benson

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Biassi Automotive
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Steve & Crystal Hopkins
Zions Plumbing & Mechanical
Wooly Shearing
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Brady & Whitney Quarnberg
Parowan Cafe
Garfield Livestock
Shawn & Tiffany Garfield
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Brian Head Corporation
Brady & Mard Webster

**A SPECIAL THANKS TO: Rocky Mountain Power and Western Ag Credit for sponsoring the Exhibitors Breakfast
Safari Property Management for donating the rooms for the judges**

LAMBS

HOGS

STEERS

GOATS



Aliza Woolsey
Milford, Utah
Purchased by: See List#



McCabe Garfield
Cedar City, Utah
Purchased by Cedar City Motor Company



Treyton Carter
Minersville, Utah
Purchased by Cedar City Motor Company



McCabe Garfield
Cedar City, Utah
Purchased by Holt Dairy LLC Kimball & Shelly Holt



Kaydee Marshall
Minersville, Utah
Purchased by State Bank of Southern Utah & Wesly Barton



Hayden Garfield
Cedar City, Utah
Purchased by Holt Dairy LLC Kimball & Shelly Holt



Dagan Dalton
Enoch, Utah
Purchased by Cedar Band Corporation



Sienna Quarnberg
Beaver, Utah
Purchased by Yardley Goat Ranch



Wyatt Neilson
Cedar City, Utah
Purchased by: See List##



Payten Hunt
Cedar City, Utah
Purchased by Milt's & Rusty's Steakhouses



Kodie Stowell
Parowan, Utah
Purchased by Reyes & Kacie Carballo



Riley Stubbs
Cedar City, Utah
Purchased by MS Concrete



Final 'Final Friday Art Walk' of the year

by Shay **BARUFFI**

IRON COUNTY TODAY

The end of summer has arrived, The Cedar City Arts Council's closing Final Friday Art Walk has come and gone. The final Art Walk of the season presented wonderful performing artists: MB3 Jazz, Bill and Loretta Westbrook, Clark Leslie, The Southern Utah String Quartet, and Roice Nelson.

The evening was chilly and the crowds braved the cold to view the wonderful performances and demonstrations. Several artists set up displays and demonstrations on the green across from Artisan's and Art Works Galleries. Although this is the final Art Walk of the year, the Cedar City Arts Council presents socials during the winter. Attend a public art social to continue your support of the arts in Cedar City, all are invited.

For more information about The Cedar City Arts Council's upcoming events, visit: www.cedarcityartscouncil.org.



AS WE BID FAREWELL TO THE FINAL FRIDAY ART SHOWS of the year, we express gratitude for all the hard work from the CCAC and the artists and musicians who shared their enjoyable talents each week.



SHAY BARUFFI

BRILLIANT THING

« CONTINUED FROM PAGE 11

integral to this one-hour play. While there is only one actor in the play it soon becomes apparent that the audience members will be participating. Doherty will not be alone in proclaiming his list of brilliant things like "Hershey chocolate, people falling down, the color yellow, water fights."

Everyone has known someone or been that someone who has struggled with the serious subjects of mental health dealt with in this play. The author Duncan Macmillan with Jonny Donahoe

have found a way to discuss, tell and portray these issues with warmth and hope and realism. There will be tears but there will also be laughter. It is a genuine tale told by a heartfelt performance.

Before the curtain closes on the 2019 season, I urge theatre-goers to see and participate in this play. It is truly a beautiful and brilliant thing.

Every Brilliant Thing plays through October 12. For more information visit Bard.org.

The Festival will be taking two tours across the state of Utah to visit every public district high school in the state with this play as a positive way to raise awareness on depression and suicide, as well as awareness on available resources.



KARL HUGH. COPYRIGHT UTAH SHAKESPEARE FESTIVAL 2019

MICHAEL DOHERTY (CENTER) INTERACTING WITH AUDIENCE MEMBERS in the Utah Shakespeare Festival's 2019 production of Every Brilliant Thing.

SUU COLLEGE OF
PERFORMING & VISUAL ARTS
SOUTHERN UTAH UNIVERSITY

UPCOMING EVENTS

AL FARROW:

WRATH & REVERENCE

Now through October 5

Southern Utah Museum of Art

Monday-Saturday from 11 a.m. - 6 p.m.

CORIOLANUS

Engelstad Shakespeare Theatre

October 4 at 7:30 p.m.

TRUE LIGHT CHOIRS CONCERT

Heritage Center Theater

October 4 at 7:30 p.m.

ART INSIGHTS- TODD STEWART & ROBERT BAILEY

SUU Auditorium

October 10 at 7:00 p.m.

ART INSIGHTS- SETH GREEN

SUU Auditorium

October 17 at 7:00 p.m.

ART INSIGHTS- THINH NGUYEN

SUU Auditorium

October 31 at 7:00 p.m.

www.suu.edu/pva

George W. Middleton

by Jay M. JONES

FOR IRON COUNTY TODAY

EARLY SOUTHERN UTAH DOCTOR

One of Southern Utah's outstanding doctors was George W. Middleton, a native of Hamilton Fort, Utah. After receiving his doctorate in 1892 at Louisville, he began medical practice in Cedar City.

In addition to his medical practice, Dr. Middleton had a keen interest in civic affairs. In 1903, liquor prohibition became the major issue in Cedar City politics. As the nominee for mayor on the Citizens Prohibition Party ticket, Dr. George Middleton won 69% of the vote.

Early the next year, Cedar City prohibited the manufacture or sale of alcoholic beverages within the city limits, becoming one of the first localities in the nation to do so.

Dr. Middleton enjoyed the outdoors, and held a lifelong interest in geology. He was also a key promoter of the first culinary water system in Cedar City, which resulted in a significant reduction of local cases of typhoid fever.

In 1904, Dr. George W. Middleton's growing medical and surgical reputation

brought an increasing number of people to Cedar City in need of treatment. Up to that time, Dr. Middleton's out-of-town patients were quar-
tered among the townspeople as well as could be arranged.

In order to provide more comfortable care for the patients and allow care providers better efficiencies, Dr. Middleton rented a

house on 300 West and equipped it as a hospital. Electrical power was not yet available in Cedar City, so to provide better lighting for an upstairs operating room, skylights were installed in the roof.

The first operation in the new hospital was in June of 1904 for appendicitis, and Miss Emily Banks of Minersville, UT was the patient.

Another case of appendicitis was a sad experience in the early practice of Dr. Middleton, as related by William R. Palmer in the 1942 edition of the Utah Historical

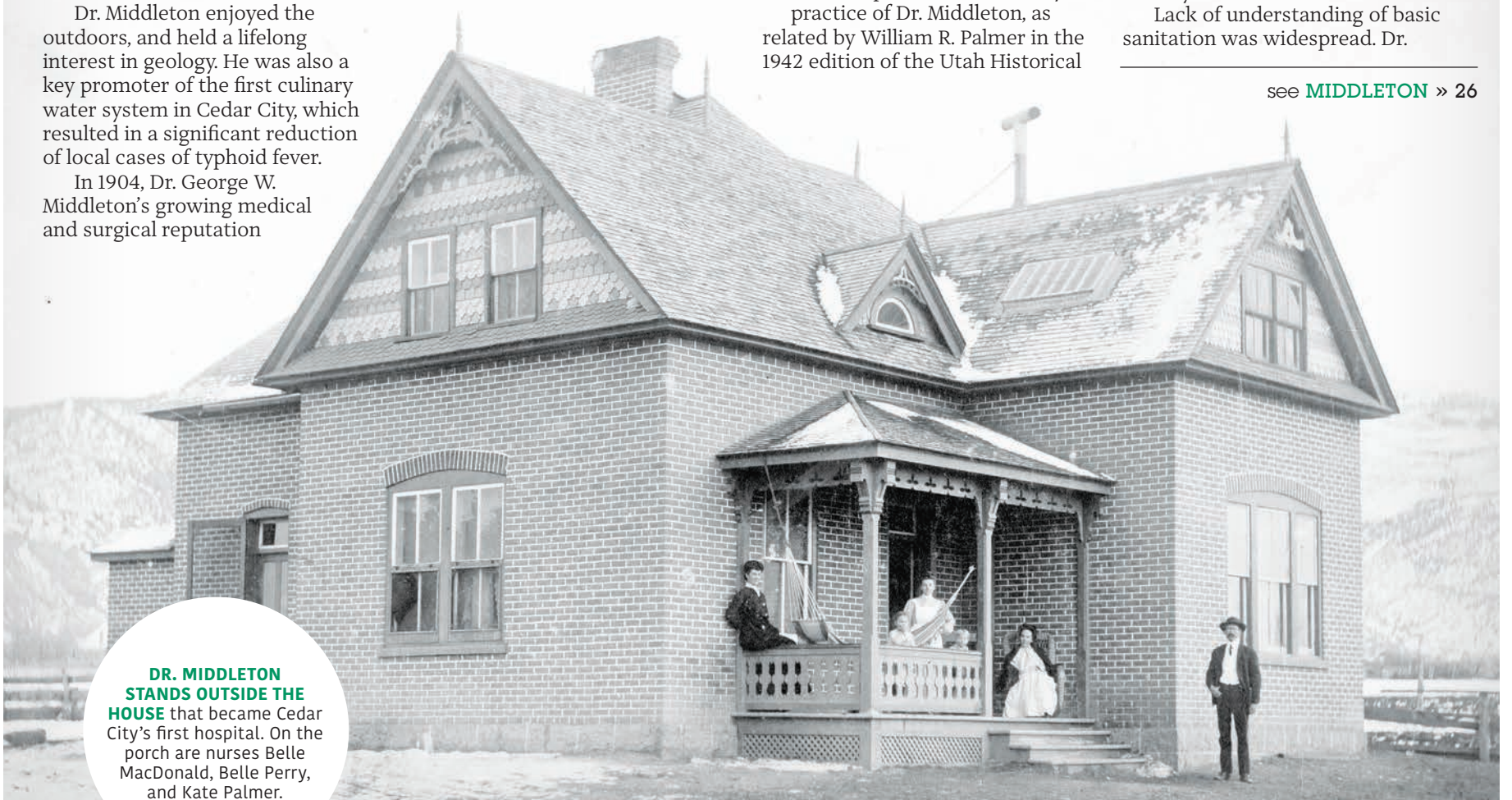
Quarterly. He had been called to the local Indian camp too see a sick boy. After diagnosing the problem, Dr. Middleton wanted to take the boy into town for an operation.

