

INSIDE...

**NINA BARNES
LAUNCHES
CAMPAIGN
FOR HOUSE
DISTRICT 73**



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showcase

- 4 Opinion
- 9 Showcase
- 13 Life
- 22 Sports
- 27 Classifieds
- 29 Comics/Puzzles

2022 Utah Shakespeare Festival Season just around the corner



IRON COUNTY



PRINCIPLES OF VISION IRON COUNTY: Preserve Our History

from Sophie Kronick

VISION IC PROJECT COORDINATOR

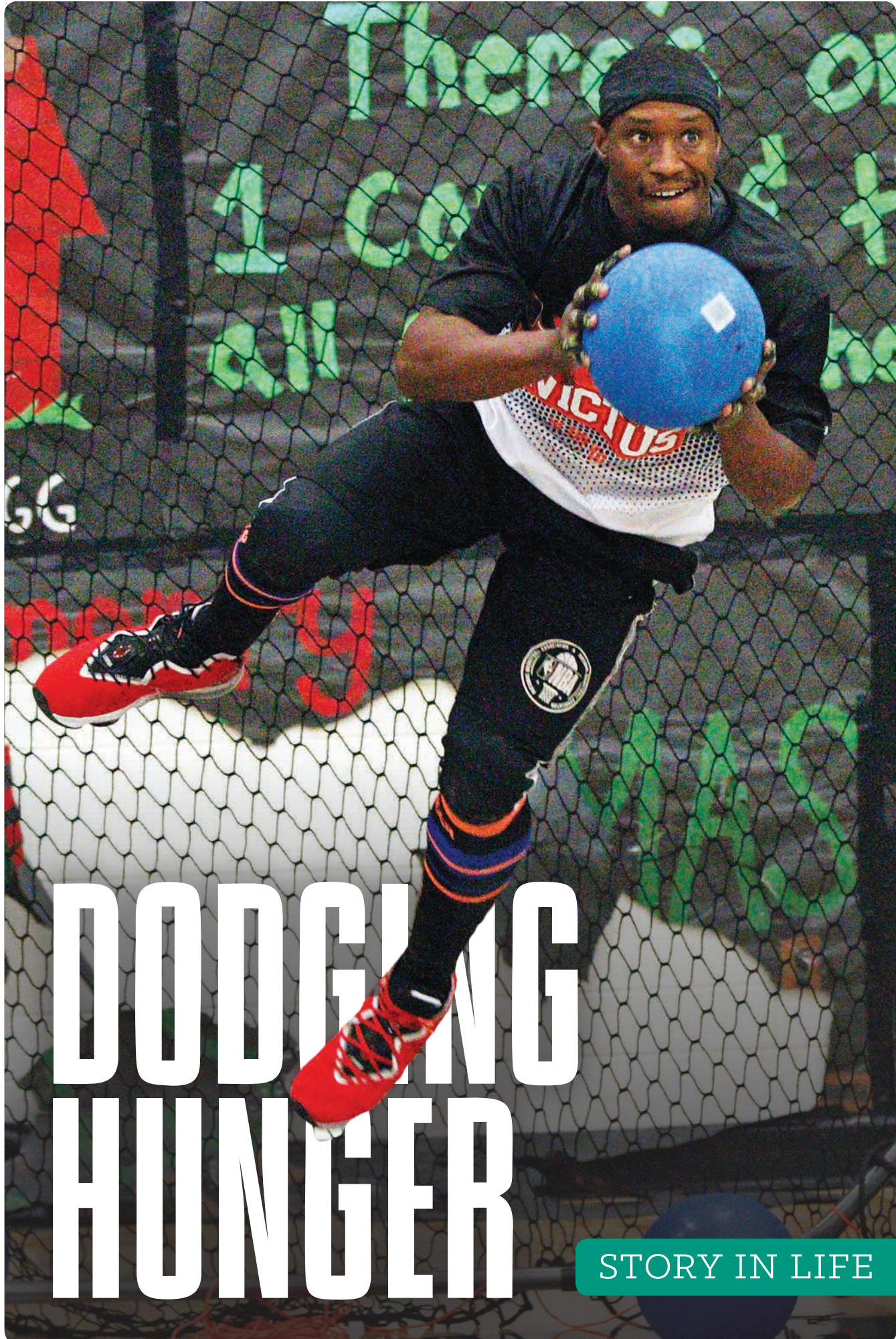
Vision Iron County (formerly Iron County Vision 2050) is a long-term visioning effort with the goal of protecting and promoting the quality of life for all residents in the county for many years to come. Every other week, we will explain one of the 12 Key Focal Points to give a better sense of Vision Iron County's long-term goals. These 12 points summarize public preferences from our public survey and are used to guide and measure Vision Iron County's work.

Previously, we have described how Iron County's unique and significant assets add character to our area. This week, we will explore how Vision Iron County (VIC) aims to protect and enhance this character through the seventh focal point: Preserve historic buildings and districts.

Numerous historic buildings, unique historical sites, and other assets serve as a reminder of our origins and those who came before us, providing a foundation upon which we build our future. It is imperative that we identify these unique assets and develop a mechanism to maintain the integrity of these sites to enjoy now and in the future.

To inform this week's deep dive into VIC's priorities, I sat down with Paula Mitchell, a Special Collections Librarian/Archivist at Southern Utah University. We discussed how the past informs our future and the importance of education to "keep the flavor" of the area. The Iron County Historical Society is one local group that engages in this important work by bringing in speakers to raise awareness about the history of Iron County's culture.

Mitchell mentioned that in Special Collections, the photographs are among her favorite artifacts because they reveal rich stories of the past. Additionally, she talked about how she enjoys working for special collections because she is able to help connect people with their heritage. In speaking about the history of Iron County, she noted that the concept that we are stronger as a community than as individuals has prevailed, leading to community survival and pride. This emphasis on personal connections and



DODGING HUNGER

STORY IN LIFE

CICWCD offers presentations to local organizations

from CICWCD

FOR IRON COUNTY TODAY

In December 2021, more than 400 people attended a community meeting put on by the Central Iron County Water Conservancy District (District) to learn more about water challenges and proposed solutions in the Cedar Valley.

Paul Monroe, District General Manager, said he is glad to see community members being involved in important water issues. Many have submitted questions and comments to the District about water, and staff and local experts have been working to answer all those questions through the District website, newspaper articles, social media posts and more. Answers to questions submitted for the meeting in December can be found on the District website, cicwcd.org.

During a Cedar City Rotary Club meeting on Feb. 1, District staff gave a presentation outlining the specific challenges the Cedar Valley is facing, as well as the range of projects that are planned or have been taking place. Projects focus on conservation, recharge, reuse, and importing water. Those present were then able to ask questions and have them answered during the meeting.

"It was a great opportunity to connect with community members at the Cedar City Rotary Club meeting," said Jessica Staheli, District Public Relations Manager. "They had great questions and suggestions regarding local water projects."

To help reach as many community members as possible, District employees are inviting other local organizations to schedule presentations by calling (435) 865-9901.

Several special interest groups have recently moved their focus to water in Cedar Valley and have been spreading misinformation. The District was created by the vote of local residents more than two decades ago. The District's efforts utilize scientists, experts, and professionals to understand the valley's underground aquifer and to determine responsible solutions for the community as it strives to meet local water challenges.

Residents are encouraged to learn more about the Pine Valley Water Supply Project specifically and the District's efforts in general by visiting the



COURTESY CICWCD

District staff presented during the Cedar City Rotary Club meeting on February 1st. (L-R) Josh Nowell, Curtis Nielson, Jessica Staheli, Miriam Keener.

District's website. Questions and suggestions from the community are always welcomed.

The Central Iron County Water Conservancy District (CICWCD) is charged with conserving, developing and stabilizing the Cedar Valley water supply for the benefit of all current and future water users/consumers in the region. The Water District educates residents about conservation, reuse and water import strategies as it strives to meet the

challenges of an overdrawn aquifer, climate changes, community growth and residential development. Efforts include sustaining and bolstering the declining aquifer with recharge projects, designing personalized home water use plans and managing the Pine Valley Water Supply Project for meeting Cedar Valley's water needs into the future. To Get to Know Your H2O and learn more about how to conserve water, visit www.cicwcd.org.

PRINCIPLES

« CONTINUED FROM PAGE 1

collective action is at the heart of VIC.

Historic preservation to amplify community character and sense of place is also linked with economic benefits. The National Park Service writes, "Preservation enhances real estate values and fosters local businesses, keeping historic main streets and downtowns economically viable. Heritage tourism is a real economic force, one that is evident in places that have preserved their historic character." Thus, beyond preservation of history, revitalization of historic sites can encourage economic growth and bring the community together.

For more information and a full list of the 12 Key Focal Points, visit the VIC Facebook page at facebook.com/visionironcounty. You can also learn more about VIC rebranding on our Facebook page. Want to stay in the loop? Join the VIC network! Contact icvision2050@cedarcitychamber.org with your name and email address to be added to our mailing list. We invite you to join us on this exciting journey!



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Nina Barnes launches House District 73 campaign

from Matt Lusty

FOR IRON COUNTY TODAY

Nina Barnes, a successful small business owner, advocate for children and families, and a stalwart dedicated public servant, announced her bid for Utah State House of Representatives District 73 on Monday, February 6th. She made the announcement on her Campaign Facebook account.

"I am running because I believe in Southern Utah. My husband, Keith Barnes, and I have lived, worked, and played here for 27 years as we raise our five kids," Barnes said. "I've put blood, sweat, and tears into parks, my business, educational opportunities, committees, church, PTA, and service organizations. I believe in our community."

Barnes continued to address the need for leadership in the Utah House. "The people who founded our corner of the state believed

"I am running because I believe in Southern Utah... We need a leader with the experience to hit the ground running"

Nina Barnes

in Southern Utah too. At a critical junction, they kept believing in a dream of what this harsh desert could be and worked until they made Dixie happen." Barnes continued, "Today, we stand at another critical junction. Our kids need to be able to afford to live here. We need water. We need to maintain our quality of life. Our teachers and first responders need support. We need a leader to bring our community

together and represent us on Capitol Hill. We need a leader with the experience to hit the ground running."

Barnes closed her remarks by reaffirming her commitment to Southern Utah by saying, "I'm ready to represent you. I'm ready to defend our conservative principles. I'm ready to be a collaborative champion for our community. I'm running for Utah House District 73. Join me at votenina.com."

About Nina Barnes

A true conservative who has been a lifelong member of the Republican Party, Nina strongly believes that service and volunteerism are critical. Nina serves as Co-chair of the SUU presidential search, Vice-Chair of the Board of Higher Ed, Vice-Chair of the Utah Federation of Republican Women, collaborates with the Washington County Republican Women's group, and has fulfilled various local political party



COURTESY NINA BARNES

Nina Barnes

roles. Nina was elected to serve two terms on the Cedar City Council. Nina also served as co-chair to help bring beautiful Veteran's Memorial Parks to Cedar City,

which honor the veterans of five conflicts – a project near and dear to her heart as the daughter and daughter-in-law of military service members.



Senator Evan Vickers is Fighting for Rural Utah!

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opinion

FROM THE EDITOR

Officer Gratitude

As our high school basketball seasons come to a close, there was one overlooked but successful defensive play that was put in place during each and every basketball game, both at home and away. That play was the protective presence that our local law-enforcement personnel put into



COREY BAUMGARTNER
MANAGING EDITOR

play during every game. Because of their dedication to our students and our community, we not only felt safer during games, we were safer.

To every one of the dedicated men and women who put their lives on the line—whether it's a sporting event, traffic incident or patrolling our streets and highways—thank you for all you do to keep our communities safe so we can continue to live our lives the best that we can.

Want to submit a letter to the editor?

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



THOUGHT OF THE WEEK

"Always bear in mind that your own resolution to succeed is more important than any other."

Abraham Lincoln

The Undeclared War and the amazing soldiers fighting it (Part 1)

by *Edy Meredith*

FOR IRON COUNTY TODAY

The headlines blare across the internet. Fentanyl overdoses have become the number one cause of death among US adults, ages 18-45 causing an unacknowledged national emergency. Fox News published the following on December 16, 2021: "Overdose deaths soared to a record 93,000 last year... and far eclipses the high of about 72,000 drug overdose deaths reached the previous year and amounts to a 29% increase." In 2020 and 2021, more than 79,000 people between 18 and 45 years old died of fentanyl overdoses.

Fentanyl is a synthetic opioid that is deadly even in very small amounts, and other drugs (including heroin, meth, and marijuana) are frequently laced with fentanyl. It is called "The once and you're done" drug. Mexico and China

are the primary sources for the flow of fentanyl into the United States according to the Drug Enforcement Agency (DEA).

James Rauh, founder of Families Against Fentanyl said, "It is widely known that illicit fentanyl is driving the massive spike in drug-related death...and fentanyl (is and should be called) a Weapon of Mass Destruction."

Fox News on December 16, 2021, also published: "More adults between 18 and 45 died of fentanyl overdoses in 2020 than any other leading cause of death, including COVID-19, motor-vehicle accidents, cancer and suicide." Overdose deaths are expected to increase and far surpass those figures in 2021 and 2022 into the future.

Are your family and communities protected? Experts even recommend that those who use any kind of drug carry Narcan, a lifesaving medicine also known

as naloxone, which can reverse symptoms of an overdose and can potentially save lives. Why is only jawboning primarily being done by our elected officials today? Meaning, why aren't the politicians and those who pass our laws doing more than just talking about this horrible war being conducted primarily against our American youth by our enemies—the Mexican and Chinese drug cartels—that work together to flood our country with deadly drugs? Instead, our country's open border policy is killing more Americans than ever with the constant and increasing wave of dangerous drug-trafficking.