The Medicine Man resisted, so Dr. Middleton took out his prescription notepad and sketched the boy's intestines, showing the diseased point. He indicated where an incision needed to be made to remove the appendix. Still, permission was not given for Dr. Middleton to treat the boy.

A few days later, Dr. Middleton met the Medicine Man and inquired about the boy. He was horrified to learn that the Medicine Man had been impressed with the doctor's sketches, and had decided that he could perform the operation himself with a butcher knife. Tragically, the boy did not recover.

Lack of understanding of basic sanitation was widespread. Dr.

see **MIDDLETON** » 26



DR. MIDDLETON STANDS OUTSIDE THE HOUSE that became Cedar City's first hospital. On the porch are nurses Belle MacDonald, Belle Perry, and Kate Palmer.

CALENDAR

WEDNESDAY, OCTOBER 2

CEDAR CITY COUNCIL, 5:30 P.M., CITY HALL, 10 NORTH MAIN Street, Cedar City.

ENOCH CITY COUNCIL, 6 P.M., CITY OFFICES. 900 E Midvalley Rd, Enoch. (435) 586-1119

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

TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK Women's Crisis Center, 7 to 8:30 p.m., Cedar City Aquatic Center, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 A.M. TO 5:30 p.m. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

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

BAND: COLOR COUNTRY WINDS, CALL DEBBIE AT 435-559-9609 for time and location. Come brush up on your band skills to share with the community.

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

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

A.A. – STEPS AND TRADITIONS, 7 A.M., 203 E. COBBLECREEK Dr. (KKCB upstairs)

A.A. GROUP – “WHAT A WAY TO START THE DAY” – MEETS every SUN, MON, WED, FRI, from 7-8 a.m. in the Fellowship Building behind St. Jude's Church, 70 N 200 W, Cedar City. All are welcome!

A.A. – SPEAKING FROM THE HEART, NOON, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890

A.A. -- MISFITS, 6 P.M., 203 E. COBBLECREEK DR., CEDAR City. For information call (877) 865-5890

SEX ANONYMOUS - 6:00 PM, 203 E. COBBLECREEK DR. (877) 865-5890

AL-ANON – NEW BEGINNINGS, WOMEN'S BOOK STUDY meeting. 6:00-7:00 p.m., 203 E. Cobblecreek Dr., Cedar City.

A.A.—RED CREEK GROUP, 7 P.M., PAROWAN SENIOR CENTER, 685 N 300 E, Parowan

ARP—ADDICTION RECOVERY PROGRAM, 7 P.M., PAROWAN Seminary building, Main and 300 North, Parowan

NARCOTICS ANONYMOUS JUST FOR TODAY, 8 P.M., KKCB, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890 or (435) 635-9603.

HEY CEDARS SQUARE DANCE CLASS, 6:30 P.M., CEDAR CITY Senior Center, 489 E 200 E, Info from Pat at 435-531-6811 or Ralph at 435-669-4867.

CEDAR CITY COMMUNITY CLINIC, 8 A.M. TO 5 P.M., CALL 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients. 245 E 680 S

AWANA BIBLE CLUB – VALLEY BIBLE CHURCH, NEXT TO THE water tanks in Enoch, meets weekly from August 28th through May 3rd. 7th through 12th grades meet Monday nights at 6:30. Pre-school through 6th grade meet Wednesday nights at 6:30. Call Valley Bible Church at 586-0253, Keith at 435-990-1638 or just show up.

THURSDAY, OCTOBER 3

ALZHEIMER'S MOVIE – “STILL ALICE” FREE MOVIE NIGHT AND Panel Discussion, Sharwin Smith Theater, SUU Campus. Academy Award winning film chronicles the journey of Columbia University professor Alice Howland as she battles younger-onset Alzheimer's Disease. More info, (435) 238-4998

ROCK CLUB – WOULD YOU LIKE TO EXPLORE BEAUTIFUL Southern Utah to learn about geology and find gems, fossils and minerals? Do you have an interest in learning to cut and polish gems and make jewelry? How about a fun social activity to share with your family, or friends? Come be a part of the Southern Utah Rock Club – We meet at 6:00 pm on the first Thursday of each month at the club (lapidary shop), 497 N 100 W. For more info visit www.southernutahrockclub.org

BIKERS AGAINST CHILD ABUSE (B.A.C.A.) - COLOR COUNTRY Chapter Meeting, 7:30 p.m., 593 N. 1450 W., Cedar City.

YEAR-ROUND FARMERS MARKET – EVERY THURSDAY RAIN OR shine, 3 PM to 7 PM in the parking lot across from Pastry Pub. 45 W. Center St. Definitely worth a stop for farm fresh produce, homestyle treats, crafts, jewelry and artwork. Booths with local honey, homemade jams and variety of jellies made with surprising main ingredients. Also, every Saturday, same location, 9 AM to 12 PM.

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

CEDAR CHEST QUILTERS' GUILD, 10 A.M., CEDAR CITY SENIOR Center, 489 East 200 South.

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

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

COLOR COUNTRY PICKLEBALL, 7-10 A.M., 155 EAST 400 SOUTH in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

ALCOHOLICS ANONYMOUS – STEPS AND TRADITIONS, 7 A.M., 203 E. Cobblecreek Dr. (KKCB upstairs)

A.A. – SPEAKING FROM THE HEART, NOON, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890

A.A. – LUNCH BUNCH GROUP, NOON, CEDAR BOWLING Center, 421 E. Highway 91

A.A. – MISFITS, 6 P.M., 203 E. COBBLECREEK DR., CEDAR CITY. For information call (877) 865-5890

AL-ANON – FELLOWSHIP OF RELATIVES AND FRIENDS OF Alcoholics, 6 p.m., 203 E. Cobblecreek Dr., Cedar City. For information call (435) 531-1045

NARCOTICS ANONYMOUS – HOPE WITHOUT DOPE, 8 P.M., KKCB, 203 E. Cobblecreek Dr., Cedar City. More info at 877-865-5890 or 435-635-9603

WATER AEROBICS CLASS, (TUESDAYS AND THURSDAYS) 8 AM, SUU pool. Fun, up-tempo workout to music. The class includes intensive cardio conditioning and full body muscle toning. The workout can be adapted to any fitness level. Beginners and all ages are welcome. Cost is \$3 per class, including pool admission. Call Allison at 435-327-2091 (no text) for more info.

CEDAR CITY COMMUNITY CLINIC, 8 A.M. TO 5 P.M., CALL 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients. 245 E 680 S

FRIDAY, OCTOBER 4

A.A. GROUP – “WHAT A WAY TO START THE DAY” – MEETS every SUN, MON, WED, FRI, from 7 a.m. to 8 a.m. in the Fellowship Building behind St. Jude's Church, 70 N 200 W, Cedar City. All are welcome!

A.A. – STEPS AND TRADITIONS, 7 A.M., 203 E. COBBLECREEK Dr., Cedar City. (KKCB upstairs). For information call (877) 865-5890

A.A. – SPEAKING FROM THE HEART, NOON, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890

A.A. – MISFITS, 6 P.M., 203 E. COBBLECREEK DR., CEDAR CITY. For information call (877) 865-5890

NARCOTICS ANONYMOUS – LIVE AND LET LIVE, 8 P.M., KKCB, 203 E. Cobblecreek Dr., Cedar City, for information call (877) 865-5890 or (435) 635-9603

COLOR COUNTRY PICKLEBALL, 7-10 A.M., 155 EAST 400 SOUTH in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

IMMUNIZATIONS/WIC/VITAL RECORDS, 8 A.M. TO 5 P.M., Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437.

CEDAR CITY COMMUNITY CLINIC, 8 A.M. TO 5 P.M., 245 E 680 S, Call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

SATURDAY, OCTOBER 5

POWER IN PINK – WALK AND RUN, 8-11 A.M., WEST CANYON Park, Cedar City, \$25 or free for breast cancer survivors. Register at www.active.com

A.A. – STEPS AND TRADITIONS, 7 A.M., 203 E. COBBLECREEK Dr., Cedar City. (KKCB upstairs). For information call (877) 865-5890

A.A. – SPEAKING FROM THE HEART, NOON, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890

A.A. – MY STORY SPEAKER MEETING, 8 PM, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890

NARCOTICS ANONYMOUS – CANDLE LIGHT MEETING, 9:30 P.M. KKCB, 203 Cobblecreek Dr., Cedar City. Info at 435-635-9603 or 877-865-5890

YEAR-ROUND FARMERS MARKET – EVERY SATURDAY RAIN OR shine, 9 AM to 12 PM in the parking lot across from Pastry Pub. 45 W. Center St. Definitely worth a stop for farm fresh produce, homestyle treats, crafts, jewelry, artwork and more. Booths with local honey, homemade jams and variety of jellies made with surprising main ingredients. Plus, shop while being entertained by live musicians and vocalists. Also, every Thursday, same location, 3 PM to 7 PM.

SATURDAY FARMER'S MARKET, 9AM-1PM EVERY SAT. @ IFA, 905 S. Main. Good weather outside – bad weather inside. Farmers with vegetables, fruits, eggs, honey, baked goods & breads, meats, tamales, food vendors, hand-crafted items including soaps, lotions, jewelry, clothing, home décor and gifts for all ages. For more info call 435-463-3735.

SUNDAY, OCTOBER 6

COMMUNITY PRESBYTERIAN CHURCH – UPLIFTING SERVICES for all, 10 a.m., 2279 N Wedgewood Lane, Cedar City, Our vision at CPC is Reach, Grow, Send

A.A. GROUP – “WHAT A WAY TO START THE DAY” – MEETS every SUN, MON, WED, FRI, from 7 a.m. to 8 a.m. in the Fellowship Building behind St. Jude's Church, 70 N 200 W, Cedar City. All are welcome!

A.A. -- TGISS, 11 A.M., 203 E. COBBLECREEK DR., CEDAR CITY, for information call (877) 865-5890

NARCOTICS ANONYMOUS – WOMEN'S ONLY MEETING, 11 A.M., KKCB, 203 E. Cobblecreek Dr., Cedar City. Info at 435-635-9603 or 877-865-5890

NARCOTICS ANONYMOUS – DOPELESS HOPE FIENDS, 8 P.M., The Meeting Hall, 1067 S. Main St., Cedar City. For information, call (877) 865-5890

DOPELESS HOPE FIENDS – 203 E. COBBLECREEK DR., CEDAR City. Info at 435-635-9603 or 877-865-5890

MONDAY, OCTOBER 7

A.A. GROUP – “WHAT A WAY TO START THE DAY” – MEETS every SUN, MON, WED, FRI, from 7 a.m. to 8 a.m. in the Fellowship Building behind St. Jude's Church, 70 N 200 W, Cedar City. All are welcome!

CALENDAR

A.A. – SPEAKING FROM THE HEART, NOON, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890.

A.A. – MISFITS, 6 P.M. 203 E. COBBLECREEK DR., CEDAR CITY. For information call (877) 865-5890

A.A. – RED ROAD TO SOBRIETY -- OPEN MEETING, 6 P.M., Paiute Indian Tribe of Utah, 440 N. Paiute Drive, Cedar City. For more information call Chris at 586-1112 ext. 307

NARCOTICS ANONYMOUS – MONDAY NIGHT BASIC TEXT Study, 8 p.m., KKCB, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890 or 435-635-9603.

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

IMMUNIZATIONS/WIC/VITAL RECORDS, 8 A.M. TO 5 P.M., Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437

CEDAR CITY COMMUNITY CLINIC, 8 A.M. TO 5 P.M. 245 E 680 S, Call 435-865-1387 for an appointment. Accepts Medicaid, Medicare and all private insurances.

AWANA BIBLE CLUB – VALLEY BIBLE CHURCH, NEXT TO THE water tanks in Enoch, meets weekly from August 28th through May 3rd. 7th through 12th grades meet Monday nights at 6:30. Pre-school through 6th grade meet Wednesday nights at 6:30. Call Valley Bible Church at 586-0253, Keith at 435-990-1638 or just show up.

IRON COUNTY COMMISSION, 9 A.M., COMMISSION Chambers, 68 S 100 E, Parowan.

TUESDAY, OCTOBER 8

ENOCH PLANNING COMMISSION – 5:30 P.M., CITY OFFICES, 900 East Midvalley Road, Enoch.

LION'S CLUB – 11:00 A.M. BOARD MEETING, 12:00 P.M. General Meeting, SWTC, 757 W 800 S, Cedar City. Lunch will be catered by the College. All are welcome! Please call Shanda for more info. 702-480-3238

CEDAR PROFESSIONALS IS AN ORGANIZATION OF BUSINESS people created to stimulate the business climate for members through exchange of ideas, information and business referrals. Visit our weekly meeting - Tuesdays 7:30 am - Springhill Suites 1477 S Highway 91 in Cedar City - www.cedarprofessionals.org

WATER AEROBICS CLASS, (TUESDAYS AND THURSDAYS) 8 a.m., SUU pool. Fun, up-tempo workout to music. The class includes intensive cardio conditioning and full body muscle toning. The workout can be adapted to any fitness level. Beginners and all ages are welcome. Cost is \$3 per class, including pool admission. Call Allison at 435-327-2091 (no text) for more info.

STORY TIME AT THE FRONTIER HOMESTEAD STATE PARK, 10 a.m., 635 N Main St., An opportunity for preschool children to learn about the past through stories and history-related activities, story time is free thanks to the support of the Cedar City-Brian Head Tourism Bureau.

CEDAR CITY ROTARY CLUB WEEKLY MEETING. FOR MORE information call (435) 865-7637.

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

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

COLOR COUNTRY PICKLEBALL, 7-10 A.M., 155 EAST 400 SOUTH in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

A.A. – LUNCH BUNCH GROUP, NOON, CEDAR BOWLING Center, 421 E. Highway 91, Cedar City

A.A. – SPEAKING FROM THE HEART, NOON, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890

A.A. – MISFITS, 6 P.M. 203 E. COBBLECREEK DR., CEDAR CITY. For information call (877) 865-5890

AL-ANON "EASY DOES IT," 7 TO 8 P.M., COMMUNITY Presbyterian Church, 2279 N. Wedgewood Lane, Cedar City, for more information call (435) 531-1045.

A.A. – CEDAR GROUP MEETING, 8 P.M., 203 E. COBBLECREEK Dr., Cedar City. For information call (877) 865-5890

CEDAR CITY COMMUNITY CLINIC, 10 A.M. TO 7 P.M., 245 E 680 S, Call 865-1387 for an appointment. The clinic accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

WEDNESDAY, OCTOBER 9

CEDAR CITY COUNCIL, 5:30 P.M., CITY HALL, 10 N MAIN STREET

A.A. GROUP – "WHAT A WAY TO START THE DAY" – MEETS every SUN, MON, WED, FRI, from 7 a.m. to 8 a.m. in the Fellowship Building behind St. Jude's Church, 70 N 200 W, Cedar City. All are welcome!

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

TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK Women's Crisis Center, 7 to 8:30 p.m., Cedar City Aquatic Center, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 A.M. TO 5:30 P.M. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

COLOR COUNTRY PICKLEBALL, 7-10 A.M., 155 EAST 400 SOUTH in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

BAND: COLOR COUNTRY WINDS, CALL DEBBIE AT 435-559-9609 for time and location. Come brush up on your band skills to share with the community.

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

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

A.A. – STEPS AND TRADITIONS, 7 A.M., 203 E. COBBLECREEK Dr., Cedar City. (KKCB upstairs). For information call (877) 865-5890

A.A. – SPEAKING FROM THE HEART, NOON, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890
ALCOHOLICS ANONYMOUS – MISFITS, 6 p.m., 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890.

AL-ANON (NEW BEGINNINGS) WOMEN'S BOOK STUDY meeting. 6:30-7:30 p.m., 203 E. Cobble Creek Drive, Cedar City.

A.A. – RED CREEK GROUP, 7 P.M. PAROWAN SENIOR CENTER 685 N 300 E, Parowan

NARCOTICS ANONYMOUS JUST FOR TODAY, 8 P.M., KKCB, 203 E. Cobblecreek Dr., Cedar City. For information call (877) 865-5890 or (435) 635-9603.

HEY CEDARS SQUARE DANCE CLASS, 6:00 P.M. BEGINNER'S Class and Mainstream Dancers from 7 to 9 pm. Cedar City Senior Center (489 E 200 S) More info from Pat 435-531-6811 or Ralph 435-669-4867.

CEDAR CITY COMMUNITY CLINIC, 8 A.M. TO 5 P.M., 245 E 680 S, Call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

AWANA BIBLE CLUB – VALLEY BIBLE CHURCH, NEXT TO THE water tanks in Enoch, meets weekly from August 28th through May 3rd. 7th through 12th grades meet Monday nights at 6:30. Pre-school through 6th grade meet Wednesday nights at 6:30. Call Valley Bible Church at 586-0253, Keith at 435-990-1638 or just show up.

PEOPLE



1ST BIRTHDAY

Lukas Anthony Morales

Lukas Anthony Morales celebrated his first birthday September 26th. He is the son of

Anthony and Megan Morales of Cedar City, Utah. He is the Grandson of Ray and Cori Adams of Parowan, UT, Anthony and Cynthia Morales of Cedar City, UT and Mark and Chelsea Boxwell of Enoch, UT. Lukas has brought so much joy and happiness into our lives. You rarely see him without a big smile, and he always has a story to tell. Happy Birthday Lukas! You are loved!

80TH BIRTHDAY

Emily Mae Rhodes



Our beautiful mother of 3 children, Jill (Paul) Snyder, Brad (Nan) Rhodes, and Gaylynn (Kurt) Gale, grandmother to 8 grandchildren and great-grandma to 11 great-grandchildren, will be celebrating her 80th Birthday Oct. 4th. Her family will be taking her to a Brian Head get-a-way to celebrate with her whole family. Mom is very loved and admired by all who know her! Happy Birthday Mom, We Love you!

CEDAR CITY FIRE DEPARTMENT

ZOMBIE FUN RUN

OCTOBER 5TH, 2019
CROSS HOLLOW ARENA @ 6 PM

OBSTACLES - MUD - ZOMBIES
5K & 1K OPTIONS

FAMILY FRIENDLY EVENT
VENDORS/FOOD/PRIZES

Please register or donate at:
tinyurl.com/cfdzombierun
We are a registered 501.3c

SCHOOLS

ICSD News Nuggets



COURTESY PHOTOS

Gateway Academy journeys into the past

from Amy **GIBSON**

FOR IRON COUNTY TODAY

The Lower Elementary students of Gateway Academy had a beautiful day at the Frontier Homestead Museum State Park. Students had a fun time doing a Pony Express race and learning about how messages were sent long ago.

They also enjoyed touring the Pioneer Home, where they learned how Pioneers cooked their food and washed clothes. Students were able to go inside an old schoolhouse and learn about birds. They even got to "ride" in a stagecoach. The children were so excited to learn new things and do various activities.

from Le Ann **WOOLSTENHULME**

IRON COUNTY SCHOOL DISTRICT

North Elementary

North Elementary PTA is excited to host our annual "Penny Wars" fundraiser coming up October 7th to 11th. Students bring coinage and bills to compete against other grade levels. Pennies go in their own grade level jar, while silver and paper go in other grade level jars. Pennies add points and everything else takes away points. The grade level with the most points at the end of the week wins! We hope parents will encourage their children to do odd jobs around the house to earn money to donate to the North Elementary PTA!

Canyon View Middle

We had our Art contest on Cedar Mountain September 12th. Although we did not win any awards, it was a great experience.



Fall Orchestra Concerts will be held on Thursday, October 10, 2019 at the following times:

Beginning Orchestra 5:00-5:30 p.m.
Intermediate Orchestra 6:00 - 6:30 p.m.
Advanced Orchestra 7:00 - 7:30 p.m.

Fall Choir Concerts will be held on Wednesday, October 9, 2019 at the following times:

6th Grade choir 5:00 - 5:30 p.m.
7th Grade Choir 6:00 - 6:30 p.m.
8th Grade choir 7:00 -7:30 p.m.

Hope to see everyone there!

Enoch Elementary

The community enjoyed some family fun at the School Carnival on September 25. There was food, games, bounce houses and more. The money raised from this event will help improve our school. Principal Daniel Ekker said, "Thank you for coming to support our school. This was our largest turn out yet!"



Thank you to the PTA, School Nurse Amber Dalton, Children's Dental, Shannon Sorensen, and Sage White for checking the health of our students during the vision and dental screenings on September 26.

The students have voted and our mascot has been named... Stripes!