Please go to judicialwatch.org and look up "Mexican Cartels Among Greatest Criminal, National Security, Public Health Threat to U.S." Even our federal Drug Enforcement Administration (DEA) is pushing the federal

see **WAR** » 7

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opinion

Painting the polls with differing perspectives

cyclops

Bryan Gray

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Bryan Gray is a syndicated contributor to and not an employee of this newspaper. His opinions are solely his own and not those of Iron County Today.

A Utah political science professor penned a newspaper column last week warning readers not to put too much stock in polls. Asking people what they think of an elected official, he wrote, is only a brief snapshot in time. Today, they feel one way, but tomorrow their support (or non-support) could abruptly change.

I suppose he has in mind the recent polling focused on Pres. Joe Biden. Publicly, Biden has dismissed the polls, but Democrats are preparing for a Republican landslide in the 2022 congressional elections, and though three years out, the 2024 presidential vote.

The idea that Biden is seemingly unworried about his unpopularity is part of the Democrat Party's problem. It reminds me of the man visiting a cancer-clinic thinking he's in Disneyland.

The professor is correct that events can alter poll numbers. But Joe Biden's problems go deeper than issues. Over a period of time the public internalizes a "painting" of a candidate, and not every brushstroke is related to issues. In past times Pres. Gerald Ford was seen as a bumbler who fell on an airplane tarmac. Pres. George H.W. Bush was remembered as an out-of-touch guy who didn't have a clue about grocery prices. Pres. Jimmy Carter was a meek leaderless man wrapped in a sweater and asking people to keep their homes cold and save energy. And Pres. Trump was widely seen as a crude, rude, irascible, loud-mouth rich guy.

After one year in office, Biden is loaded with character flaws. He is weak, a poor communicator, an old man who stumbles over words. Instead of standing up to Putin, he stupidly asserts the Russians will invade Ukraine. Though not his fault, he gets blame for the ongoing COVID spread, the lack of available, convenient testing, and the pandemic-caused inflation.

Ask the average "man (and woman) on the street" and they are disturbed by his poorly planned pull-out of U.S. troops from Afghanistan



and the masses pushing at the southern border. At the very best, they'll say Biden is a "good man", but he just "isn't up to the task."

And that's why Biden is underwater with independent voters and why affiliated voters cite alliance to the GOP (45%) compared to the Democrats (42%). It's why Biden has the lowest poll numbers of any recent president in his first year (40%).

It's also why I doubt he can win reelection. Gas prices will probably come down and the impact of the virus will weaken over time, but he'll still be saddled with the Afghanistan debacle, the bad look at the border, and his age-related inability to connect verbally with the American people.


If the Democrats have any chance of winning in 2024, they should prepare now for a younger, dynamic candidate not tied to the liberal progressive wing but who can explain a limited role of government in helping families. That candidate is someone you probably haven't heard anything about. Few had heard of Bill Clinton (1993) or Barack Obama (2007) either, but they came across as eager fresh-faces.

Yes, polls can change, but deep-seated public perception has a longer life.





IRON COUNTY FORECAST

AFTER A BRIEF SPELL OF MORE ACTIVE WEATHER CALMER AND WARMER WEATHER WILL TAKE HOLD FOR THE SECOND HALF OF THE WORKWEEK AS DAYTIME HIGHS MAKE A RETURN TO THE 50S BY FRIDAY. DRY SKIES PERSIST INTO THE WEEKEND, BUT THE CHANCE FOR WET WEATHER RETURNS EARLY NEXT WEEK ALONG WITH ANOTHER SHOT OF COLDER TEMPERATURES.



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WINDS: N 10

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Sunny
50°/26°
PRECIP: 0%
WINDS: NNE 5-10

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Sunny
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PRECIP: 0%
WINDS: S 10

SUNDAY
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52°/24°
PRECIP: 10%
WINDS: SSW 10-15

MONDAY
Chance Rain/Snow
40°/15°
PRECIP: 30%
WINDS: WSW 10-15

TUESDAY
Slight Chance Snow
36°/14°
PRECIP: 20%
WINDS: N 10-15

WORD OF THE WEEK

CATCHY:

Nope, not COVID related. This week's word is all about things that are pleasing or easy to remember—such as your favorite song, someone's voice, a commercial jingle or movie quote. Whatever moments you find, or create to be catchy, I hope they're truly unforgettable and memorable.



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IRON COUNTY WATER STEWARDS

from Ashley Langston

FOR IRON COUNTY TODAY

Q & A WITH CURTIS NIELSON

Get to Know Your H2O: Central Iron County Water Conservancy District appreciates questions submitted by community members about the Pine Valley Water Supply Project and local water needs. As part of its role as steward of water in Cedar Valley, the District is working with a group of experts, community members and elected officials to help prepare viable solutions for the future and to respond to community questions and concerns about emergent water issues.

This week's question from the community is answered by Curtis Nielson, Professional Engineer for Ensign Engineering and District Engineer for the Central Iron County Water Conservancy District.

Question: What is the Pine Valley Water Supply Project? Why does it matter?

A: The year 2021 was a difficult year for water in Cedar Valley. It started with the Division of Water Rights implementing a Groundwater Management Plan that will reduce the water rights of local municipalities by 75 percent by 2080.

Our valley experienced extreme drought, high temperatures, and drastic, unmanageable monsoon storms and flooding. Iron County also had the highest growth rate of all

the counties in Utah at 6.2 percent in 2021 according to the Kem C. Gardner Policy Institute.

Our valley is currently mining water from the aquifer by using 28,000 acre-feet per year (AFY) when our basin only receives an average of 21,000 AFY. Our population is increasing, but this is not just a growth issue, as water rights will be declining and the aquifer is already being overdrawn.

It is crucial that we work toward solutions for water challenges in our basin. The District focuses its efforts towards conservation, recharge and reuse, and importing water to help relieve Cedar Valley's water challenges. However, conservation, recharge and reuse alone cannot meet the needs of an already declining aquifer.

The Pine Valley Water Supply Project (PVWS) is a proposed water delivery system that would deliver 15,000 acre-feet of water to the Cedar Valley from Pine Valley, northwest of Cedar City. The project is designed to provide water solutions for Cedar Valley, including the municipalities of Cedar City, Enoch, and Kanarrville.

Planning for this project began in the early 2000's when Larry Anderson, a consultant for the District and former Utah Division of Water Resources director, suggested that the District file applications for water rights in the West Desert. In 2006, the District filed for water rights in three West Desert basins (Pine, Wah Wah, and Hamlin) that had been virtually unappropriated for over the last 160 years.

In February 2019, the court decreed 15,000 acre-feet of water in Pine Valley to be put to beneficial use by water users in Cedar Valley. That 15,000 acre-feet equates to approximately 4.9 billion gallons of water or 9,300 gallons per minute all day, every day.

The PVWS Project is currently in the Environmental Impact Statement (EIS) process with the Bureau of Land Management (BLM). The Draft EIS was created using the latest and best science available to ensure there are no harmful effects to environmental, biological, or cultural resources. All information and studies regarding the Draft EIS can be found on the BLM's NEPA website (link on cicwcd.org/pvwsproject). Public comment is currently open until March 11, 2022.

Importing water is not a new concept and has been a topic of conversation in our basin since the 1940s when the Kolob Water Project was first being discussed.

Western States have continually extended their reach to bring water to the people. For example, Central Utah Water Conservancy District serves 62 percent of Utah's population (1.5 million people) through 178 miles of canals, tunnels and pipelines, making it Utah's largest transbasin diversion. Similarly, Jordan Valley Water Conservancy District serves nearly 1 million people in Utah.

The PVWS Project would supply water to Cedar Valley through 66 miles of pipe which will be located within existing road rights of way for more than 90 percent of the alignment. Through careful consideration, several alternatives were considered to minimize environmental impacts for construction and maintenance.

The PVWS Project is being prepared by the District to provide an additional source of water, help restore

Cedar Valley aquifer levels, provide safe and reliable drinking water, and ensure there is water for the future. It is currently in the early planning stages. However, it is ultimately up to city leaders and our community to decide when the water is needed.

Water is a large part of my personal heritage and the heritage that helped establish this valley. The PVWS Project provides the opportunity for Cedar Valley to sustain its heritage which was established by agriculture, generational practices, Southern Utah University, and many other traditions. The water available through the PVWS Project will support current needs in the valley as well as growth. Having the opportunity to be part of a project that will sustain our way of life in Cedar Valley is humbling.

Several special interest groups have recently moved their focus to the Cedar Valley, and have been spreading misinformation. The Central Iron County Water Conservancy District was created by a vote of Cedar Valley residents more than two decades ago. It has consistently been dedicated to developing and stabilizing the valley's water supply through conservation, recharge, reuse, and importing of water for the benefit of all current and future water users in the region. All the District's efforts utilize scientists, experts and professionals to understand the valley's underground aquifer and to determine responsible solutions for the community as it strives to meet local water challenges. For reliable information on the Pine Valley Water Supply Project specifically and the Cedar Valley's water situation in general, please visit www.cicwcd.org.



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Students enjoy lunch with Utah lawmakers, Governor Cox

by Susan Smith

FOR IRON COUNTY TODAY

SALT LAKE CITY — Utah Schools for the Deaf and the Blind (USDB) students take a special trip to the capitol on Monday February 7, 2022. First, they study state government. Then, students research their local lawmakers and write letters to them, inviting these officials to join them on their field trip and for lunch. More than 50 lawmakers RSVP'd to visit the children today. The adults have as much fun as the students, and some of them even indulge in a peanut butter and jelly sandwich with the kids. This year, Governor Spencer Cox has even made room on his calendar to speak with these inspiring students.

Utah Schools for the Deaf and the Blind provides outreach programs in the local schools throughout the entire State of Utah. There are also three USDB campuses located in Ogden, Salt Lake, and Springville. The Springville campus is new, built to accommodate a growing number of students who are deaf or blind in Utah County. A new classroom in St. George is available now as well. The state legislature approves the budget each



Teachers and students from the Utah Schools for the Deaf and the Blind were welcomed by Governor Cox and other Utah leaders.

COURTESY UTAH SCHOOLS FOR THE DEAF AND THE BLIND

year to fund the highly skilled teachers, staff, campuses, and educational necessities for these students. USDB serves about 5,236 students across the state and these children have so many wonderful abilities. Each year this state agency produces an Annual Report detailing the services provided.

USDB Superintendent Joel Coleman said, "Students who are deaf, hard of hearing, blind, visually impaired, or deaf-blind are grateful

for the personalized education and the innovative support they receive from Utah Schools for the Deaf and the Blind both on our campuses and across the state in local schools through USDB's outreach program. These children understand their needs are unique and they appreciate the resources the State of Utah provides to their programs statewide. The students have a lot of fun saying 'thank you' to the State of Utah and

elected officials. The students, staff, lawmakers, and Governor say they look forward to this special Day on the Hill. It's an impactful time for the officials and it ends up being an educational and fun experience for everyone." Over the years, the blind students have taught several lawmakers to type their names in Braille and deaf students helped lawmakers learn some common words in American Sign Language.

WAR


« CONTINUED FROM PAGE 4

government to designate these cartels as Foreign Terrorist Organizations (FTO's).

The frontline soldiers battling against this invasion of our country are Highway Patrol officers throughout the United States (Utah, Nevada, Arizona, California, etc.), especially along the Interstate highway corridors. As long ago as the 5th century B.C., Herodotus is quoted as saying this, which applies to our highway patrol officers even today in 2022, "Neither snow, nor rain, nor heat, nor gloom of night stay these troopers from the careful completion of their duties." Such is the never ending and difficult job of our Utah Highway Patrol officers in trying to stop the invaders causing the U.S. drug crisis. Traffic stops for speeding, dangerous driving, outdated vehicle registration, and other traffic situations frequently lead to detection of illegal drugs. The Utah Highway Patrol Interdiction team along our Interstate 15 corridor is engaged in protecting the unaware public of drug dangers. Interstate 15 is now known as the Heroin Highway.

In Part 1 of this series of articles I have tried to increase awareness of the danger we and our families are in. Those of us who have children, grandchildren, and perhaps great-grandchildren must increase our knowledge of the dangers we all face. Please do your own internet searches regarding "Chinese 'cartels' quietly operating in Mexico, aiding US drug crisis."

Next week we will look at how bravely our Utah Highway Patrol troopers battle for our safety. Let's also contact members of the U.S. Congress and Senate as to why these drug cartels have not been designated as Foreign Terrorist Organizations? More on this next week!



PLEASE JOIN US FOR THE ANNUAL

LINCOLN DAY DINNER

Presented by the Cedar Livestock & Heritage Festival and the Cedar Livestock Association


LIVE AUCTION ★ RAFFLE ITEMS

MONDAY, FEBRUARY 21, 2022

6:00 P.M.

Cedar City Elks Lodge 111 e. 200 n.

Tickets are \$25 per person. Contact a member of the Cedar Livestock and Heritage Festival committee or stop by Bruce Hughes CPA office - 630 w. 200 n.



SUU news

Don't get label locked

by Christina Schweiss

FOR IRON COUNTY TODAY

On February 10, SUU's APEX speaker was Dr. Temple Grandin, this year's Eccles Visiting Scholar, whose discussion included a variety of topics, including the issue of getting label locked, education and socialization.

All the seats were filled in the Hunter Conference Center and some even had to sit in the hallway in order to listen to the lecture. Grandin was introduced by Daneka Souberbielle who said that "Our APEX guest is one of our most anticipated speakers of the year."