The Paws assembly and Paws Patrol continues to raise school spirit and positive behaviors. Students learned a new cheer, "Here we go Tigers, here we go!" The whole school is also reciting our new motto: "We are positive, accountable, willing to help, and successful. We are the Enoch Tigers, no excuses!"

S.E.P. week is September 30 through October 4. Teachers, parents, and students will meet and collaborate on education and build relationships. School will dismiss at 2:30pm every day this week.

East Elementary

Our third graders were able to go on a field trip this week to the Frontier Homestead State Park. They were able to experience some of the pioneer and early industrial history of Cedar City. The students engaged in several activities. They experienced old time games such as jacks and marbles. Some students got to dress up in pioneer clothing and experience what doing laundry would be like. It was a great opportunity for our students to step back in time and see how our community got by before all our modern conveniences. Thank you to the park employees for helping us make this happen as well as our parent volunteers and teachers. We could not have had this experience without you!



Three Peaks Elementary

Three Peaks Elementary PTA would like to thank all those who helped with our annual move-a-thon. It was a very successful event and the students had a blast!

Three Peaks Elementary will host a Community Council meeting in the library on October 9 at 3:00 pm. All are welcome to attend. The council committee prepares, adopts, and implements educational plans. Parent participation helps improve student success and the well-being for ALL students. We appreciate those who volunteer their time to serve on our community council.

South Elementary

We're in full swing with teaching and learning here at South Elementary and looking forward to meeting for S.E.P.s. Our PTA has arranged the annual Book Fair to be held in the school gym Monday-Thursday during S.E.P. week, opening at 2:30. Our PTA has also arranged for a fun-filled night of family entertainment to be held on Monday, September 30th from 4pm to 9pm. Come join family, friends, and classmates for an evening of laser tag, prizes, and two great movies!

The show must go off



The Rut LESS TRAVELED

by Corey BAUMGARTNER

IRON COUNTY TODAY

What do you spend most of your time doing and thinking about in your life? What matters the most to you? Not sure? You might want to take an inventory of your time to investigate and perhaps fumigate any stale, stuffy interferences clogging up your mind and heart. You may not even recognize the ruts of how and where you are spending/investing your precious gift of time.

Some of those potential interferences are arguably two of the most widely used and abused technological tools and toys of our times: televisions and smartphones. Some studies suggest that the average person watches five hours of television a day and/or is also using their phone for an average of five hours per day. Over a lifetime, depending on when one began their binge-watching-on-their-rear career, it can add up to 10-15 years. This doesn't even include video games, or cute cat videos on YouTube. There are also studies that estimate an average person spends 41% of their life staring at some kind of screen or technological device. What would you do—what could you do—with an extra 10-15 years?

Regardless of the average person's lifespan it doesn't mean there is time to waste. Even if the average lifespan increased to 100 years that would still not be enough time to watch half of the nearly 100k DVD titles flaunted by Netflix (currently celebrating their 5 billionth disc delivery), or those available on Prime, Hulu and a plethora of other entertainment pastime providers. Plus, there are hundreds of new movies and shows added each year to that mind-numbing number.

Even if you watched only one 45-minute program each day, without commercials, that's almost 275 hours of your life per year; almost 11 days. That may not seem like much, but over a lifetime it adds up. Is it worth it? Whether or not you watch that much television, use your phone, or play video games, it would be wise to keep track—just for one week—and see how much screen-time you're using.

No, television and phones are not inherently villains. There are many great programs and apps that entertain, enlighten and make life more efficient. However, should they be one's only or majority entertainer and teacher? Sometimes the show must go off. You don't have to turn off the tube, or stay disconnected forever, but I encourage you to discover that there are better things to turn on and tune into.

This week, I dare you to shut off your screens for a few extra moments and find something that gets you more excited than the next episode. What about the seasons of your life waiting to be lived? Life will continue on without you and the most important things will not be there forever. Don't let temporary moments capture your attention and keep you from the things and people that matter the most. Life was not meant to be lived only during commercial breaks.

2019 SUU Homecoming Parade



EVEN WITH THEIR FOOTBALL GAME SPOILED

by the Cal Poly Mustangs, the homecoming parade was a victory for SUU. Students and faculty from all areas of academics, culture and community proudly made their way down University Blvd. Some T-Birds threw candy and frisbees, others t-shirts and flames. Several other community groups made their way down the street along with marching bands and dancers from Cedar and Canyon View high schools, all making the annual parade a fun success for all.



PHOTOS BY COREY BAUMGARTNER

Haunted homestead lives again this fall

from Todd **PRINCE**

FOR IRON COUNTY TODAY

CEDAR CITY, — All Hallows Eve is almost here and that means you need to be ready for ghosts, goblins, and things that go bump in the night. Make the Frontier Homestead State Park part of your Halloween story with a series of fun and thrilling events to celebrate the spirit of the season.

To get you and yours into the Halloween mood, our family-friendly Haunted Homestead returns October 11 and 12, from 6:00-8:00 pm each night. There will be creative Halloween-themed games, spooky crafts, ghost stories, and other haunting surprises. Admission is \$5.00 per family or \$2.00 per person. Friends of the Museum members get in free.

On Monday the 14th join our ever-popular cemetery tour. Meet in the Museum parking lot at 6:30 pm. Come learn about some of the more interesting headstones and stories about the graveyard. Please dress for the weather and bring a flashlight. Admission is free to this event.

Are ghosts real? Do spirits walk among us? Most everyone has had some type of experience they can't explain. If you're a believer, or just curious, join us Thursday, October 17 as we present More Than Ghost Stories: Paranormal Investigations in Southern Utah. Join local paranormal investigators as they recount their ghost hunting adventures over the past 10 years. The team has conducted investigations at numerous locations in an attempt to separate folk lore and stories from genuine paranormal activities. Evidence from the investigations will be presented and discussed, allowing you to come to your own conclusions – is it real, or just your imagination? The program begins at 7:00 p.m. and is free to the public.

Our Homestead Halloween events are sure to spark your imagination, or make you tremble or laugh, so come join us for the fun. The Frontier Homestead is located at 635 North Main in Cedar City. For more information call us at 435-586-9290, visit our Facebook page at www.facebook.com/frontierhomestead, or our website www.frontierhomestead.org.

AFCU Celebrates 15 Years of food drive with 15,000 lb goal

from Kelsey **RICHARDSON**

FOR IRON COUNTY TODAY

As part of its 15th annual food drive, America First Credit Union (AFCU) hopes to collect 15,000 pounds of food to donate to local food banks in its communities. From now until October 26, AFCU and community members can drop off nonperishable food items at any of its 128 locations. The nearest branch location in Cedar City is located in Lin's Market, 150 N Main.

Throughout the past 15 years, AFCU has donated more than 187,000 pounds of food. All food collected in Utah will be donated Utah Food Bank and other local foodbanks including Catholic Community Services Joyce Hansen Hall Food Bank. Members

who donate food items can be entered into a drawing for AirPods. One entry will be given for each item of food donated with one prize winner selected from all entries received.

Proudly celebrating 80 years of servicing members and a long-standing history, America First has become one of the largest, most stable and most progressive credit unions in the country, and has remained a member-owned, not-for-profit cooperative financial institution. Today, America First has 129 locations, and is the 9th largest credit union in assets in the United States with over \$11.1 billion, and the sixth largest credit union in membership in America with more than 1,021,000 members.

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IS OPEN!**

CHANGING COLORS SPECIAL
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Bradshaw's 'Cool August Nite' benefits local family

from Mark **BRADSHAW**
FOR IRON COUNTY TODAY

Each year during the Cool August Nite fundraiser held at Bradshaw Chevrolet in Cedar City, a local family or individual receives the benefits from an evening of cool cars, great prizes and the generosity of the community.

This year's 13th annual fundraiser benefited Rhonda Warren and her family, who live in Parowan. As Rhonda was mowing her mother's lawn, she was involved in a terrible accident which led to a spinal cord injury. After being life flighted to St. George, she thankfully survived and is now receiving treatment in Cedar City.

Because she and her family are now facing major financial burdens, Bradshaw Chevrolet owner, Mark Bradshaw, and his team stepped up

and stepped in to help. Thanks to the very compassionate and generous people and businesses throughout the community, Bradshaw Chevrolet was able to present the Warrens' with a check for \$4500.

Rhonda and her family are grateful for the incredible support and want to express their appreciation to all the Bradshaw employees and all others that helped with this event.

Arctic Circle, Carquest, City Muffler, Coca Cola, Deseret Book, Fiddlers Theater, Forever Summer, Jackson Dry Cleaning, Jolley's Ranchwear, Jolley's Trailer Sales, Kolob Water, Market Grill, Mindi Chamberlain, National Auto Parts Warehouse, NCS, Pork Bellies, Rainbow Sign, Six States Distributing, Smith's Food and Drug, Stitching It Up, Tink's Auto Parts, Triple S Polaris, World Class Pawn.



MARK BRADSHAW PRESENTS A SPECIAL CHECK to Rhonda Warren from the proceeds of the Cool August Nite fundraiser held in her honor.

COURTESY OF MARK BRADSHAW

'Undead' to descend on Cedar City—Only the fittest will survive

by Tracie **SULLIVAN**

FOR CEDAR CITY FIRE DEPARTMENT

But don't panic. This is the time for Walking Dead fans to shine during this year's Cedar City Fire Department obstacle mud race that will include zombies infected with the living dead virus lurking around every corner.

Slated for Oct. 5., the second-annual 5k Zombie Mud Run is the main fundraiser for the fire department's Christmas project that assists families in need during the holidays. There is also a junior 1k run for little humans and zombies.

The course is complete with various natural and man-made obstacles including those used in the Army boot camp. And, like all mud runs, you will need to climb walls and crawl in mud. So, you may get out of this apocalypse alive, but you won't walk away clean.

You can participate in this event as either a zombie,

runner, volunteer or innocent bystander.

If you choose to be a human, your mission will be to save the human race.

Humans run the race with three flag football belts that

represent your vital organs; brains, heart and entrails. The zombies are stationed along the racecourse trying to eat your vital organs by capturing your flags. They are particularly drawn to

brains and a natural instinct to smell human blood from miles away.

To survive you must finish the race with at least one flag. If the zombies capture all your flags you are

infected with the living dead virus and die.

While the course is designed for participants to physically push themselves with challenges, obstacles and missions that will test your strength, endurance, speed and problem solving, it's also set up to have a lot of fun.