Grandin declared that today, "Too many parents, teachers, and therapists are locked in the label. Where a label will often help an older person, it will explain why they're having social problems."

Grandin said, "The first step for the kids that are different to get into a good career is exposure."

A big mistake that's been made — Grandin expressed — is that "we've taken all the hands-on classes out of schools. Worst thing



KATIE ENGLERT

Temple Grandin spoke to an overflow-audience about the importance of hands-on training in our schools and our lives.

we ever did because they were all opportunities for kids to get exposed to art, sewing, woodworking, etc. It's important for kids to get exposed to a lot of things."

Continuing with that thought, Grandin explained that "a Nobel Prize winner is 50% more likely to have an arts and craft hobby compared to some other scientist. That's another reason for keeping all of these creative classes."

"One of the problems I had is a slow processor speed. This is why some of the social stuff is hard because I don't process quick enough. Also I cannot remember long strings of verbal information. I have to write it down in a checklist. Any task that involves a sequence, I must write it down in a checklist."

With students and teachers in the audience, Grandin made sure everyone knew that "mentors are so important. People who helped me the most were not the trained therapists."

Inspiring those different in the audience, Grandin explained that "The right stuff rides the rockets, but geeks, the misfits, and the kids that are different build the stuff."

After her slide show presentation, Grandin expressed that "There's all kinds of great free stuff online that you can be exposed to. Computers are like Dorothy's red slippers, when she didn't know how to use them."

Next week's APEX presenter will be David Anthony Durham. For more information go to www.suu.edu/apex.

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.

FEB 8

Hope W Rodriguez
CEDAR CITY, UT
Intoxication, Criminal Mischief, Assault

Shilo M Zimmerman-Brown
CEDAR CITY, UT
Retail Theft

Nicole M Williams
ENOCH, UT
Telephone Harassment

Whitney E Dennis
ENOCH, UT
DUI

Paraphernalia, Mail Theft (5+)

Troi Miller
CEDAR CITY, UT
DRUG - Poss C/S, Paraphernalia, Obstructing Justice

FEB 11

Sandra J Clantz
ENOCH, UT
Forgery

Steven C Miller
ENOCH, UT
DRUG - Poss C/S, Paraphernalia, Stolen CC

FEB 9

Ryan L Peterson
SAND DIEGO, CA
DUI

Austin P Bacon
CEDAR CITY, UT
Prot Order Violation

Thomas R Bradley
CEDAR CITY, UT
Assault, Intoxication

FEB 12

Elio E McGarvey
CEDAR CITY, UT
Intoxication

Brian M Andrews
ALBANY, OR
DRUG - Poss C/S, Paraphernalia

Chance L Bills
PARAGONAH, UT
Assault of Pregnant Persons, DV - In Pres of Child

FEB 10

Reese C Wark
CEDAR CITY, UT
Assault

Gerry D Causey, Jr.
CEDAR CITY, UT
Drive w/o Ins, Theft, CC Fraud

Joshua E Clark
CEDAR CITY, UT
DRUG - Poss C/S,

Melinda B Smith
ST. GEORGE, UT
DUI w/BAC at/over .08, Reckless Driving

FEB 13

Joel Garcia-Diaz
BERYL, UT
Intoxication, Assault, DV - In Pres of Child

public & health

Can exercise help with grief?

During the last couple of weeks, as you looked around and meandered around town, did you see lots of valentine hearts, candies, greeting cards? For many people, February 14th was a lovely day. But for many others, like those who have lost their significant other, the day was not a particularly lovely day.

Grief can bring a range of difficult emotions, and everyone copes with losing a loved one differently. But for some people, exercise provides a way to face grief and keep moving forward at a time when it is most challenging to do so. This holds true all year long. The first year is a blur after losing someone; the second year the realization that they aren't coming back begins to truly set in.

Exercise as a Positive Coping Mechanism

Exercise will not extinguish grief, but it can play a valuable role in helping people adapt to loss. Physical activity releases brain chemicals such as endorphins, which help to relieve discomfort while boosting our mood. Regular exercise of any intensity can help prevent feelings of depression, and just one hour a week can help.

"Exercise is a very good and positive tool that people can use while grieving, mainly because it triggers that release of neurotransmitters and the release of endorphins," explains counsellor Sharon Stallard who is trained in helping people cope with bereavement. Exercise can help elevate your mood, enabling you to deal with grief.

Exercise as a Means of Self-Care

It can be difficult to think of anything else when dealing with grief. Grief can be all-consuming. Things that should be simple - eating or going to the store - can suddenly seem impossible. What tends to happen to people going through the grieving process is they tend to eliminate all aspects of self-care, and that can be exercise, diet or socializing with others. Having space and solitude to work through difficult emotions and feelings is helpful to process grief, but it also risks isolation. People can become withdrawn. Exercise can also be an effective way of engaging socially.

Exercise as a Way to Focus

Losing a loved one is emotionally draining, and grief can take away energy and focus. Dealing with the flood of different emotions - which can unexpectedly re-emerge at any time - can feel relentless and exhausting.

Engaging in exercise can help

clear the mind, even if it is just for a few minutes. Exercise allows you to have focus. When you are doing exercise, you tend to focus purely on that exercise so it brings a feeling of calmness. It can be a motivation to do other things that gets you back into society and integrates you back into life.

Exercise to Take Control

Exercising can also help bring back a feeling of control, which is often lost after someone passes away - and the grieving person is thrust into a world they did not want to be in.

Being able to take a little bit of control back can sometimes be that first step to feeling a bit better, or being able to go back to work, or engage in outings with friends.

Exercise for Better Sleep

Grief does not just affect us emotionally, but physically too. A 2010 study from the University of Pittsburgh School of Medicine found that issues with sleep were common in bereavement. These sleep problems can impact our mental health and exacerbate grief - as well as contribute to other problems such as obesity, heart disease and type 2 diabetes, stress and more.

When you do not sleep and you are awake during the night, most times you are too tired to engage in anything during the day. This feeds into a cycle of feeling worse mentally and physically. Research suggests exercise can help introduce a healthy regime and improve sleep, which may help mitigate the negative impact of grief.

Reach Out and Talk to Someone

For some people, talking to a friend, family member or health professional can help begin the healing process and work through challenging emotions. It can also help prevent isolation.

Grief is not an easy subject to talk about, but it is something we all experience at some point. The thing with grief is that we just do not talk about it, until it is thrust upon us. As a society, we really make grief and death such taboo subjects, making it exceedingly difficult to know how to handle it.

What You Can Do Right Now

Start out by taking a walk daily or invest in a Personal Trainer. They will be the appointment that you must show up for. Not only will you feel better doing a workout, but it will help you feel better mentally too. The focus will be on just you for that time, starting you on a journey to feel better.

We're here if you'd like to have us. Reach out to IFS Studio to set up a free consultation today!

Michelle Crompton, IFS Studio

UTAH LEGISLATIVE UPDATE: WEEK 4

Hello friends and neighbors,

It's hard to believe we are more than halfway through the session! This week, an additional 33 bills passed in both the House and the Senate. These bills, some of which are described below, will improve our healthcare, transportation and education systems and will improve Utah's way of life in many ways.

Though the 622 bills and resolutions keep us very busy, we always appreciate taking time to recognize honorable and inspiring people across the state. This week, we recognized world-renowned Olympic athletes, the 2022 Utah youth of the year, reformed former prisoners who embraced a second chance and Gold Star families who lost loved ones in service to the military. In each recognition, I was taken back by the phenomenal strength, resilience and talent that is present in so many forms in our state. I am humbled to be surrounded by such excellence and am proud to call myself a Utahn!

As I continue to work hard to represent you, I want to keep you updated on our progress in the Legislature. Below is an update on a few bills we are currently considering.

Tax Amendments

We unanimously gave final approval to S.B. 59 State Income Tax Rate Reduction, which reduces taxes for Utahns by \$192.9 million.

S.B. 59: Reduces the individual and corporate income tax rate for all Utahns from 4.95% to 4.85%, a \$163.7 million reduction in taxes.

Increases the eligibility for a social security tax credit for seniors, a \$15.4 million reduction in taxes.

Establishes an earned income tax credit (EITC), a \$16.1 million reduction in taxes.

Utah's booming economy and fiscally sound tax policy provide us with the opportunity to reduce taxes for Utahns while increasing funding in education, infrastructure and social services. The Senate concurred unanimously with the House's proposed changes to S.B. 59, and the bill was signed by the governor.

Early Literacy (Senator Millner's version)

Helping our students read is a foundational task that sets the trajectory for the rest of their lives. Students who cannot read proficiently by the end of 3rd grade are less likely to graduate and more likely to be on public assistance long-term. Currently, half of Utah students are not reading at grade level by the 3rd grade.

S.B. 127 Early Literacy Outcomes Improvement addresses this issue by aligning existing literacy programs toward a common goal, equipping teachers and administrators with evidence-based methods, placing literacy coaches in lower performing schools, and providing resources to support parent, family and community efforts. This bill is the result of months of work from experts in education and literacy and uses methods that have proven successful in other states. S.B. 127 passed in the Senate and will now be considered in the House.

State Services Sunset Extension

In 2017, we passed S.B. 65 Postal Facilities and Government Services, which authorizes state agencies to enter into an agreement with the U.S. Postal Service to provide certain services, such as fishing and hunting licenses. This legislation makes it easier for individuals, especially in rural areas, to access these services and benefits both rural post offices and state agencies. S.B. 60 Agreements to Provide State Services Sunset Extension will extend this program for another five years. This bill passed in both the House and the Senate.

Project Entity Oversight Modifications

Currently, there are certain project entities, which are political subdivisions of the state, that can create their own policies without holding open and public meetings. S.B. 92 Project Entity Oversight Modifications encourages transparency by requiring project entities to comply with the Open and Public Meetings Act. S.B. 92 also requires project entities to comply with Utah Procurement Code to ensure transparency in their procurement process. This bill will increase transparency and accountability for project entities. S.B. 92 passed in the Senate and will now be considered in the House.



I was pleased to be able to speak at the Iron County GOP's Lincoln Day event. It was a well attended, enjoyable event, featuring many great leaders including Sen. Mike Lee.

COURTESY SENATOR EVAN J. VICKERS



SEN. EVAN VICKERS
UTAH SENATE DISTRICT 28

Cowboy Recognition

Two cowboys, Josh Frost and Kaycee Field, were honored on the Senate floor.

Kaycee, who is the reigning world champion and the winningest bareback rider of all time, is the four-time NFR (National Finals Rodeo) Average Champion, two-time Ram Top Gun Winner, and he holds multiple world titles, including six-time World Bareback Bronc Champion.

Josh is a two-time NFR Q-2021 Bull Riding Champion and two-time Linderman Award winner. This award recognizes a cowboy who won at least \$1,000 in three events. These two men represent Utah well at the many nationwide competitions they compete in. It was a privilege to have them with us.

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Div. of Consumer Protection Amendments

Fraudulent business opportunities harm our economy by discouraging individuals from participating in commercial activities. S.B. 26 Division of Consumer Protection Amendments will strengthen Utah's trust in commercial activities by requiring sellers to disclose certain information to protect consumers from fraudulent businesses or bad actors. This bill was drafted in response to recommended changes from an audit of certain provisions of the Business Opportunity Disclosure Act. S.B. 26 passed in the Senate and will now be considered in the House.

Iron Leaders Academy

This week a new academy in Iron County called "Iron Leaders Academy" visited with their leaders on the Hill. This academy trains emerging and established leaders in Iron County to become positive change-makers in their community. I'm glad I had the opportunity to connect with the current and future leaders of Iron County!

I was pleased to be able to speak at the Iron County GOP's Lincoln Day dinner. It was a well-attended, enjoyable event, featuring many great leaders including Sen. Mike Lee.

I was also able to meet with some of the international students that attend Dixie State University. It's great to meet with them and I appreciated their coming to Utah's Capitol.

Thank you for your support as the Legislative session continues. I welcome your thoughts and feedback on these issues as well as the many issues we are working on. Please reach out to me anytime at evickers@le.utah.gov, or text or call my cell phone at 435-817-5565. I am honored for the trust you put in me and will continue to work extremely hard to best represent our area of the state at the Utah Legislature. Thank you again.

Sincerely,

Evan

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showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

2022 USF SEASON JUST AROUND THE CORNER

from Utah
Shakespeare Festival

FOR IRON COUNTY TODAY

CEDAR CITY, — Tickets for the 2022 season of the Utah Shakespeare Festival are on sale, and it's not too early to be planning for the sixty-first year of the Tony Award-winning theatre company.

The 2022 season will feature eight plays from June 20 to October 8. In an effort to make it easy for loyal Festival guests to order their tickets well in advance, tickets are now on sale online at www.bard.org, by phone at 800-PLAYTIX, or at the Ticket Office near the Anes Studio Theatre.

"The lineup for the 2022 season is an exciting mixture of Shakespeare, two beautiful musicals (including one outdoors for the first time ever), and magnificent contemporary plays," said Executive Producer Frank Mack. "Festival audiences will be absolutely delighted with this combination of great shows."

ENGELSTAD SHAKESPEARE THEATRE

All's Well That Ends Well

By William Shakespeare

Although the king forces the young Count Bertram to marry orphaned Helena, he cannot make him love her. Only by completing an impossible task can Helena win that affection. But Shakespeare, in one of his famous "dark" comedies, once again shows us that, impossible task or not, callow youth is no match for true love and a determined woman.