"It's going to be great," Cedar City Fire Fighter and Race Organizer, Kristi Miller said. "Yes, the course is going to be challenging but it's also something that everyone is going to have fun trying to get through and get muddy doing it."



COREY BAUMGARTNER

A ZOMBIE 5K MUD RUN WILL HELP to put fear and fun into this year's Cedar City Fire Department fundraiser.

- » Start Time: 6 p.m.
- » End Time: 9 p.m.
- » Place: Cross Hollow Event Center
- » Price: \$25 Race Fee + \$2.50 Sign-Up Fee
- » Registration: Registration ends Oct. 5 at 6 p.m.
- » www.facebook.com/cedarcityfirezombierun
- » tinyurl.com/ccfdzombierun

Pet Adoptions

PADME, LUKE & LEIA

Padme watches protectively over her two kittens, Luke and the Leia. Luke is a fuzzy multicolored male. Leia is a female that looks just like her mother. They are ready to join the Rebellion...right after they catch that red dot.



TIMON & PUMBAA

Timon and Pumbaa are already best of friends and are happy together. They always cuddle before a wild adventure or two.



GANDALF

Gandalf is a mature male, grey and white, perky and very vocal. You shall not pass...up this adoption!



T'CHALLA

T'Challa is a fuzzy black female, quiet but very friendly and always ready to help save the world.



SOCRATES

Socrates is so cute! He is a wise grey male with white feet and piercing eyes that will follow you around to help guide you through life.

To view these cute kittens and adopt a new friend visit the Cedar City Animal Adoption Center, 1303 W Kitty Hawk Dr., (435) 586-2960, Mon-Fri 8 AM to 6 PM and on Sat 9 AM to 1 PM.

Tips for preserving the harvest

By the time you read this column, you may have already experienced the first over-night temperatures cold enough to freeze what's left in your garden; unless you covered them first, that is. Perhaps you have kept on top of preserving produce throughout the summer and early fall or have the mindset that you will just eat out of your garden as long as you can but once it frosts, the garden will be cleared out/put to rest until next spring.

If you plan to preserve a portion of your harvest, it's good to be aware of and review a few basic tips for obtaining foods that will have maximum quality, shelf-life and safety. After all, the advantages of home canning are lost when you start with poor quality fresh foods; when jars fail to seal properly; when food spoils; and when flavors, texture, flavors, color and nutrients deteriorate during prolonged storage. (USDA Complete Guide to Home Canning).

Quality in; Quality out: Examine food carefully for freshness and wholesomeness. Discard diseased and moldy food yet know that small bruises or lesions in food can be trimmed away.

It is unrealistic to assume under- or over-ripe fruits or droopy vegetables will perk up as a result of preserving. The same holds true for bruising or discoloration. Also, just because a food is grown and can be eaten fresh, doesn't guarantee it will hold up well as a canned or frozen product. That said, some foods work well when dehydrated or freeze-dried.

Shelf-life: As a general rule, unopened home canned foods have a shelf life of one year and should be used before two years (See: USU Extension "Food Storage" fact sheet found at: <https://extension.usu.edu/foodstorage/howdoi/canned>).

Now, you might ask, "Does that mean I need to throw away all my home-canned or "bottled" foods that are 3-5 years old or older?" Not necessarily. If, proper guidelines for processing (including high altitude changes) and storage have been followed and the jar still has a strong seal, safety will not be the issue, rather quality. After one year, textures and flavors start to break down as does color and nutritional value. The food may not look or taste good but it will still be safe to eat.

With frozen foods, the enemies of shelf life include: freezer temperature not being cold enough,

not using freezer containers or heavy plastic bags/freezer-wrap to prevent freezer burn, or the formation of ice crystals which is moisture extracted from the food. Even with optimal conditions, frozen foods are best when consumed within 6- 12 months.

Dehydrated foods, are affected by temperature and moisture along with exposure to air. Any of these conditions will shorten shelf life and may allow mold to grow on the surface of foods. It's best to include an oxygen absorber packet inside each container to extend the shelf life beyond a few months.

Food Safety: Most bacteria, yeasts, and molds are difficult to remove from food surfaces. Washing fresh food reduces their numbers only slightly. Peeling root crops, underground stem crops, and tomatoes reduces their numbers greatly. Blanching also helps, but the vital controls are the method of canning and making sure the recommended research-based processing times found in research-based food preservation manuals or online sources. If you don't know if a

recipe you have is "research-based," be sure to reach out to your local county-based USU Extension office for guidance.

You may be using an approved resource for your recipe but make certain it contains information for processing at high altitudes. Generally speaking, pres-

Kathy's CORNER

by Kathleen RIGGS

UTAH STATE UNIVERSITY EXTENSION



sure canning low-acid foods such as meats, vegetables and some tomato-based products requires an increase of pressure—13-15 lbs. using dial- or weighted-gauges as insurance against botulism food poisoning. Water-bath canning requires increased processing times; generally, an additional 10 minutes. Tomatoes are in a category all by themselves and you must prepare them as recommended and increase the acid level by adding bottled lemon juice- No exceptions!

Taking time to learn and incorporate a few key tips when preserving foods at home will add protection to your family and guarantee highest- and longest-lasting quality.

Kathleen Riggs is the Utah State University Extension family and consumer sciences professor for Iron County. Questions or comments may be sent to kathleen.riggs@usu.edu or call 435-586-8132.

MIDDLETON

« CONTINUED FROM PAGE 19

Middleton took a local sheep rancher to court to keep sheep from grazing at the source of the city water supply. The Justice of the Peace did not see a problem. Dr. Middleton tried to explain about germs and how they carry disease. The Justice was not impressed – he reportedly said, "Show me a germ and I'll eat it. Case dismissed."

Dr. Middleton's reputation as a surgeon continued to grow around Southern Utah. On a return trip from Kanab in 1906, news that he was passing through that area went ahead of him, and several people sought him out along the way. Arriving at Panguitch, he performed five surgeries, leaving the patients in the care of the local physician, Dr. Clark.

Nurses that assisted Dr. Middleton in caring for local patients included Belle MacDonald, Belle Perry, Kate Palmer, and Priscilla Urie.

In 1906, a farewell party was held in Cedar City for Dr. Middleton, who was on his way to major medical facilities in the eastern U. S. and London for additional medical training. Following that, Dr. Middleton established practice in Salt Lake City and became one of the leading surgeons in the Intermountain West.

In addition to his medical practice, Dr. Middleton continued his interest in geology. He became friends with University of Utah geology professor Frederick J. Pack, and together they

arranged for horseback expeditions to Cedar Breaks and Zion Canyon with other leaders and residents of Salt Lake City and Cedar City.

George W. Middleton died December 8, 1938 in Salt Lake City from a heart ailment. In an obituary, the Salt Lake Telegram stated, "Dr. George W. Middleton had lived an abundant and intense life. A one-line biography of this widely beloved man would possess a sense of completeness if it but said, 'He went about doing good.'"

Brookdale spices things up with chili cook-off fundraiser

by Trinity **PAJÓN**

IRON COUNTY TODAY

Last week Brookdale Senior Living hosted a chili cook-off and fundraiser for the Walk to End Alzheimer's.

Eight Brookdale employees prepared



TRINITY PAJÓN

EAGER PARTICIPANTS AT BROOKDALE SAMPLE several crockpot contents in search of the chosen chili cook-off winner.

their chili recipes for the senior residents to vote on. After tasting each of the provided recipes, the residents voted for the top three.

Following the vote collection, it was announced that Brookdale employee, Joice McDougald won first place, Amber Bradley placed second and Brant Parker third.

After the chili contest, the seniors and employees attended the silent auction located in the lobby where they made

bids for objects such as household items and paintings donated by community members.

Regional Manager of the Alzheimer's Association, Mike Miller arranged the silent auction to raise money for the Walk to End Alzheimer's.

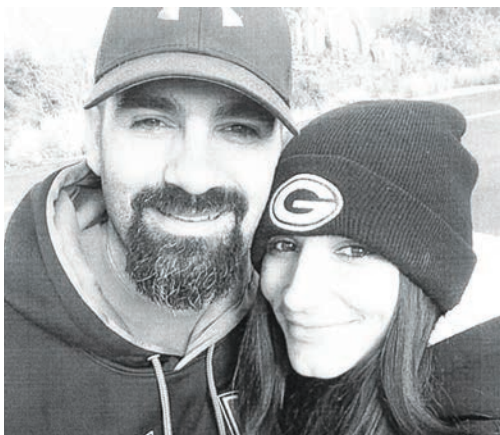
"The walk is a multi-faceted event," he said. "It is to increase awareness of Alzheimer's disease and resources. It's to bring people together to remember those we have lost, honor those who are still with us and to support the efforts of research, programs and other resources we have here in Cedar City."

The Walk to End Alzheimer's will be on October 12 at 9am located at Southern Utah University.

Bake and yard sale to help battle cancer

from Brittany **GRIMSHAW**

FOR IRON COUNTY TODAY



COURTESY PHOTO

MAX AND SERAFINA SANCHEZ

Max Sanchez was diagnosed with Stage 4 Melanoma in April. It has since spread to his organs, spine and brain.

We will be having a bake/yard sale to help him, his wife and their three children with this battle.

It will be held on this Saturday, October 5th from 9 AM until Noon. It will be at State Bank of Southern Utah's main branch, 377 N Main, (Across from the Post Office).

We will be selling tickets for \$5 for a raffle of a large wooden American flag and also a collector's silver dollar.

FAITH

NET PROFITS

In several stories throughout the scriptures it seems that Jesus is continuously, but compassionately, reprimanding and reminding His disciples (and each of us) to have more faith in Him and more courage and confidence in themselves. Often these lessons are taught during storms, sailing, or fishing. In other words, Jesus uses normal situations in life to not only teach us the greatest lessons but inspire us to reach upwards and become better individuals.

That's because God and our Savior don't only want to be with us on Sundays, while we're sitting comfortably in the pews, but to be with us Monday through Saturday in our uncomfortable cubicles, cramped cars and wherever else our rears and careers take us. However, we have to do our part in desiring and allowing Them into our daily situations. This begins with having faith, no matter how small, (Matthew 17:20) that They want to be with us and that They will help us.

Remember when the disciples were fishing fervently but continuously pulling up empty nets? Jesus told them to cast their nets on the other side of the boat. (John 21:6) Being fisherman, they may have thought it was a silly, unprofitable idea because either side of the boat doesn't matter to the fish. Nevertheless, they obeyed in proactive faith. In doing so, they caught so many fish their nets nearly broke. Sometimes, when life isn't working and we feel our nets are always coming up empty, we must learn to

leave logic on the shore and listen more to the Spirit and see if there's a better place or better way to cast our nets. Stop focusing on the losses and focus more faithfully upon the Lord.

Jesus again shows the power of faith when He miraculously feeds the five thousand with only five loaves of bread and two small fishes. (Matthew 14:15-21) Again the fishermen knew better than anyone how many people two small fishes could feed and counseled the Lord to send the multitude away. They were focusing more on the lack instead of upon the Lord. I wonder how often the Lord wants to bless each of



GOD'S Porch

by Corey **BAUMGARTNER**

IRON COUNTY TODAY

us, but we send Him away, or counsel Him that He doesn't have enough power or love to bless us. How many blessings do we deny ourselves because we focus on the numbers, crowds, clocks, or calendars instead of believing Christ?

What about later when the Lord was walking on the water towards the disciples' boat? (Matthew 14:22-33) Peter had enough faith in the beginning to boldly get out of the boat, but when he took his eyes off the Savior the wind and waves got the better of him. How often do we strive to follow the Savior, but get distracted and detoured by worldly sights and sins that easily beset us? As we strive to have more faith, keeping our eyes, minds and hearts upon the Lord, He will feed us, fill our nets and lead us home.

SCORES & RECAPS
FROM COMPETITION
IN IRON COUNTY

Sports

HALTED on HOMECOMING



COURTESY SUU



Cal Poly

24



So. Utah

21

Cal Poly	3	14	0	7 --	24
So. Utah	0	7	6	8 --	21

Q1 – CP – FG Theaker 36, 2:46

Q2 – CP – Hamler 6 run (Theaker kick), 10:08

SUU – Nelson 24 pass from Helbig (Sasaoka kick), 6:47

CP – Hamler 13 run (Theaker kick), :24

Q3 – SUU – Green 20 run (kick failed), 2:43

Q4 – CP – Jeffrey 4 run (Theaker kick), 12:47

SUU – Mitchell 56 pass from Helbig (Lawson run), 11:59

INDIVIDUAL STATISTICS

RUSHING: Cal Poly – Tran-Sampson 24-81; Hamler 20-65; Moore 5-57; Hernandez 9-37; Jeffrey 7-17; Lataimua 3-13; Nahhas 3-10. Southern Utah – Helbig 9-43; Felila 7-23; Green 5-21; Duckett 5-21; Diego-Williams 1-14; Lawson 1-4; Davis 1-minus-1.

PASSING: Cal Poly – Hamler 2-4-0-13; Jeffrey 2-2-0-42. Southern Utah – Helbig 19-34-0-246.

RECEIVING: Cal Poly – Koski 4-55. Southern Utah – Lawson 7-56; Mitchell 3-105; Nelson 3-43; Diego-Williams 3-30; Felila 1-4; Frampton 1-4; Green 1-4.

THUNDERBIRDS FALL SHORT IN BIG SKY OPENER

by Tom ZULEWSKI

IRON COUNTY TODAY

In the football dictionary under the phrase “no such thing as a sure thing,” short field goals aren’t usually found with that entry. Such was not the case for the Southern Utah Thunderbirds in its Big Sky football opener on Sept. 28.

When Kekoa Sasaoka’s potential game-tying 23-yard field goal clanged off the left upright with 2 minutes, 10 seconds left, it gave the Cal Poly Mustangs a 24-21 victory over SUU on a very windy Homecoming night before a packed house at Eccles Coliseum.

The T-Birds never led in the game and fell to 1-4 overall on the season. It

left a feeling of continued frustration for head coach Demario Warren.

“Cal Poly made one more play than we did and won the football game,” Warren said.

The Mustangs (2-2 overall) took a 24-13 lead with 12:47 left in the fourth quarter when backup quarterback Jaren Jeffrey scored on a 4-yard run to complete an 11-play, 69-yard drive, but the T-Birds had an answer exactly 48 seconds later when quarterback Chris Helbig found a wide-open freshman John Mitchell for a 56-yard touchdown. Lance Lawson added the two-point conversion run, and the lead was cut to 24-21 with plenty of time left.

Things looked promising when

Jeffrey fumbled on Cal Poly’s next series and SUU recovered at the Mustang 40-yard line. Two penalties whistled on Isaiah Diego-Williams proved costly as the T-Birds were forced to punt, but the ball was downed at the 4.

SUU got the ball back at its own 44 with 5:03 left, but faced a fourth down after the 10-play drive stalled at the Cal Poly 5. Despite a missed extra point earlier, Warren and the coaching staff didn’t hesitate to go for the tie.

“I wanted to trust the kicker, but our holder had a jammed thumb and couldn’t hold,” Warren said. “In hindsight, maybe we should have gone for

see **T-BIRDS** » 30

Thunder cruise past Falcons

by Tom ZULEWSKI



IRON COUNTY TODAY

Logan Wilstead threw four touchdown passes as Desert Hills built a big first-half lead and cruised to a 48-7 victory over the Canyon View Falcons on Sept. 27. CV fell to 1-4 in Region 9 play and 1-6 overall.

Wilstead helped the Thunder (4-1 region) get off to the fast start with three scoring throws in the first quarter to three different players as they built a 21-7 lead. Canyon View's lone score of the night came on a 5-yard run by Tanner Hardin.

Desert Hills didn't score again until two minutes were left in the first half as Wilstead hit Jace Mortensen for the second time with a 9-yard score. Special teams completed the first-half blitz for the Thunder as Jacob Wilkins returned a missed field goal back 99 yards in the closing seconds for a 35-7 lead at the break.

The Thunder added two more scores in the fourth quarter on touchdown runs from Ethan Ford (2 yards) and Elijah Alton (12 yards).

	Desert Hills
	48
.....	
	Cyn. View
	7
.....	
Cyn. View	7 0 0 0 -- 7
Desert Hills	21 14 0 13 -- 48
Q1 - DH - Mortensen 62 pass from Wilstead (Goulding kick)	
DH - Ford 22 pass from Wilstead (Goulding kick)	
CV - Hardin 5 run (Barlow kick)	
DH - Rogers 22 pass from Wilstead (Goulding kick)	
Q2 - DH - Mortensen 9 pass from Wilstead (Goulding kick)	
DH - Wilkins 99 missed field goal return (Goulding kick)	
Q3 - DH - Ford 2 run (kick failed)	
DH - Alton 12 run (Goulding kick)	

PAROWAN ROUTS PROVIDENCE HALL, 51-14

The Falcons will travel again this week to face Dixie on Friday at 7 p.m. The Flyers fell out of a share of first place in the region after dropping a 27-26 decision to Pine View.

Parowan stayed home and played a non-region game against Providence Hall and came away with a 51-14 win at Alma Richards Stadium. Quarterback Hutch Miller threw two touchdown passes and ran for two scores in the victory as the Rams evened their record on the season at 3-3.

Parowan returns to 2A South play Friday with a home game against North Sevier on Friday at 7 p.m.



PAROWAN RAMS QB HUTCH MILLER attempts to break free from a Providence Hall tackler on his way to another trip into the end zone.

DAVID MINEER

Garrett, Meek carry Reds to victory

by Tom ZULEWSKI

IRON COUNTY TODAY

HURRICANE - They may not be mentioned in the same breath as the old-time quarterback-to-receiver connections on a football field, but Cedar's duo of Kolbe Meek and Jaron Garrett continued to pay dividends for the Cedar Reds on Sept. 27.

Garrett threw three touchdown passes to Meek and both players added short scoring runs of their own as Cedar started fast and beat the Hurricane Tigers, 35-20, at Tiger Stadium. The Reds

improved to 2-3 in Region 9 play and 3-4 overall.

The tone of the game was set on the opening drive when Cedar marched 61 yards and Meek finished it off with a 26-yard touchdown catch from Garrett for the early 7-0 lead.

"He's open every time. When I look for an open guy, there he is," Garrett said of Meek. "He's good at adjusting to the ball and knows where the open zones are."

After a turnover, the duo struck again on Cedar's next possession for a 22-yard score that stretched the margin to 14-0. Hurricane would get on

the board near the end of the period on a 10-yard touchdown run by Luke Wright.

The Reds would score again on a 1-yard run from Garrett early in the second quarter to push the lead to 21-6, but that's where things stalled and left concern for head coach Josh Bennett.



"Give Hurricane credit. They had a great game plan," Bennett said. "We bent, but didn't break, and our tackling needed to be a lot better. We did what we needed to do defensively to keep them out of the end zone, especially early on."

Cedar had the ball in a limited fashion in the second half, but made the most of the opportunities. Garrett hooked up with Meek on a 25-yard touchdown in the third quarter, and Meek finished off the Reds' scoring on a 3-yard run with six minutes left in the fourth.

"Kolbe's a special player. He's got the quickness and ability to get open," Bennett said.

Hurricane scored early in the fourth quarter on a 36-yard run from Clayton Warr, but couldn't get the ball back with enough time left to cut into Cedar's lead. Conner Nielson scored on a 15-yard run with 46 seconds remaining, but the Reds recovered the onside kick and were able to run out the clock.

After the grind of Homecoming week and a tough loss to Desert Hills, Bennett was more than grateful for the recovery and the win.

	Cedar
	35
.....	
	Hurricane
	20

Cedar	14	7	7	7 -- 35
Hurricane	6	0	0	14 -- 20

- Q1** - C - Meek 26 pass from Garrett (Chamberlain kick)
- C - Meek 22 pass from Garrett (Chamberlain kick)
- H - Wright 10 run (kick blocked)
- Q2** - C - Garrett 1 run (Chamberlain kick)
- Q3** - C - Meek 25 pass from Garrett (Chamberlain kick)
- Q4** - H - Warr 36 run (Warr run)
- C - Meek 3 run (Chamberlain kick)
- H - Nielson 15 run (run failed)

"Last week took a lot out of the guys mentally and physically," Bennett said. "I don't think we played bad, but Hurricane just kept the ball out of our hands in the second half. It's always good to get a win, and we've got a lot to work on and get better at."

Cedar will travel to play at Snow Canyon on Friday in a 7 p.m. kickoff.

CEDAR'S KOLBE MEEK SCORES A FOURTH-QUARTER SCORE in the Reds' 35-20 win over Hurricane on Sept. 27.