King Lear

By William Shakespeare

Deluded by lies and flattery, old King Lear has sorely misjudged his daughters, placing himself into the cruel hands of his two ambitious daughters and spurning the youngest, the one who truly loves him. Only when alone and driven mad on the English heath, does he realize his epic mistakes in Shakespeare's stormiest tragedy.

Coming Soon to a Theatre near you



COURTESY UTAH SHAKESPEARE FESTIVAL

Sweeney Todd

By Stephen Sondheim and Hugh Wheeler

Sweeney Todd, an unjustly imprisoned barber, escapes and returns to nineteenth-century London, seeking vengeance against the lecherous judge who

framed him and ravaged his young wife. The road to revenge leads Todd to Mrs. Lovett, a resourceful proprietress of a failing pie shop, above which he opens a new barber practice. Mrs. Lovett's luck sharply shifts when Todd's thirst for blood inspires the integration of an ingredient into her meat pies that has of London lining up—and the carnage has only just begun in this dark and delicious musical!

RANDALL L. JONES THEATRE

The Sound of Music

Music by Richard Rodgers
Lyrics by Oscar Hammerstein II
Book by Howard Lindsay and Russel Crouse

Maria, too exuberant to be a proper nun, is sent to the Von Trapp family as a governess for seven unruly children.

There she teaches the children to sing and Captain Von Trapp to love, only to have the singing family hounded by the Nazis when they invade Austria. Known and loved the world over, *The Sound of Music* reminds us that with high-spirited hope, heartfelt compassion, and unwavering determination, life's mountains can always be climbed.

Trouble in Mind

By Alice Childress
It's 1957 in New York City, and Wiletta May—an African

American actor in rehearsal for a new Broadway play—doesn't intend to cause trouble. But this time, the writer has gone too far, and, well, Wiletta rebels against one more stereotypical role in a "well-meaning race play." Will the other African American

actors join in her fight against the improbable play-within-a-play, or must she fight alone? The stakes are high, but this satire of backstage drama and racial tropes will make you both laugh and stop to think.

Clue

Based on the Screenplay by Jonathan Lynn
Written by Sandy Rustin
Additional Material by Hunter Foster and Eric Price

It's a dark and stormy night, and you've been invited to a very unusual

dinner party. Each of the guests has an alias, the butler offers a variety of weapons, and the host is, well . . . dead. So whodunnit? Join the iconic oddballs known as Scarlet, Plum, White, Green, Peacock, and Mustard as they race to find the murderer in Boddy Manor before the body count stacks up. Based on the cult classic film and the popular board game, *Clue* is a madcap comedy that will keep you guessing until the final twist.

EILEEN AND ALLEN ANES STUDIO THEATRE

The Tempest

By William Shakespeare

Teeming with fairies, monsters, shipwrecks, and magic, *The Tempest* is Shakespeare's last and most imaginative romance. The deposed Duke Prospero and his lovely daughter, Miranda, are shipwrecked on a small island where nothing is quite as it seems. But as they separate fantasy from authenticity, they eventually discover a "brave

see **SHAKESPEARE** » 11

"The 2022 season is centered on survival in the wake of cruelty. It exemplifies our enduring human spirit to move forward with strength, determination and resolve"

Brian Vaughn, USF Artistic Director



CONTEST WINNERS

Color Country Pediatrics

AGES 0-5

1st: Violet Hunt (5)
2nd: Alex Brown (4)
3rd: Luca Joslin (1)

AGES 6-11

1st: Chandra Lia Johnson (10)
2nd: Ryeesa Rose (11)
3rd: Everly Hansen (8)

Infowest

AGES 3-12

1st: Alex Brown (5)
2nd: Tera Banks (12)
3rd: Madison Peterson (8)

So. Utah Vision Care

AGES 0-6

Violet Hunt

AGES 7-11

Olivia Gunter

AGES 12+

Dalton Jessop

Wahweap Group

AGES 0-11

Chandra Johnson
Luke Porter

AGES 12-18

Mandallae Barlow
Lindy Peterson

ADULTS 19+

Sharla Manuele
Mona Marshall
Maren Palmer
Jamie Goulding

Webster Orthodontics

GRAND PRIZE

Mandallae Barlow

AGES 2-9

Maggie Bailey

AGES 10-16

Brandon Darger

AGES 17-90

Stormi Barlow

SHAKESPEARE

« CONTINUED FROM PAGE 10

new world” of love, harmony, and redemption.

Thurgood

By George Stevens Jr.

Meet Thurgood Marshall: Lawyer. Civil rights activist. The first African American Supreme Court justice. In this acclaimed play, you witness as Marshall tells stories from his life and his transformation from a young and spirited dissenter to a pensive justice full of wisdom. From his early days as the civil rights lawyer to his appointment to the highest court in the land, Thurgood Marshall stood for justice while lifting the standing of his race and all Americans.

Creating beauty fills an inborn need—let us help you

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

February can be the bleakest month of the winter. I heard one expert say that it has the lowest average temperatures of the year—something to do with how cold the earth has become during the months without abundant sunshine. But February for me is a month of great anticipation as I watch for the current crop of Cedar City Arts Council Artists’ Mini-Grant applications to show up, sometimes in my email, sometimes in my mailbox. Applying for a grant would be a great way to brighten these drab days.

Recently I have been reading reports of the uses that recipients of a year ago made of their grant funds. Many of you may have been impacted. For instance, Nina Hansen’s Cellomania presented a concert at the Heritage Theater. Seventy performers from several diverse musical genres participated with the cellos, and Nina estimates that the audience members numbered 1,000. Did you have friends performing? Did you attend the concert? Then you were a beneficiary of that particular CCAC Mini Grant.

The Cedar Area Interfaith Alliance presented two concerts, one on the Fourth of July, that were attended by 400 of you. The Arts Council proudly supported those concerts. If you attended and ate an ice-cream sandwich, you may thank us. You’re welcome.

Debbie Drake used her award to become a certified Zentangle Teacher, a type of visual art that promotes stress relief. She teaches online and in person, now. Karen Russell copyrighted a story, purchased frames and mats and an Adobe monthly software monthly subscription, all of which she shared at the Arts Council Friday Art Walks.

If you have an artistic skill or goal, perhaps you could benefit from a boost from the Arts Council. Your creativity might improve as you become more visible to our community. The deadline for application is February 28th.

Speaking of creativity, the Arts Council Literary Group met on February 2nd to discuss Daniel James Brown’s “Facing the Mountain,” a harrowing account of the incarceration of Japanese Americans in the 1940’s and the history of their second generation young men who became one of the most decorated regiments in the war’s history. It was appalling reading in many ways, but I was enthralled with the account of one

aspect of their time in the concentration camps.

The locations of the camps were in some of the most inhospitable areas of the country, and yet these people, imprisoned solely because of their appearance by a frightened country, found creative ways to make beauty. They carved beautiful bird pins from scraps of wood, painted watercolors of the mountains beyond the fences. Women fashioned paper flowers

from mail-order catalog pages and the tissue paper from orange crates. Some wove rugs and placemats from strands of

burlap; sand and small pebbles were used to fashion miniature landscapes in trays.

The communal meeting hall was used for school pageants and Kabuki productions.

The creation of beauty is the God part of us. Then and now, fashioning art, of all kinds, feeds an inborn need.



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DODGIN' FOR A CAUSE

by Corey Baumgartner
IRON COUNTY TODAY

Once again, the Canyon View high school gymnasium was turned into a battleground during the 6th Annual Dodgeball Throwdown charity event to help starve hunger and homelessness from our local communities.

With Event Coordinator Derek Morton's leadership and influence, everyone once again had a ball at this year's event.

Local band, Apollo's Army, started and kept the pulverizing party going with familiar riffs and even the mascots from U of U (Swoop) and

Dixie State (Bison) got in on the action by battling future dodge-ballers. In the end, the Blunder Cats would throw, thrash and smash their way to the victorious prize.

Besides the band, balls and bruises, the ultimate prize of the event was that all proceeds helped Peggy Green, Executive Director of the Iron County Care and Share, to smash hunger in the face and help local families in need to increase their stability and self-sufficiency.

Congratulations to all those who participated. Get healed up, practiced up and get your teams ready for next year's epic throwdown



PHOTOS BY COREY BAUMGARTNER

It was no Blunder that these Cats took home the championship as they belted their way through the Monuments-sized competition to the winner's circle.

“The Gillis Heritage”

Do you have a special wall (or book) of photos that portrays the generations of people who came before you? I’m not talking about just the technological, genealogical information about your ancestors, but the accompanying adventures and stories of their lives? For those with children and grandchildren, are you just passing down piles of literature about their ancestors, or are you also helping to pass forward their legacy?

Having such familial narratives of relatives not only brings their histories to life, but we can also inherit their inspiration to help reinforce our foundations to live better lives and make sure we leave behind more than just a record of names and dates to inspire, guide and guard our posterity.

I know the topic of Diaries and Journals can be taboo. Perhaps at one time or another, we have all felt our lives weren’t really worth recording, or writing about—especially not with the missteps and mistakes we’ve made, right?

That’s the reason for writing this week’s Rockwell Rut...to help take some pressure off your responsibility to your posterity and also to hopefully inspire you to work (and live) with more joy on your own life story.

First, speaking of Diaries and Journals, it’s

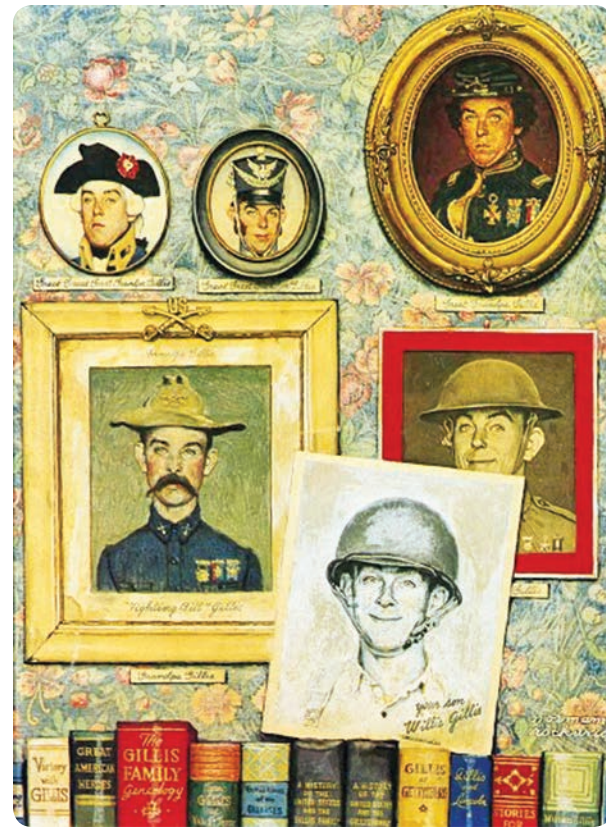
never too late to start one. You don’t need an actual book—create a new file on your computer (be sure to back it up often!). Second, writing down the stories of your life for your posterity is not about documenting and describing every self-incriminating detail and thought from your imperfect life. It’s about sharing your journey with those who will follow in your footsteps—to help both guide and guard their footsteps. Writing down and sharing the lessons you’ve learned (even if it’s only with yourself for now)

can help alleviate depression and elevate your mind and heart to better perspectives and directives.

Not only is it therapeutic to write out your thoughts and feelings, but some of the most powerful, life-changing histories

I’ve read have been written by people who lamented they couldn’t even write a hundredth part of their life story. Nevertheless, it’s the little lessons learned that can make the biggest differences.

With that being said, we owe it to our posterity to do all we can to help give them every advantage in life, right? So, if we can share some painful lessons to help lessen the pain of our children, or grandchildren (even though we think they’re not listening), why wouldn’t we do it? Don’t let the fear of having made mistakes keep



NORMAN ROCKWELL

you from making the mistake of not using your experiences, struggles, battles and victories to help someone else fight and live their life better.

Whether or not you have a wall of ancestral photos, or the journals of those who came before you, know that your life is valuable and people need to know who you are. Don’t be afraid to tell your story, more importantly, don’t be afraid to truly live it.

the rut
LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com






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CARRIER OF THE MONTH

We are very grateful to each of our carriers who deliver our newspaper. They are a valuable asset not only to our newspaper and advertisers, but to every reader that awaits the words within from the paper being placed on porches by dedicated deliverers. This section highlights those who go above and beyond week after week in our Iron County Communities.



COURTESY STEIN FAMILY

Evelynn Stein

It doesn't take long to make a difference when one cares about the quality of their work and the people they serve, or in this case, deliver newspapers to.

For the past five months and counting, Evelynn Stein has been delivering the Iron County Today in Cedar City and now in Enoch. Her desire to deliver began as simply wanting something active to do and earn a little extra cash. After all, she had witnessed the success of her siblings who has also delivered the news to Iron County neighbors.

"I love delivering to all of the people in the neighborhood. They are all so kind and friendly. Some of them are so grateful to have the paper, it just makes my day. Sometimes people will leave me a couple bucks for a tip, or even a Christmas present!"

While learning the ropes of delivering newspapers, Evelynn experienced both good and bad days. On the good days, a favorite part of her experience was seeing all the cute animals. Cats on cars, in windows, hiding in the bushes, sitting on chairs, bathing in the sun, rolling in the grass and even having the courage to come up and say hello.

Of course, there were also lots of friendly dogs guarding their property, who would bark, but also enjoy a belly rub. Of course there was the occasional unfriendly dog as well, but Evelynn overcame all obstacles—including falling on the ice here and there.