TOM ZULEWSKI

Lady Reds shut out Mustangs, split week

CANYON VIEW DROPS PAIR OF GAMES

by Tom ZULEWSKI

IRON COUNTY TODAY

With the games dwindling to a precious few in the 2019 girls soccer regular season, the Cedar Lady Reds knew what was at stake.

A win against the Crimson Cliffs Mustangs was the only acceptable goal as the team looked to stay among the top 11 teams in the 4A ranks.

Led by Emily Schuh's team-leading 10th goal of the season, four different players scored goals as the Lady Reds shut out the Mustangs, 4-0, on Sept. 26 to improve to 6-5-0 in Region 9 play with three games remaining

Keana Tolman, Kelsi Oldroyd and Lexi Bird added the other markers in the win.

Cedar opened the week

Cedar 4
Crimson Cliffs 0

with a 2-0 road loss at Desert Hills. The Thunder scored once in each half, with Jayden Nelson and Jaynee Hinton

Across town, the Canyon View Falcons dropped two more matches and fell to 2-9-0 in region play. CV dropped a tough 2-1 decision on the road at Dixie on Sept. 24, then Pine View scored three times in the second half and beat the Falcons two days later by a 5-1 count.

Addie Newman had the lone goal for Canyon View in the first half as they played the Flyers to a 1-1 tie at the break, but Dixie's Kamryn Stott netted what proved to be the game-winner for Dixie in the final 40 minutes.

Against the Panthers, junior Maizee Hallows had the only Canyon View goal in the second half. Katelyn



BECCA BOYER ELUDES A MUSTANG DEFENDER to send the ball downfield into scoring position for her Lady Reds teammates.

COREY BAUMGARTNER

before the playoffs.

Logann Laws – who moved to goalkeeper in place of the injured Denim Henkel – had the clean sheet as Cedar stayed a game behind the Pine View Panthers.

The Lady Reds scored three times in the opening half and cruised from there.

finding the net in the victory.

Mikenna DeCastro picked up the clean sheet in goal for Desert Hills.

The Lady Reds played at Hurricane on Tuesday in a game that was too late for press deadline. They will host region co-leader Snow Canyon on Thursday at 4 p.m.

Leavitt scored twice to lead Pine View (7-4-0 region) to the victory.

The Falcons traveled to Crimson Cliffs for a Tuesday match that was too late for press deadline, and they will host region co-leader Desert Hills on Thursday in a 4 p.m. kickoff.

High School Scoreboard

SCORES

High School Football

9/27 Cedar 35, Hurricane 20
Desert Hills 48, Cyn. View 7
Snow Cyn. 35, Crimson Cliffs 21
Pine View 27, Dixie 26
Parowan 51, Providence Hall 14
Beaver 49, Enterprise 0
Milford 47, Kanab 21
Millard 36, North Sevier 7

Region 9 Girls Soccer

9/24 Desert Hills 2, Cedar 0
Dixie 2, Canyon View 1
Hurricane 1, Crimson Cliffs 0
Snow Canyon 6, Pine View 1
9/26 Cedar 4, Crimson Cliffs 0
Pine View 4, Canyon View 0
Desert Hills 2, Dixie 0
Hurricane 3, Snow Canyon 0

STANDINGS

Region 9 Football

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

Region 2A South Football

	REGION	OVERALL
Millard	3-0	7-0
Beaver	3-0	7-0
Milford	2-1	6-1
Kanab	2-2	4-2
Parowan	1-2	3-3
Enterprise	1-3	3-4
North Sevier	0-4	2-5

Region 9 Girls Soccer

	REGION	OVERALL
Snow Canyon	8-2-1	9-2-2
Desert Hills	8-2-1	8-5-1
Hurricane	7-3-1	8-4-1
Pine View	7-4-0	8-5-0
Cedar	6-5-0	7-6-0
Dixie	3-7-1	3-9-1
Canyon View	2-9-0	4-9-0
Crimson Cliffs	1-10-0	1-11-0

SCHEDULE

High School Football

10/4 Cedar at Snow Canyon, 7 p.m.
Canyon View at Dixie, 7 p.m.
N. Sevier at Parowan, 7 p.m.
Desert Hills at Crimson Cliffs, 7 p.m.
Pine View at Hurricane, 7 p.m.
Kanab at Beaver, 7 p.m.
Milford at Millard, 7 p.m.

Big Sky Scoreboard

SCORES

Big Sky Football

9/28 Cal Poly 24, Southern Utah 21
Idaho State 51, Portland St. 24
Montana 45, UC Davis 20
N. Colorado 27, Idaho 24
Weber State 29, No. Iowa 17
Montana St. 49, N. Arizona 31

STANDINGS

Big Sky Football

	REGION	OVERALL
Montana	1-0	4-1
Montana State	1-0	4-1
Cal Poly	1-0	2-2
Idaho State	1-0	2-2
N. Colorado	1-0	1-4
Sacramento St.	0-0	2-2
Weber State	0-0	2-2
E. Washington	0-0	1-3
Idaho	0-1	2-3
N. Arizona	0-1	2-3
Portland St.	0-1	2-3
UC Davis	0-1	2-3
Southern Utah	0-1	1-4

SCHEDULE

Big Sky Football

10/5 So. Utah at Portland St., 3 p.m.
UC Davis at N. Dakota, Noon
Idaho State at Montana, 1 p.m.
Weber State at Idaho, 3 p.m.
No. Colorado at No. Ariz., 5 p.m.
Montana St. at Cal Poly, 6 p.m.
Ea. Wash. at Sac. St., 7 p.m.

T-BIRDS

« CONTINUED FROM PAGE 28

it, but at the end of the day, offense, defense and special teams had a chance to win that football game, and we didn't do it. We just have to move on."

Helbig finished the day 19-of-34 for 246 yards and two touchdowns, including one to true freshman Zack Nelson, a 24-yarder in the second quarter that got the T-Birds on the board at 10-7. Nelson leads the team in touchdown receptions with three on the season.

Jay Green added the other T-Bird touchdown on a 20-yard run late in the third quarter, but Sasaoka missed the extra point.

Southern Utah outgained Cal Poly 371-333 in total yards and recovered three fumbles by the Mustangs, all in the second half.

The T-Birds return to the road for a Big Sky game at Portland State on Saturday in a 3 p.m. kickoff.

Trivia competition its own kind of fun

Regular readers of this column know I have a passion for some good trivia, and I seized the moment last week by traveling to Los Angeles for a chance to witness two days of tapings for Jeopardy, otherwise known as the Mecca of quiz shows.

It was a good time all around, once you navigated and crawled your way through traffic that clogs the freeways of the area. Getting there wasn't half as much fun — it took more than two full hours to travel 34 miles from where I was staying — but once we settled in at Sony Pictures Studios in Culver City, it was all about those three fantastic words from announcer Johnny Gilbert.

"This...is... Jeopardy!"

And with show host Alex Trebek still going strong despite another

required round of chemotherapy in his continuing battle with pancreatic cancer, the games were well worth the investment. I'm even more inspired now to keep the drive to be chosen as a Jeopardy player alive.

A full week's worth of shows was taped each day, so there was an opportunity to play along with 300 clues being read. Practice makes perfect, and sitting in that studio only kept the motivation in high gear.

Once the second day of tapings was finished, I headed down the freeway to O'Brien's Pub in Santa Monica for a trivia quiz that's been a Wednesday night tradition for 21 years.

It's not like Jeopardy — a good thing — but the material and the players provided a great mental challenge with some serious fun. Among the regulars who played on this day

were Brad Rutter, only the biggest money winner in Jeopardy history (over \$4.6 million), Pam Mueller (2001 Jeopardy College Tournament champ), and other big winners from shows like "The Chase" and "Who Wants to be a Millionaire."

Several of them won more than I did, but that's not the point. Having fun with good teammates was, and our sixth-place finish — only two spots short of taking home some money — capped the night in excellent fashion.

Among the questions that were asked, we had to match first and last lines of novels, figure out world capital cities closest to prominent landmarks — Niagara Falls is closer to Ottawa

than Washington, D.C. — and find the four NFL franchises that have been around the longest (Packers, Bears, Cardinals and Giants).

If you're ever in the area, O'Brien's is located at the corner of 23rd St. and Wilshire Blvd. It's one spot in the land of pub quizzes that knows how to make the game challenging and fun.

Just remember to give yourself enough time to log through traffic.

» **With Cedar football's win** over Hurricane last week, the RPI standings in 4A got another good shakeup with two games to play. The Reds moved up two spots to 12th in the latest poll and are only two more spots away from earning a first-round bye.

As everyone stands, there are three Region 9 teams that sit in

the top 10. Dixie still leads, but fell two spots to No. 4 after losing to Pine View, 27-26. The Panthers moved up a notch to sixth, and Desert Hills — who routed Canyon View, 48-7 — is eighth.

Among the rest of the region, Snow Canyon (Cedar's next opponent this week) is 14th, Crimson Cliffs is 18th, Canyon View is 19th and Hurricane is 20th.

In our latest installment of "if the season ended today," Canyon View's first-round opponent has changed from Cedar to Snow Canyon. Still in region, still a challenge.

» **On the girls soccer side**, the season hits its final three games this week. After a split of last week's outings, Cedar is still holding on to the No. 11 spot in the RPI, the last one that earns a bye for the opening

round.

And in volleyball, the Lady Reds survived a stretch of having to play the whole first half of its region schedule on the road and came out with a 5-2 record. It puts them fifth in the latest RPI poll, and they control their fate with all of their remaining matches at home before 4A postseason play begins.

For a further update on the RPI, the rankings are updated after each match day at uhsaa.org.