After her newspaper delivery career is complete, Evelynn wants to ride an elephant in India, go skydiving and do a triple backflip into a pool of Jell-O.

Thank you Evelynn for your dedication in helping deliver the good news of the Iron County Today. Keep up the great work!

If you would like to nominate a Carrier of the Month, or know of someone who would like to become a newspaper deliverer, please contact your delivery manager, or email Elise, our Office Manager at officemanager@ironcountytoday.com.

ONGOING OPPORTUNITIES

GOVERNMENT

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

3rd Sat, 9-10:30 am • Pastry Pub, 86 W Center, Cedar City

Iron County Republican Women

3rd Wed, 11:30 am. Tickets \$20, <https://www.ironcountyrepublicanwomen.com>

Parowan City Council

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

SERVICE GROUPS

American Legion Auxiliary

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

Bikers Against Child Abuse

1st Thurs 7 pm • Courtyard Marriott (1294 S Interstate Dr, Cedar City), Cedar Breaks Conference Room

Elks Lodge #1556

111 E Freedom Blvd. Cedar City, (435) 586-8332

Lion's Club

Tues, 12 pm • Call Pres. Roger Shurtz for mtg. info. Everyone welcome! (435) 590-2896

Marine Corps League

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

Rotary Club

Tues, 12:15 • Southwest Tech, 757 W 800 S, Cedar City • (435) 233-0244

SUPPORT GROUPS

AA—Alcoholics Anonymous

(435) 635-3603 • www.utahaa.org. Helpline: John (702) 802-1332, Kara (702) 232-6829 KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

Red Road to Sobriety • Mon, 6 pm Paiute

Tribe, 440 N Paiute (435) 586-1112 Ext. 307

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

The Great Fact • T, F, Noon. True Life Center

2111 N. Main. • (702) 802-1332 or (702) 533-7856

Red Creek Group • Wed, 7 pm • 685 N 300 E,

Parowan • (435) 477-8925

Women's Meeting • Sat, 10:30 am

My Story • Sat, 8 pm

Thank God it's Sunday Spiritual • Sun, 11 am

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

7-8 am • All are welcome

Addiction Recovery (12-Step)

Tues, 7:30 pm • Canyon View Seminary building 54 W. 1925 N., North entrance.

Al-Anon

KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Al-Anon • 1st, 3rd Tues, 7-8 pm • Call for info: (435) 704-8984

Easy Does It • Tues, 7-8 pm • (435) 559-3333

Hope for Today (Family Groups)

Thurs, 6 pm • (435) 559-3333

Alzheimer's Caregiver

Online Meetings: 2nd Fri, 5:30 pm, 4th Mon, 5:30 pm • RSVP to mjmiller@alz.org or (435) 238-4998 x8773

ARP—Addiction Recovery

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

Sun 7:30pm • 85 N 600 W, Cedar City, Rm. 102 – LDS bldg. Back entrance. 435-218-9578

Caregivers

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

Celebrate Recovery

(Christian 12-Step) Wed 6:30 pm • True Life Center, 2111 N Main, Cedar. Through Christ we can be victorious over any hurts, habits, hang-ups (Phil. 4:13) • Jeff J 801-638-1800, Gary D. 702-303-5662.

Helproom

Fri, 2-3 pm • Free online support group for survivors of Domestic Violence, Sexual Assault. Safe to communicate, feel supported, share perspectives on healing, recovery. Join: affiliate.rainn.org/helproom/canyoncreekservices.

Multiple Sclerosis

3rd Thurs, 6-8 pm • Cedar Visitor's Center, 581 N Main. Caregivers and those with MS

Narcotics Anonymous

www.nasouthernutah.org • (435) 635-9603 KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

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

Women Only • Sun, 11 am

Dopeless Hope Fiends • Sun, 8 pm • Meeting

Hall, 1067 S Main, Cedar (877) 865-5890

Nicotine Anon (12-Step)

Fri 6 pm • KKCB 203 Cobble Creek Dr. Ste. 201 (North Room), Cedar

Porn Addiction Recovery for Men

Thurs, 7:30pm • Canyon View seminary building (54 W 1925 N). North entrance.

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

3rd Thurs, 1:30 pm • Cedar City Library

Southwest Parkinson's Alliance

2nd Tues, 1 pm. • Cedar City Senior Center, 489 E 200 S • Kristy 435-559-9681.

Widows Support Group

2nd Sat, 11-1pm • Sunrise Church. These Free meetings begin January 8th. Questions? 435-586-3640 or Sonrisechurchnet.net.

CLASSES/ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Book Club

2nd Thurs, 7 pm • Cedar City Library 303 N 100 E.

Boy Scout Troop 1848

5th-17 yrs • Thurs 6:30 pm • Old School Library, upstairs, west door, next to Enoch City Business office. Text Bryan Fanton 435-327-1214

Cedar Chest Quilters' Guild

Thurs, 10 am • Cedar Senior Center, 489 E 200 S. Projects for all abilities. Block of the Month. Make friends, improve skills & have fun. Visitors welcome. Info: Ms. Ronnie Badgett. 435-477-2243. cedarchestquiltersguild.org

Cedar City ESL

Wed, 7 pm • Free tutoring for English as 2nd Language. Cedar City Library (303 N 100 E).

Cedar City Toastmasters

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

Cedar Professionals

Tues, 7:30 am • Springhill Suites, 1477 S Highway 91, Cedar City. Organization of

business people. Stimulate business through exchange of ideas, information, referrals. www.cedarprofessionals.org

Cedar Radio Control Club

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

Color Country Pickleball

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

Color Country Winds

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

Cub Scout Pack 1848

K-5th • Thurs, 5 pm • Old School Library, upstairs, west side door, next to Enoch City Business office. Text LaRee Kurtz 435-559-211.

Explorer Bible Club

Wed, 6:30-8 pm • 4yrs. to 6th grade, Valley Bible Church (4780 N Hwy 91, Enoch). 435-586-0253

Hey Cedars Square Dance Club

Mon, 6:30-8:30 pm • Cedar City Visitors Center, 581 N Main, Cedar City. Beginners Class starts Jan 3, 2022. Open to all. \$4.00 per person. Neil (909) 477-9795.

Pickleball Group

Weekdays, 7 am • SUU Pickleball Courts. Anyone is welcome. Fee is \$2 (indoors) and free (outdoors)

Rock Club

1st Thurs, 6 pm • Gateway Academy, 201 W Thoroughbred Way, Enoch. Learn about geology, find gems, fossils and minerals. Learn to cut and polish and make jewelry. southernutahrockclub.org

Senior Yoga Classes

Mon, 10-11 am & Wed, 1-2 pm • Cedar City Senior Center (489 E 200 S). Easy to do. Please bring own mat. (435) 586-0832

Southern Utah Woodturners

2nd Sat, 9 am, Cedar High School wood shop, 703 W 600 S.

StrongBoard Classes

M-W-Fri, 9 am • IFS Studio, 2390 UT-56 #9, Cedar City. Improve core strength, balance, stability. All fitness levels welcome. Class size limited to 8. Call (661) 436-0259 to register/reserve your spot.

Tae Kwon Do Class

Wed, 7-8:30 pm • Cedar City Aquatic Center, 2090 W Royal Hunte Dr. \$25/mo., ages 5+, any experience level (435) 865-9223. Helps benefit Canyon Creek Crisis Center.

Tai Chi For Health

Wed & Fri, 9:30-10:30 am • Cedar Senior Center, 489 E 200 S. FREE low-impact, health benefitting Seniors. Helps coordination, balance, flexibility, more. Maria Bailey, 435-673-3548 x103. Pre-registration not required. Space limited.

Take Action for Freedom

Wed, 7 pm • Stahl West 600 N. Airport Road, Cedar • Preserve Constitution, Republic, voting laws, medical freedom, education, 1st & 2nd Amendment Rights, ed. on CRT & boarder illegal immigration, local/county/state Legislature

Top Bar Hive Bee Keeping

1st Tues, 7 pm • Cedar City Library 303 N 100 E. (435) 586-6661

TOPS – Take Off Pounds Sensibly

Wed • Weigh-in 9 am, mtg 9:30 am. • Cedar City Library, 303 N 100 E. Lose weight affordably. • 586-3233 (a.m. mtg)

Water Aerobics Class

Tues, Thurs, 9 am • SUU pool, 2-56 N 600 W., Fun, up-tempo workout to music. Intensive cardio, full body muscle toning. Any fitness level. All ages. \$3/class, including pool admission. (435) 327-2091 (no text)

Wellness Place

583 S Main Suite #5, Cedar City. (435) 592-5308. Classes: thewellnessplacecc.com/upcoming-classes

Wellness Wednesdays

Weds Noon-1 pm • Create Better Health. ZOOM Meeting ID: 841 6308 8990, Passcode: health, INFO: Kristi Sharp (435) 986-2564. ksharp@swuhealth.org

calendar

WED, FEB 16

INNOVATION DAY

CEDAR CHEST QUILTERS' GUILD – ANNUAL Quilt Retreat (Feb 16-19, 9:30am – 5:30pm) @ Heritage Center (105 N 100 E, Cedar City). Features classes & open sew, vendors mall, trunk shows, covered parking, catered lunches, all-day Hen Party, door prizes, & gifts galore! Bernina Sewing Machine raffle, opportunity quilt raffle, and featuring Melissa Corry (happyquiltingmelissa.com). Online registration is available @ cedarchestquiltersguild.org. INFO: call or text Barbara (602) 399-3443.



WONDER WEDNESDAY – (4-6PM) @ artsFUSION @ SUMA (13 S 300 W). Drop by anytime between (4-6pm). Admission FREE for all students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities.

THURS, FEB 17

RANDOM ACTS OF KINDNESS DAY

PRECEPT UPON PRECEPT BIBLE STUDIES (1-3pm) @ Cedar City Public Library (303 N 100 E). 9-wk study of Isaiah (part 2). Investigative approach to Bible study. Discover truth using observation, interpretation, application. Nondenominational studies with homework, discussion, DVD lecture by Bible teacher Pete Delaney. Interested students call 435-267-2234 or 435-238-3078 for info/register. Visit: www.precept.org.

SUU A.P.E.X. LECTURE SERIES (11:30AM) @ SUU Great Hall in the Hunter Conference Center. This week we host award winning historical, fantasy and science fiction author David Anthony Durham. INFO: www.suu.edu/apex.

PAROWAN COMMUNITY THEATER – SNOOPY!!! (Feb 17-19, 21, 24-26, 7pm) @ Aladdin Theater (27 N Main). Tickets \$5 at door or in advance at Parowan Visitor Center. INFO: (435) 477-8190.

FRI, FEB 18

CAREGIVERS DAY

HISTORY – DALE EARNHARDT. THE LEGEND- ary racing driver Dale Earnhardt who had won a record seven NASCAR championships dies in a last-lap crash during the Daytona 500 at Daytona International Speedway.

SAT, FEB 19

SHIVAJI JAYANTI

CEDAR BREAKS GUIDED SNOWSHOE WALKS (Every Sat/Sun 10am and 1pm) @ the junction of Hwy 143 and Hwy 148 (weather permitting). National monument entrance fee applies (\$10 per person). Experience a ranger-led hike to enjoy the snow-covered red rocks at Cedar Breaks National Monument! Equipment: Water, Snacks, Warm clothing, Sun protection, Interagency pass or credit/debit card to pay the entrance fee. *Snowshoes and poles are provided* INFO: (435) 986-7120.

FESTIVAL CITY FARMERS MARKET (10AM TO 1pm), @ 45 W Center Street. Every Saturday behind I/G Winery (45 W University Blvd., Center St, Cedar City). FREE admission. Delicious homemade foods for holiday meals. Hand-made artisan crafts for unique gift-giving. Activities, live music.

FARMER'S MARKET (9AM TO 1PM), @ IFA (905 S Main). Vegetables, fruits, eggs, honey, baked goods & breads, meats, tamales, food vendors, hand-crafted items including soaps, lotions, jewelry, clothing, home décor, gifts for all ages. For booth prices & info: Facebook (Cedar Saturday Market), or Nancy 435-463-3735.



SUN, FEB 20

LOVE YOUR PET DAY

"I WISH OUTER SPACE GUYS WOULD conquer the Earth and make people their pets, because I'd like to have one of those little beds with my name on it." Jack Handey

MON, FEB 21

PRESIDENTS' DAY

HEY CEDARS SQUARE DANCE CLUB (6:30-8PM) @ Cedar City Visitor Center (581 N. Main). Accepting couples, singles, families with children 8 and over. Children must be accompanied by a paid adult. No experience necessary. If you can walk and shake hands you can Square dance. Fee \$4.00 per person/week. Children under 18 \$2.00. INFO: Neil (909) 477-9795.



TUES, FEB 22

BE HUMBLE DAY

SUU COMMUNITY EDUCATION CLASSES 2022 – Learn a new skill or improve an old one! SUU has the class for you! Visit www.suu.edu/cpd/community-enrichment for dates, times and to learn more about each class and the registration code. Register at www.eventbrite.com. Classes include: Yoga, Gardening, American Sign-Language, Water Coloring, Acrylic Painting, Travel Spanish, Sourdough Bread, Crochet, Salsa Dancing, Photography, Pickleball, and Grilling.

WED, FEB 23

PLAY TENNIS DAY

WONDER WEDNESDAY – (4-6PM) @ SUU S.T.E.M. Center (4th Wed.) Geoscience Bldg. 351 W University Blvd, Room #323, (435) 586-7812. FREE for all students K-5.

SAT, FEB 26

POLAR PLUNGE (9-12PM) @ LAKE AT THE Hills (2090 W Royal Hunt Dr, Cedar City). Sponsored by Special Olympics Utah. Registration: \$10 or \$5 for Students using Code: STUDENT. Register at <https://www.classy.org/event/cedar-city-polar-plunge/e373905>.

Want your event on our calendar?

There is no charge for calendar items. Your submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. The deadline is Friday at noon. The calendar is not to be used for advertising. Items will be printed at our discretion.

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schools

ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

Launch High School

The Robotics team at Launch High School had an outstanding showing at the First Tech Challenge state competition last weekend at SUU. Teams from across the state gathered after months of hard work to design, build, and program robots to compete in an alliance format against other teams. The students worked during first and second quarter to build their robots and to code them using a variety of levels of Java-based programming.

The Launch High team, Perfect Paradox, took home First Place trophies for the Think Award and the Motivate Award. The Think Award is given to the team that best reflects the engineering design process and engineering content within their design portfolio. The team must be able to share or provide additional detailed information that is helpful for the judges. This would include descriptions of the underlying science and mathematics of the robot design and game strategies, the designs, redesigns, successes, and opportunities for improvement.

The Motivate Award celebrates the team that represents the essence of the FIRST Tech Challenge competition through Gracious Professionalism and general enthusiasm for the overall philosophy of FIRST and what it means to be a FIRST Tech Challenge Team. The Perfect Paradox team achieved this award through their outreach and recruiting efforts. The team travelled to elementary and middle schools in the local area and shared their robotics experiences with over 1,000 kids in Iron District.

In addition to their 8th overall finish out of 36 teams, one student on the Perfect Paradox team, Elizabeth Eastep, was an individual recipient of the Dean's List award. This award recognizes student leaders who have led their team and community in FIRST and its mission. Eastep was also acknowledged for her technical expertise and accomplishment in programming and building. She will be participating in the World competition in Houston, TX in April.



Congratulations to all of the Perfect Paradox team members: Shaeden McCord, Elizabeth Eastep, Allen Niles, Jean Dodgion, Dominic Robles, Brice Ford, Miguel Baldonado, Sam Kovac, Thomas Daniels, Cason Blodgett, and Elijah Buckner.



South Elementary

"Music gives a soul to the universe, Wings to the Mind, Flight to the Imagination and Life to Everything."- Plato. Thank you, CMS Orchestra and CMS Band for stopping by South Elementary. We were able to learn about the different kinds of instruments our 5th graders may choose to play in 6th grade. We loved both the concerts and appreciate your hard work!



Iron Springs Elementary

Iron Springs Elementary would like to thank our amazing parents for a successful SEP week and Book Fair! One of our favorite parts of this week is our "Grand" Breakfast. Students have the opportunity to bring someone "Grand" to breakfast and walk through the Book Fair. We love having our cafeteria, gym and halls full of those who are "Grand" in our students' lives!



East Elementary

We LOVE our East Eagles, and had a great time celebrating Valentine's Day in our classrooms! Valentine's week seems like the perfect time to celebrate some things we love. Planning, communicating, and working together are important skills to develop! Our students loved being able to practice those skills as they worked together to engineer some fun creations! Mrs. Campbell, our librarian, oversaw the exciting activity during library time. Our cafeteria staff are also well loved by our students. All of their hours of hard work to provide nutritious meals for our students are greatly appreciated. Finally, we thought we would spotlight a couple of the most loved book series at the East library.



For kindergartners and first graders the Elephant and Piggie series and Throw It To Mo

are the winners. Second and Third graders are loving the I Survived and Goosebumps series, and Diary Of A Wimpy Kid and Wings of Fire are the most beloved books of the fourth and fifth graders. Keep reading, kids! We love to watch your reading skills grow!

Enoch

Code Changers visited Enoch Elementary teaching students how to create their own video games. Students were able to use computer coding to design their own characters, make them move and jump, and insert obstacles for their characters to overcome. They also enjoyed trying to beat each other's game levels. The Code Changers team from SUU offers classes to inspire creativity and give students usable skills with real world technology.



Family Art Night at Enoch Elementary is coming soon! Mark your calendars for February 28, 5:30-7:00 pm.

Fiddlers Canyon Elementary

We had a successful Chinese Night on February 8. Students and families made crafts, watched performances from our Chinese Dual Immersion classes, and even won some prizes! Thank you to everyone who made the night a success!



Congratulations to the winners of our class spelling bees! These winners will go on the school spelling bee on Friday, February 18 at 1:45 pm, right after school. Good luck, spellers!

Our next PTA meeting will be February 25 at 12:30 in the school library. We will be announcing our nominees for next year's PTA executive committee and would love to see you there!

Dr. Seuss Week is February 28-March 4. Watch your child's homework folders for more information on each day's theme, and don't forget to follow Fiddlers Canyon Elementary PTA on Facebook for more updates and news.

Three Peaks Elementary

The third-grade classes at Three Peaks Elementary spend time each year writing letters to first responders all over the United States. These letters include handwritten words of gratitude for the work and service they provide.



The letters might also include first-hand stories of how police or firefighters have helped out their family or someone that they know.

There are also a few requests made in the letters. One of those requests is that they send flags that are worn, torn, or faded so that they can be "retired" at a later time during the year. Mr. Shaun Hunt's class has collected and "retired" an estimated 3,000 flags.

Another request is that they send two department patches. One patch will go on the "Wall of Honor" and the other patch will go home with the student that sent the letter. If only one patch is sent, then it will go home with the student.



Support for the flag project and the Wall of Honor has been great. Our local departments come to the school each year with several flags that need to be retired and a patch for the students. They also take time to teach the kids what the letters have meant to those who received them.

Nationwide support for this project has been great. Recently, one student received a box of 31 challenge coins and two patches. Usually only one challenge coin is sent, but this time a challenge coin was sent to each student.

If anyone in the community has a flag that needs to be "retired" please bring it to the third-grade classes at Three Peaks Elementary. The retirement ceremony helps teach the students respect for the flag, how to fold it properly, and how to retire it when the time comes.

Typically, a flag retirement program along with a program that honors Veterans will take place at the end of the school year. This inspiring program helps teach about patriotism, honors local veterans, policemen, and firemen.

A special thanks for the hard work that the third-grade teachers do to teach students about patriotism. These teachers are-Mr. Shaun Hunt, Mrs. Torrie Rice, Mrs. Tonya Stratton, and Mrs. Shauna Marshall.

schools

NEWS from the NEST

Juniors are busy preparing to take the ACT in March. Flex preparation classes will soon start to help students be as successful as possible. "In math class we took a pre-ACT test. We have logged into the testing center to make sure everything runs well. I feel that this preparation will help us feel more confident on testing day," said Emma Rigby. Seniors who took the ACT last year confirmed that confidence is key on test day. We thank teachers and staff for helping the Falcon family soar.

Canyon View's art program is thriving. From our musical programs, to photography, to drawing classes, the general subject has been very successful this year. Therefore, we find it only suitable to nominate two Artists of the Week! First we would like to honor Kaelice Eastman. Sydney Bartlet, Fine Arts Rep, explains, "She is a hard worker and she is always willing to help in any way she can. She is very involved in school: being in plays and on the madrigals. She also has a phenomenal voice." Kaelice competes in NATS, participates in CV Theatre, and is a member of the CV Choir. We would also like to highlight Paige Cox for her work with CV drawing and painting. Kirt

Brown nominated this student. She stood out to him because of her creativity and skill level. Paige not only is a modern day Picasso but she tears it up on the volleyball court!

In a close game against Carbon, CV Boys Basketball secured first seat in region 12! Those who follow the skilled group, know of the electricity that they exude. No other team at CV seems to keep spectators on the edge of their seats like these boys have. We are proud of their 4-1 record and wish them the best of luck on their road to region!

This week's athlete of the week is Marc Richardson. This stud of a wrestler cannot be stopped. He claims the mat with an authority that no opponent can compete with! We will continue his journey through the season with him as he continues to dominate the game.

Clubs and Orgs had the opportunity to meet with Student Council this week. They discussed how to further unify the student body, along with important upcoming events. Together, team captains, presidents of clubs, and the Student Body Officers are so excited to continue transforming CV students into a CV family.



BROOKLYN RUSHTON
ENGLISH STERLING SCHOLAR



COURTESY AMY THORPE

Gateway Students help bring dreams to life on stage

by Amy Thorpe

TEACHER, GATEWAY ACADEMY

"Okay everybody, today we are going through blocking," says Miss Dail to her peers. "We need Hazel, Iris, Markus and Harold to enter from the left." Dail directs her fellow actors. The students are rehearsing during their lunchtime a play written by Aspen Dail, a 6th grader at Gateway Preparatory Academy. The play is not for an assignment in any class, she has written the six-scene play on her own time, complete with stage direction.


One month ago, Miss Dail began by arranging for space in a teacher's classroom. She arranged to work during lunch on Mondays and

invited friends to try out for a part. She held tryouts over two lunch breaks and cast the play. (Everyone earned a part, some as tech crew.) The script is projected on the wall as they rehearse. Miss Dail gives clear, positive feedback after each scene is rehearsed with every cast member getting direction on where they should be in the scene and what the expectations are for acting.


In an interview with Miss Dail, she shared she began writing plays in second grade, although she doesn't remember finishing a complete play until 5th grade when she wrote, cast and performed, "The Librarian's Secret." Participating in local theater with CCCMT has helped. This is where she

learned about the audition process, blocking and rehearsing a play. To enlist actors, she asks her friends if they want to be in a play. "It's fun! You learn a lot and I've made friends," she stated.

This week they are rehearsing, "Entity." It is a play about a young girl who encounters good and evil entities and learns to recognize them and their interactions in her experiences. When asked how she comes up with ideas for her plays, she stated, "I get ideas from peers and YouTube." She said she thinks about the storyline and then writes it out, filling in details as she revisits the working script. Miss Dail wants to be a writer, like her dad, when she grows up.




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What happens to pets after you're gone?

Many people have pets. Perhaps you have wondered what would happen to your pets if you were no longer able to take care of them. Below are answers to the most commonly asked questions.

Can I provide for my pets if I am unable to take care of them?

Yes, you can. The law allows you to choose a caretaker for your pets. If you become sick or disabled, you should designate the custody and care of your pets to a friend or relative until your

explaining that you have pets at home that depend on you. List their names, what kind of pet and what care they need. You may wish to include the name and phone number of a friend or relative who can gain legal access to your home or yard.

In conclusion, your estate planning can entail issues related to the care of a pet. Pets can be a very important part of one's life. If your pets are very important to you, do not neglect to plan for them when considering your estate planning affairs.



GETTY IMAGES

health improves. You do this by writing a note or a document that authorizes someone to care for your pets in your absence.

Can I provide financially for my pets during my illness or disability, or after my death?

Yes. During any sickness or injury, the person who is handling your financial affairs can also be given the power to provide for your pets. You may provide funds to your caretaker for food, supplies and veterinary care.

Can I create a trust just for my pets?

Yes, the use of trusts is allowed to provide for the care of an animal. You can set forth your wishes for a caretaker of your choice, and direct how funds may be spent. You can provide that in special circumstances, such as an illness or emergency.

If I can't find a caretaker, can I name an organization that cares for animals?

Yes. You can provide a cash gift to be held in trust for the benefit of your animals and upon your pets passing, the balance can pass to the animal charity. You may wish to state your wishes as to the new home for your pets including pet names, and any special needs. Gifts to shelters or an animal sanctuary of your choice are considered charitable donations and can bring tax savings.

What else can I do to protect the pets I love?

You could carry a note in your purse or wallet

obituaries

Pamela W Redington



Pamela W Redington, 78, quietly passed away on the morning of Saturday, February 5th, 2022.

Pamela was born to Blaine and Wanda Anderson Wood on December 6, 1943, in Cedar City, Utah. Pam was raised in Cedar City where she spent her childhood learning and honing her many skills and talents as a seamstress, pianist, and typist among many other things that she learned from her mother.

Pam attended East Elementary, Cedar Jr. High School, and Cedar High School, graduating in May 1962.

Pamela had three children, Kirk Allen Orton, Kevin W Orton and Camille Woolsey.

Pam's employment included El Escalante Hotel, Dairy Freeze, First Security Bank, SUU Dean of Students Office, Utah Shakespeare Festival as correspondence Secretary to Administrative Assistant, and Executive Assistant. She loved working for the festival and made many lifelong friends. She retired in 2013 after working over 25 years for the festival.

Pamela married Boyd D Redington on January 23, 1988, and they were later sealed in the St. George Utah LDS temple on May 28, 1993. Pam was a lifelong member of The Church of Jesus Christ of Latter-day Saints.

Pam was a beautiful pianist/organist and played for many social and civic functions as well as at her church and served a brief calling as the organist at the new LDS temple just up the street from her house. She could play almost anything and read music as well as played by ear.

Pam and Boyd spent a lot of their free time traveling and taking photographs. She loved to travel the world. Her favorite trip was to Italy in 2005 with many friends and coworkers from the festival. She often spoke about this trip and all the wonderful sights they went to.

Pam was also a very talented seamster and always offered to sew curtains, valances or any other items for family and friends.

Pam also loved to paint. She was always painting an accent wall in her home or a furniture item and loved to decorate and always offered to help when anyone was redecorating.

Pamela was also a manicurist on the side and loved to do nails.

Pamela was preceded in death by her parents, Husband Boyd D Redington, Daughter Camille Woolsey, brothers Robert Courtney (Phylis) Wood and Christopher Martin Wood.