RANDOM Thoughts

by Tom ZULEWSKI

SPORTS WRITER



TOM ZULEWSKI

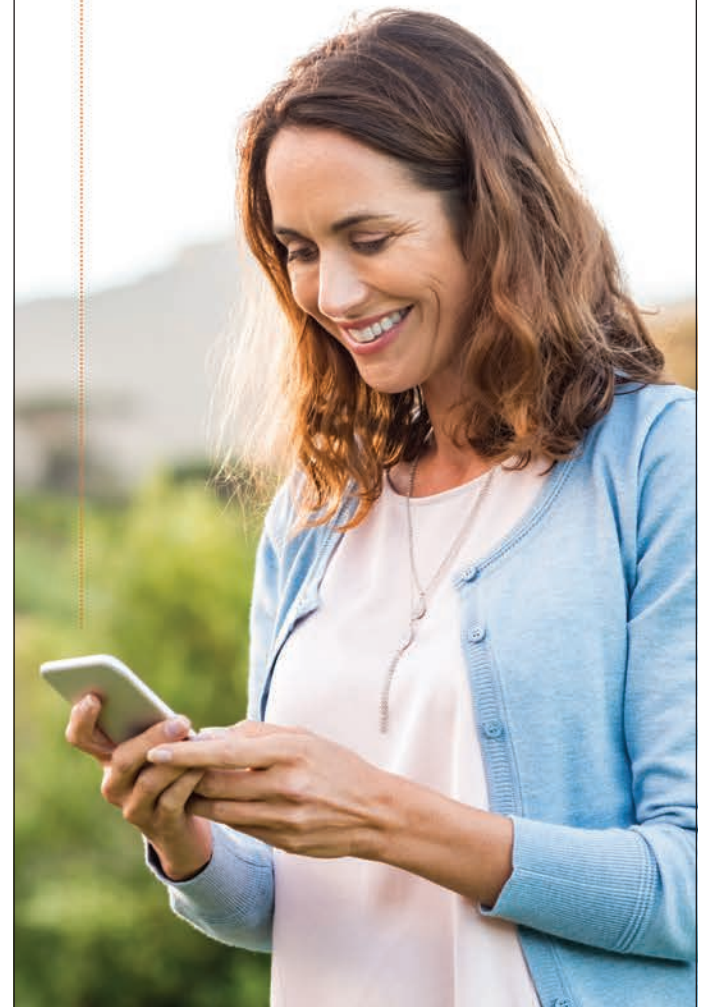
TRIVIA PLAYERS OF ALL ABILITIES should take on the weekly Wednesday night quiz at O'Brien's Pub in Santa Monica, Calif. Past Jeopardy champions and other big quiz show winners are counted among the regulars.

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

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REAL ESTATE

FOR SALE-1 ACRE PARCEL \$1,000; OLD IRONTOWN LOT .51AC with water & electric in road \$32,000; 20-acres with water and electric \$149,000. Call William at Cedar City Realty LLC 435-212-1416

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

1/3 ACRE RESIDENTIAL LOT, 48S 400E, PAROWAN, \$40,000. All utilities in street. Irrigation water. Amazing view of Val-entine Peak. quiet residential area, no HOA. Short-term(< 5 year) financing available, 702-241-3942.

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WANTED ALL CANNING JARS. WILL PICK UP. 435-218-8956.

THE HAPPY HENS HANGOUT NEEDS EMPTY COUNTRY COM-PANION LAYER PELLET bags to make a tablecloth for their booth at the Downtown Farmers Market. 435-559-1657. Thank you.

YARD SALES

HUGE YARD SALE! SATURDAY, 10/5. 9AM, 1503 E. HIGH-land Trails Drive Enoch. Lots of Fishing gear & other guys stuff, Antiques, vintage items, household items/tools/clothes lots more!

MAX SANCHEZ WAS DIAGNOSED WITH STAGE 4 MELANOMA in April. It has since spread to his organs, spine & brain. We will be having a bake/yard sale to help him, his wife & 3 chil-dren with his battle. It will be on Saturday, October 5th from 9am-Noon @State Bank of Southern Utah's main branch in Cedar City. We will be selling tickets for \$5 for a raffle of a large wooden American Flag and also a collectors silver dollar!

DICK AND JANE- WERE YOU LOOKING FOR DICK AND JANE books at our Yard Sale on September 7th? I found them! Please call 435-559-0123 to identify and buy.

YARD SALE OCTOBER 4TH & 5TH. COLLECTABLES, CHRIST-mas Items, Miscellaneous, Fishing gear, Rims for a Dodge Ram(4) & Toyota Rims(4). 3743 North 250 East. Off Minersville Hwy.

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LEGAL NOTICES

NOTICE OF TRUSTEE'S SALE

The following described real property will be sold at public auction to the highest bidder, purchase price payable in lawful money of the United States of America at the time of sale, on the steps of the main entrance or in the foyer of the Fifth Judicial District Courthouse - Iron County, 40 North 100 East, Cedar City, Utah 84720 on October 22, 2019, at the hour of 12:00 P.M. of that day, for the purpose of foreclosing a Deed of Trust and Fixture Filing dated June 14, 2016, executed by DTA Holdings, LLC ("Trustor"), in which ZB, N.A., dba Zions First National Bank was named as Lender and Beneficiary and as Trustee, and recorded on June 27, 2016, as Entry No. 00685258 in Book 1347 at Pages 878, in the official records of Iron County, State of Utah ("Trust Deed"). The real property affected thereby is described as follows:

See Exhibit "A" for legal description of property, together with all existing or subsequently erected or affixed buildings, improvements and fixtures; all easements, rights of way, and appurtenances; all water, water rights and ditch rights (including stock in utilities with ditch or irrigation rights); and all other rights, royalties and profits relating to the real property including without limitation all minerals, oil, gas, geothermal and similar matters (the "Real Property") located in Iron County, State of Utah.

The Real Property or its purported address is commonly known as 450 North 200 West, Cedar City, Utah 84721. The Real Property tax identification number is purported to be B-0968-0000-0000.

The current beneficiary of the Trust Deed is ZB, N.A. dba Zions First National Bank. A Substitution of Trustee has been filed naming Richard H. Madsen, II as Successor Trustee and the record owner of the property as of the recording of the Notice of Default was DTA Holdings, LLC.

The Trustee's sale of the real property will be made without warranty as to title, possession, identification numbers or encumbrances. The successful bidder, other than the Beneficiary, must make a \$5,000.00 down payment, at

the time of sale, by bank cashier's check made payable to Zions Bancorporation, N.A., dba Zions First National Bank, with the remaining balance of the successful bid payable, in certified funds, within 24 business hours following the sale. The trustee reserves the right to void the effect of the trustee's sale after the sale based upon information unknown to the trustee at the time of the sale, such as a bankruptcy filing, a loan reinstatement, or an agreement between the trustor and beneficiary to postpone or cancel the sale. If so voided, the only recourse of the highest bidder is to receive a full refund of the money paid to the trustee.

DATED this 12th day September, 2019.

Successor Trustee:

/s/Richard H. Madsen, II
Richard H. Madsen, II, Esq.
Ray Quinney & Nebeker P.C.
36 South State Street, Suite 1400
Salt Lake City, Utah 84111
Telephone: (801) 532-1500

Generally available during normal business hours (8:30 a.m. to 5:30 p.m.) Monday through Friday.

EXHIBIT A

Beginning at a point South 89°29'46" West 18.25 feet along the Quarter Section Line and North 00°41'23" West 3.20 feet along the West line of Block 55, Plat "B", CEDAR CITY TOWN SURVEY, from the Northwest Corner of the Northeast Quarter of the Southwest Quarter of Section 11, Township 36 South, Range 11 West, Salt Lake Base and Meridian; thence North 89°26'18" East 198.07 feet; thence South 00°42'53" East 226.15 feet along the East line of Lots 4 & 3, of said Block 55; thence South 89°29'46" West 88.63 feet; thence North 00°41'23" West 67.02 feet; thence North 21°54'36" West 7.76 feet; thence South 89°29'46" West 106.73 feet; thence North 00°41'23" West 151.70 feet to the point of beginning.

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Family Meals MATTER



Family Table By Robert Irvine

FAMILY FEATURES

For busy families, finding time to eat together isn't always easy, but coming together around the dinner table regularly isn't just about keeping hungry bellies full. Family meals nourish the spirit, brain and overall health.

Children who grow up sharing family meals are also more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect. Research has also shown that with each additional family meal shared during the week, adolescents are less likely to show symptoms of violence, depression and suicide; less likely to use or abuse drugs or run away; and less likely to engage in risky behavior or delinquent acts.

In addition, adults and children who eat at home more regularly are less likely to suffer from obesity, and increased family meals are associated with greater intake of fruits and vegetables.

If you struggle to make family meal time happen, try these tips from the experts at the Food Marketing Institute Foundation, creators of the National Family Meals Movement, which aims to help families reap the benefits of enjoying more meals together at home. Or you can find inspiration to make one extra family meal happen each week with recipes like Barbecue St. Louis Ribs, Meatballs or Turkey Pot Pie from the family-focused cookbook "Family Table by Robert Irvine."

Plan ahead. Prepare staples or extras of your favorite recipes that you can refrigerate or freeze to use when you're rushed for time.

Mix and match. Challenge yourself to see how many different ways you can use a grocery item until it's gone.

Embrace convenience. Grocery stores have many time-saving solutions, and frozen and canned produce can be quick additions to many recipes.

Incorporate the kids. Involve your children in shopping, meal planning and meal preparation whenever possible.

Make nutritional balance easy. Plan your family's plates by making sure you are getting all the food groups over the course of the day.

"By quieting the noise and being truly present with the people around us, simple tasks you might normally take for granted – like putting a good meal on the table – take on a deeper meaning," Irvine writes in his book. "The meal ceases to be a time for physical nourishment and becomes something that feeds your family's soul. It's not possible to forge that kind of a connection if you've got one eye fixed on your smartphone at the dinner table."

Look for more tips and meal planning resources at your favorite grocery store.

Meatballs

Recipe courtesy of "Family Table by Robert Irvine" on behalf of the Food Marketing Institute Foundation
Serves: 6

- 1 Spanish white onion
- 3 cloves garlic, minced
- 3 cups diced bread (such as baguette)
- water
- 2 large eggs
- 1/2 cup ricotta cheese
- 1/2 cup Parmesan cheese
- 1 pound ground pork
- 1 pound ground veal
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh Italian parsley, chopped
- 1 tablespoon fresh oregano, chopped

- 2 tablespoons grapeseed oil
- 3 cups basic tomato sauce

In small saucepan over medium heat, sweat onion and garlic.

In large bowl, soak bread in water 1-2 minutes. Strain excess liquid.

In separate large bowl, add eggs, ricotta cheese, Parmesan cheese and onion-garlic mixture. Combine then add ground meat, soaked bread, extra-virgin olive oil, parsley and oregano. Mix thoroughly.

Divide mixture evenly to form 10-12 meatballs and use hands to roll into shape.

In large saute pan over high heat, brown meatballs in grapeseed oil on all sides.

Place browned meatballs in separate saucepot with basic tomato sauce. Bring to simmer and finish cooking, about 1 hour.