She is survived by her sons Kirk Allen (Dede) Orton, Kevin W (Rebecca) Orton, Son in Law Charles Woolsey, 12 grandchildren, 33 Great-Grandchildren and 8 Great-Great-Grandchildren, Boyd's children and posterity and her beloved dog Penny.

Funeral Services were held on Thursday, February 10, 2022 at 11:00 am at Southern Utah Mortuary. A viewing was held on Wednesday, February 9, 2022 from 6:00-8:00 pm at the Mortuary and again on Thursday, February 10, 2022 from 9:30-10:30 am at the Mortuary. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent to www.mortuary.org. The family would like to give a special thank you to Our House Assisted Living Center and Intermountain Hospice and Rose Beecher for taking such wonderful care of mother over the last year.

Now with a Panguitch Office at 46 North Main Street to Serve Clients in and around Garfield County Jeffery J. McKenna is a local attorney whose practice has been focused on Estate Planning for over 20 years. He is licensed and serves clients in Utah, Arizona and Nevada. He is a shareholder at the law firm of Barney, McKenna and Olmstead. If you have questions you would like addressed in these articles, please feel free to contact him at 435 628-1711 or jmckenna@barney-mckenna.com or visit the firm's website at WWW.BARNEY-MCKENNA.COM, he would enjoy hearing from you.

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obituaries

Trudy Jean Schoppmann Milne



Trudy Jean Schoppmann Milne was born on November 6, 1953, in Cedar City, Utah to Ira and Beverly Schoppmann. As a child, Trudy loved being with her Grandma Olds and Grandma Hallman, to whom she credited her amazing baking and homemaking skills.

Following high school, Trudy moved to Las Vegas, Nevada to attend Cosmetology school and shortly thereafter married Clare Dean Milne. Trudy unwaveringly supported her husband as he pursued his medical degree and moved the family around the western United States, namely

to Utah, Arizona, California, and Nevada. During this time, Trudy became the very proud mother of three children and the family ultimately made Las Vegas their home. Trudy thrived at being a homemaker. She loved animals, especially poodles. She was a woman of great faith, exemplifying her faith and love of God and her Savior through her example of love and service.

Trudy saw the good in everyone and taught her children, "If you don't have anything good to say, don't say anything at all." She was an amazing baker and cook. Trudy brightened up any room she entered with her smile and laugh. She could strike up a conversation with anyone, anywhere. Trudy genuinely cared about others and had a talent for making everyone feel loved, needed, and special. Trudy enjoyed music and dancing. She was so very fun to be around.

Erica, Mike, and Natalie will forever treasure their trips with their mother to Lake Powell, Disneyland, the beach, and the cabin. Above all, Trudy was the perfect mother. She exemplified unconditional love and always put her family first.

Trudy's children each credit their academic, profession, and family-life success to her amazing motherly example. Trudy passed away peacefully surrounded by all of her children on February 5, 2022. Trudy's fire will live on through her children: Erica Gold, Michael (Laura) Milne, and Natalie (Edward) Burns and her ten grandchildren: Tyson (13), Eli (12), Zachary (11), Taylee (10), Ari (6), Zane (6), Emma (5), Gracie (4), Aubrey (3), and Kenzie (4 months).

Trudy is survived by her three sisters and one brother and predeceased by, but has been reunited with, her parents Ira and Beverly Schoppmann. Services will be held on February 19, 2022, starting at 9:30am at the Southern Utah Mortuary in Cedar City, Utah. Funeral Services under the direction of Southern Utah Mortuary.

Pennie Ashworth Sanford



Pennie Ashworth Sanford, our beloved Mom, Grandmother, Aunt, and Friend returned home to her Father in Heaven on February 2, 2022, in her husband's arms. She was born June 27, 1951 in Cedar City Utah. She was the first child born to Harold William Ashworth Jr. and Marla Arns Ashworth. She loved growing up in a small town and was very close to her brother and sister. They were always outside playing or riding their bikes. They loved Cedar Canyon and would camp at Mirror Lake in the summers.

She was on the track team in high school. A girl scout for over 10 years and spent her teenage years babysitting for others. Her favorite things to do were to cook and taking care of her family which was the most important thing to her. Her Motto was "There's always room for one more." Her nieces and nephews would visit in the summer then she would take them to Wet and Wild.

She was an active member of the Church of Jesus Christ of Latter-day Saints. She was Relief-Society president, Primary President, Young Women's President, Primary teacher, Relief-Society counselor, ward missionary, ward and stake history specialist, ward newsletter editor and visiting teacher. She loved temple and genealogy work. She wants her family to remember her strong testimony and her love for the Lord.

She became an EMT in St. George Utah and ran on the volunteer ambulance service for 4 years. She and her sister hiked the Grand Canyon twice. Being a mother and grandmother were the joys of her life. She and her husband enjoyed many years after his retirement. She married the love of her life, David Glen Sanford in the Salt Lake Temple August 18, 1972. They were married over 49 wonderful years. They had two children Jeffrey of Phoenix AZ, and Marla (Rick) of San Tan Valley, AZ and three grandchildren Emily, RJ and Rachel.

She is also survived by her brother Stephen (Evelyn) Ashworth of Cedar City, UT, a sister Marsha (Roy) Myhousen, of Phoenix, AZ and a half-brother, Glenn (April) Dickman of Hurricane, UT and numerous nieces and nephews. She was preceded in death by an infant daughter Glenda Lee, a half-brother Gary, and her parents Harold William Ashworth Jr and Marla Arns Ashworth. Funeral services were held Saturday, February 12, 2022. Burial at the Cedar City Cemetery.

Aaron Glen Heaton



Aaron Glen Heaton, born July 8th, 1996, lost a courageous battle with addiction on February 6, 2022. He went home to his Dad (Glen Heaton) who passed away just 7 short months ago. Aaron was born in Murray, UT but lived a short while in Dallas, TX and the majority of his life in Cedar City, UT. Aaron was born to amazing parents as a "miracle" baby.

He was needed in this life for many reasons and has blessed so many lives. He was "hell on wheels" since the day he could walk and brought challenging joy to his #1 fans, his parents.

Aaron was a very talented, smart, and positive person. He was crazy funny and always had a joke or sarcasm to share. An example of this is; in a Father's Day card to our Dad, he once wrote, "I am a very sexy and muscular Son. You should be glad." He had a heart bigger than life and literally loved everyone he had a relationship with. He loved his family, his friends, but more than anything he loved his little boy (James Michael Heaton). He wanted nothing more than to be a good father to James and he was able to do just that. He also wanted to be the best co-parent he could alongside James' Mother (Cheyenne Mara Villa Rowe). Regardless of Aaron's circumstance, he always made sure James knew that Daddy loves him. Aaron will always live within James and now that little boy has one of the most fierce Guardian Angels in existence. If you know Aaron, you know he will protect James with nothing less than all his might. What a lot of people don't recognize about Aaron is his strength. He may have lost this battle but he had a determined mindset greater than most. This addiction is just a small blip on his life journey and shouldn't be looked at as anything else.

Aaron was a natural athlete and literally could pick up and be the best at any sport he tried. His passion was soccer but he was fully dribbling a basketball before he was three years old. He tried baseball one year and made the All-Star team. He LOVED the Utah Jazz. There were many text conversations during every Jazz game critiquing their plays, wins, and losses. He was never one for grades in school but the kid absorbed all the information and was incredibly smart. Aaron always knew how to make people smile. He could sense their mood and adapt his personality to make sure people felt loved and happy. Aaron loved to spend time in the outdoors with his father and brothers. He had a life full of hunting, fishing and had experiences that many don't get to enjoy in their childhood.

Based on Aaron's most recent social media post just two days before his passing, I believe he would want a message sent to those struggling with addiction in the world. Addiction is ugly, it's strong, and it will control you. It will force you to make poor decisions that will affect your entire life. It will cause bridges to burn and life will become very lonely. You will go through literal Hell. However, if you have the strength and courage, you CAN beat it. You have to WANT it even through the lowest of low times of your life. Aim and FIGHT for the things that bring you true joy and happiness. Reach out to those that love you but don't take advantage of them, don't be afraid. Others will judge you and that's okay. Prove them wrong, show them who you really are, don't give up, and fight, fight, fight like you never have before! YOU CAN BEAT THIS!

Aaron is survived by his son James Michael Heaton, his Mother Denise Heaton, his Brothers, Matthew (Kara) Heaton and Jordan (Cindy) Heaton, Sister, Camille Heaton-Peterson, Niece, Giana Heaton, Nephews, Zane, Silas, Ever, and Macklin, Grandmothers, Ellen Gray and Ilene Caldwell, and Grandfather, Luis Lopez. He is preceded in death by his Father Glen Chryst Heaton and his Grandfather, Volma Heaton.

Celebration services will be held privately with his family in St George, UT so he can be laid to rest with his Father. In lieu of flowers, you can make a donation to the addiction recovery non-profit of your choice.

Online Condolences can be sent to www.mortuary.org.

Tiffany Nichole Nelson



Our beautiful Tiffany Nichole Nelson walked on to her next journey of life on February 8, 2022, in Duluth, Minnesota, at the age of 37. Tiffany was born December 18, 1984, in Sandy, Utah. She had the most charismatic way and loved showering others with gifts. She had the kindest heart and one of her greatest strengths was unconditional love. She had such an array of friends from all walks of life and seemed famous when family asked her to stop stealing their popularity!

She grew up in Enoch, Utah, enjoying all of the country life she could in the valley nestled outside of Cedar City. She could often be found

running with her older brother, Jeramie, and younger sister, Brittany, exploring many adventures such as swimming in the horse trough, chasing frogs, playing baseball and enjoying other fun times.

Tiffany's strong curiosity for life meant she often asked thought-provoking questions beyond explanation, and she could often be found debating with friends and family as she sought greater knowledge.

She graduated from Canyon View High school where she competed in softball, Girl's State, Student Government and Choir. During high school, Tiffany ran for student government and won with a poster of her face on the copy machine and the slogan—Do the Bright Thing. Tiffany overcame many challenges in her lifetime and repaid her debt to society.

She relocated to Duluth, Minnesota, and spent time tracing her ancestral and personal footsteps and enrolled in university. She excelled quickly, received many awards and earned a Bachelor of Science degree from University of Wisconsin - Superior in 2020 with a minor in First Nations Studies, Magna Cum Laude Honors.

Tiffany also received the gift of life. Her beautiful three-year-old son, Ma'Kai Giiwedid Floyd Miller was everything to her, and she took him everywhere, including the college campus. He became the youngest student on the campus of UWS. The college faculty and students embraced this beautiful child.

As a family, we are honored to carry on Tiffany's legacy with Ma'Kai Giiwedid with support, love, kindness and an understanding of his cultural-ways-of-being. He is forever loved.

We will miss her strength and courage to stand for justice. In her words, Ride or Die—No Regrets.

Tiffany is survived by her son, Ma'Kai Giiwedid Floyd Miller (Duluth, MN); Mother, Jeanne Nelson (Duluth, MN); sister, Brittany (Cory) Bulloch; brother, Jeramie (Shannon) Kerns; and many nieces and nephews. She married, 2010, Tommy Barton (deceased).

Celebration and honor of Tiffany: Viewing: Thursday, February 17, 6-8pm, Southern Utah Mortuary in Cedar City, Utah. Funeral Services: Friday, February 18, 11am at Fiddlers Canyon Church, 2015 North Wedgewood Cedar City, UT. Interment will be at the Cedar City Cemetery under the direction of Southern Utah Mortuary.

The family asks that anyone who has stories and or photos of Tiffany or Ma'Kai Giiwedid create a Photo Book for him to have as a keepsake. Flowers and donations are graciously appreciated.

James Robert Raymond



James Robert Raymond "Jim" passed away on January 30, 2022, at his home in Cedar City, Utah. He was born on November 30, 1955, in Reno, Nevada to Eugene Joseph and Winona Jean Brewer Raymond. He graduated from El Molino High School and from Santa Rosa California Junior College. He married Juanita Rae Langmaid Douglas on May 18, 1996, in Bend, Oregon.

Jim served with the Sonoma California Police Department and the State of Oregon Police Department. He was a member of the Church of Jesus Christ of Latter-day Saints and enjoyed traveling and fishing.

But Jim's favorite job, and most important in his life, was the 15 years spent as a uniformed police officer for the Sonoma California Police Department and the next 20 years working with the Oregon State police, Law Enforcement Data System. While working at LEADS, he also had to undergo Kidney dialysis while working full time. "Once a cop-always a cop." He loved it.

He is survived by his wife Juanita of Cedar City, Utah. His children, Kelly Kathleen (Vincent) Young of Hatch, Utah, John Howard Douglas of Sonoma, California and Steven Andrew Douglas of Leggett, California. His sister Norma Simnick of Santa Rosa, California, brother-in-law William (Lisa) Langmaid of Yreka, California. Along with 4 grandchildren and 1 great-grandchild.

He is preceded in death by his devoted foster mother, Georgia Cox Archer.

Graveside services will be held on Wednesday February 16, 2022 @ 11 am at the Cedar City Cemetery. Arrangements are being handled by Southern Utah Mortuary. Online condolences can be made at www.mortuary.org.

obituaries

Mark Calvin Babcock



October 4, 1963, to February 7, 2022
Mark Babcock, our loving son, father, brother and friend to many passed away peacefully in his sleep Sunday night, February 6, 2022, after a difficult bout with COVID. Mark was born October 4, 1963, in Salt Lake City, Utah to Calvin and Annette Babcock. Mark was raised in Murray Utah and spent many happy years growing up with his family and many friends in the Vine Street neighborhood.

Mark loved sports and played on many little league and church teams. He learned many skills in scouting with his Dad Cal as his scout leader and earned his Eagle Scout Award. He loved his happy growing up years in the South Cottonwood 9th Ward. Mark graduated from Cottonwood High School and served a mission for the Church of Jesus Christ of Latter-day Saints to the North Dakota and Houston Texas areas.

Mark married Julie Ahlberg and they had 5 wonderful children together that he loved and cherished with all of his heart. Mark worked for

his grandfather's business, Les Olson Company for his entire career. After living and working in the Salt Lake Area he and Julie moved their family to St. George where he was a pioneer for the company in the southern Utah area and helped bring sales and service growth to that part of the state. Mark and Julie later divorced and Mark moved to Utah County where he helped the company grow the Managed Print Division.

Mark, aka - "dodgermarky" enjoyed traveling to new places and with his love of sports he combined many memorable trips with his family to attend BYU games and of course his LA Dodgers. He was a true and loyal fan to his teams. Mark was so fun to be around and always in the know on the latest sports developments. His genuine love of the game and people combined for a perfect combination of making friends and easy conversation. Mark's greatest happiness was to be with his family who will miss him until they meet again.

Mark is happily reunited with his infant son Trevor Mark Babcock, who preceded him in death. Mark is survived by his children, Alexandra Stone (Matt), Danielle Gunter (Sean), Zachary, Travis and Courtney, his parents, Calvin and Annette Babcock, sisters Leslie Stahle (Scott), Tammy Peck (Greg) and his brother Chris Babcock.

He is also survived by many nieces, nephews, aunts, uncles, cousins and friends. Addie, his Australian Shepherd will miss riding on the front seat of his truck with him. Mark was loved!

A viewing was held Saturday, February 12th (3-5:30pm) at Spring Creek Utah County Mortuary, 737 N. Main Street in Springville, Utah. Funeral Services were held Monday, February 14 (noon) with a viewing preceding the service (10-11:30am) at Spilsbury Mortuary, 110 S Bluff Street, St. George, Utah. Interment followed at Tonaquint Cemetery, 1777 S Dixie Drive, St. George, Utah.

"Those we love don't go away, they walk beside us every day" We Love You Mark!

Michael Dean White



1964-2022

Michael Dean White 57 passed away from heart complications in his home and was found on February 1, 2022. Michael is survived by his parents Thomas & Tressa, his siblings Julie (Rick), Deanna (Carl), Kathy, & Merrill (Holly), as well as his children Paul (Amanda), Amanda (Tyler), Daniel, & Karter. Michael is also survived by his 4 grandchildren Luke, Zandi, Haylee, & Waylon.

Michael was born November 10, 1964, to Tom & Tressa White in Reno,

NV. Michael was a hard worker, and enjoyed success managing a glass shop in Las Vegas for Fast Glass, as well as scheduling a crew for Imperial Window in Cedar City. Michael was reserved and soft spoken. When he spoke it had meaning. Michael was an excellent provider and put his family first in many situations. He enjoyed gardening, and he always had a project he was working on. He will be missed. A celebration of life will be held on February 26th, in Sparks, NV.

Robert Ferrel Spencer



Robert Ferrel Spencer completed his earthly sojourn on February 9, 2022, leaving a legacy of a faithful life well lived. He was born in Cedar City, Utah, on June 23, 1946, the second child of Ferrel Guernsey Spencer and Alta Woodard. Robert was raised in Glendale, Utah, in a loving home with four sisters and three brothers whom he cherished and tried to encourage throughout his life. His parents taught him to love well and work hard, and he enjoyed success in the classroom, on the basketball court, and on the

track field. He was drawn to gospel study early, and served as his high school's seminary president. His affection for his abundant extended family, high school classmates, coaches, and mentors in the Long Valley area remained strong throughout his life.

Robert attended the University of Utah as a freshman. Ever resourceful, he supported himself by working nights as a caretaker for elderly residents in the old Belvedere Hotel and sweeping the floors at Sears in the early morning hours. While he must have been exhausted, his bright intellect and hard work helped him achieve academic success. He left school intending to serve a mission but instead was drafted to serve in Vietnam, making stops at Fort Polk Louisiana and the Oakland Army Base along the way. He was always grateful that his academic prowess and typing skills earned him the position of company clerk, which kept him back from the front lines when he arrived in the war zone. He was also set apart as an LDS missionary during his time in Vietnam. Upon returning home, Robert was called to serve another LDS mission to Chile. He then attended Southern Utah State College (now SUU) where he met his beautiful, devoted wife, KristyLynn Jensen, and served as the LDSA president.

Again he worked hard, this time chopping timber and managing a summer mountain lodge, to support his academic endeavors and his young family. Upon graduation, he moved his family to the Phoenix, AZ, area to complete a master's degree at the American Graduate School of International Management (now Thunderbird School of Global Management). After graduating, Robert had a successful business and entrepreneurial career and eventually became the CEO of Fjellstad, Barrett and Short, the largest property management company in the Phoenix area at the time. He continued to serve his country and community during these years by hosting civic education courses and serving in positions of responsibility in state and local political campaigns. Eventually, he returned with his family to Cedar City where he lived the last 28 years of his life.

Robert was an avid BYU fan and an enthusiastic sports fan in general. He loved to write poetry for the enjoyment of family and friends. He also loved to study scripture and history. Spending time with his children and grandchildren brought him great joy. Robert served faithfully in his LDS church responsibilities as a counselor in three bishoprics, high counselor in two stakes, and a dedicated home teacher as long as his health would allow. He was known for offering a helping hand and personal resources to help anyone he found in need.

For over three decades, Robert fought bravely to live a full life amidst his severe challenges with Parkinson's Disease. He received great support and encouragement from his friends at Rock Steady Boxing and the Southwest Parkinson's Support Group. His unshakeable faith never wavered even in the midst of overwhelming pain and physical challenges. This suffering, he said, brought him closer to his Savior than he could have come by any other means. He kept his unflappable sense of humor and contagious laugh through good times and bad. He used his abundant gifts and abilities to raise a large family, achieve academic and business success, serve his God and country, and bless the lives of all those who knew him. He was a friend to everyone he met and one of those rare souls who always finds satisfaction in the good fortune and well-being of others. Throughout his life, people around him quickly sensed his loving nature and willingness to serve anyone in need. He was a true follower of Jesus Christ.

He is survived by his loving wife, Kristy Lynn Jensen; children Amber Madsen (Michael), Allison Renshaw (Michael), Reagan, Adrienne, Bethany Fotu Male (Wilson), Hillary, Gabrielle Gonzalez (Eddy), and Jens; and 19 grandchildren; siblings Myrna Cox, Penni Carter, Joann Lamb, Tina, Daniel and Thomas; and father-in-law Elwood Jensen. He was preceded in death by his parents, Ferrel Guernsey Spencer and Alta Woodard; brother, Richard; and mother-in-law, AllaMae Jensen.

Funeral Services: Saturday, February 19, 11:00am, 95 N. 2125 W. Cedar City, Utah. Viewings: Friday, February 18, 6:00-8:00pm, Southern Utah Mortuary, 190 N. 300 W. Cedar City, Utah. Saturday February 19, 10:00. 95 N. 2125 W. Cedar City, Utah. Interment: Glendale, UT Cemetery, under the direction of Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.com.

Douglas Smith Vance



Douglas Smith Vance, age 93, returned to his Father in Heaven and reunited with his beloved wife, Marci. Douglas was born on January 2, 1929, to William Harrison Smith and Lucille Adeline (Martin) Smith in Fresno California. He was the oldest of five children. His parents later divorced and his two sisters stayed with his father and his two brothers with his mother. Doug was 15 when they moved to Douglas, Arizona. When his dad was ready to move again, Doug told his father he wasn't going to

move and that he wanted to stay and finish school so his dad gave him \$25. Doug worked part time and no place to live. After residing with three different caring families, Doug became acquainted with Norman Vance. Norman's mother, Hazel Vance asked him if he would like to live with their family. Later John and Hazel Vance contacted his father and asked for legal custody. Permission was granted and his name was changed to Douglas Smith Vance.

After he graduated from Douglas High he headed for Tempe, where he went to Arizona State College. While at college he met his sweetheart Marcella Smith in October 1950. They were later married June 3, 1951, in Phoenix Az.

He continued his education and in 1964 he received his master's degree in Elementary Education and Administration. In 1971 he received his Doctor of Education at Arizona State University.

He served in various educational positions all the way from classroom teacher, elementary school principal, director of elementary education and assistant superintendent elementary education. He served in the United States Army from September 1954 to September 1956.

He served in various community activities; Mesa and Phoenix YMCA board of director. He was on the City of Mesa zoning commission and fundraisers. He was an artist, loved bird watching, fishing, working outdoors in the yard.

At age 90 he was baptized May 4, 2019, into the Church of Jesus Christ of Latter-day Saints. On September 10, 2020, he was sealed to his eternal companion for all time and eternity in the Cedar City Temple.

He is survived by his son, DJ (Nancy) Vance, 17 grandchildren, 67 great-grandchildren and 1 gg-grandchild. His brother Larry (Marilyn) Charles, Oregon, and sister Audre Trull, Oregon.

He is preceded in death by his wife Marci, his brother Bruce Anthony, and sister Rhona Epperson. Online Condolences can be sent to www.mortuary.org.

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faith

GOD'S
playlist

Corey Baumgartner

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When was the last time someone asked you how you're doing? Did they just say, "Hope all is well" and leave it at that? When was the last time you truly responded? We've all evaded such questions with responses of "Fine, or O.K." and that seems to do the trick—people don't want to pry. Do we not offer the truth because we feel the level of love (caring) is more out of curiosity, or a customary greeting?

I get it. You're not trying to be secretive, cryptic, or ungrateful for their attempt to care, you just need more assurance before you share. And if you don't share, that's fine, too. Not everyone needs to know your "business." For those who want to know the truth and do something about it, may I suggest such a person is not being stubborn or secretive, nor would it be prying to ask a follow-up question

"Truth Be Told" (Matthew West)

to let them know you really want to know how they're doing, so you can do something about it, if possible.

Sometimes, especially when life's struggles become so difficult, you need to know that a person is more invested beyond "Call me if you need anything." That's a nice sentiment, but when someone is drowning it's hard to reach out, let alone give detailed rescue directions and stay afloat. Which, I know this sometimes makes people upset and give up because your sickness/healing isn't coinciding with their efforts and schedule. Worry gets in the way and many get frustrated and give up instead of finding another way. That's why we have this song. It's easier to say "I'm fine" than jump through all the hoops that seems to come with helping each other.

Perhaps you don't have someone you can truly trust, or feel safe in telling that you're not fine, that your life is falling apart...I understand. More importantly, God understands! Perhaps that's why Jesus says, "...[Come as you are] to the weary,

burdened and sick (Matthew 11:28). He also knows that sometimes we need people more than prescriptions; compassion and companionship more than meals and medicine. He knows the worst kind of illness is isolation.

Mercifully, part of the Atonement of Jesus Christ is about comforting us. He is our Perfect Savior because He truly understands, comforts, strengthens us in our times of sorrow, not just during temptations (Hebrews 2:18, 1 Corinthians 10:13). That's why He counsels us to cast our burdens upon Him (1 Peter 5:7) and why we can trust Him to be there in our darkest hours because He understands exactly what we are going through (Isaiah 41:10). He can promise and provide peace because He has overcome all things (John 16:33).

Nevertheless, whatever illness, battles, temptations, worries, you are fighting today, don't give up. You're not alone. You don't have to have it all together. Regardless of the intention, intervention of others, the Lord loves you and is with you. That's the greatest truth of all.

Explore & Know: The God of many second chances & hope – Part 5

DIFFICULT QUESTIONS & TRUTH 101.56

by Edy Meredith

FOR IRON COUNTY TODAY

Spring has sprung. In days, bare branches will change to billowing boughs of pink and white blossoms. Nature reminds us of the Creator's bounty and that God the Father "... makes His sun rise on the evil and on the good and sends rain on the just and on the unjust." (Matthew 5:45) Following that Jesus gives a countercultural command: "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you...That you may be children of your Father in heaven." in verses 43-45. While there will be a time of God's judgment, until then God graciously gives good things, even to those who hate Him. (James Madison who helped write the U.S. Constitution gave a warning to future Americans, however, that when a nation becomes very evil, God sends natural disasters, disease, and calamities like weather, storms, earthquakes, and fires as warnings of God's disap-

proval. Certainly, our country is and has experienced such events in the last decade and ongoing.)

The Apostle Paul states in Romans 5:3 that those who have been justified by faith "have peace with God through our Lord Jesus Christ...we also

exhortation, we must conclude that the human spiritual maturing process involves a continual positive and hopeful attitude and reliance on our Creator God. When discouraging and even depressing news floods our nation's airwaves and print news, then we turn

And why am I disquieted?" When my focus is on me and my circumstances, hopelessness can set in. The Answer: Hope in God and trust in Him. Put your trust in Him. He promises to never leave us or desert us.

He is the God of second

lightens darkness while not denying the reality of dark and painful events; 4) Hope increases faith while faith fuels hope and hope fuels faith in a circle of light; 5) Hope is infectious and can inspire others by motivating them; 6) Hope is healing. Frequently those who are depressed are because they feel hopeless, causing all of us to remember that there is always a way out through hope; 7) Hope is practical and motivates to action; 8) Hope purifies and inspires us to persevere to the end in holiness; 8) Hope purifies and rids the individual of bad habits causing us to look up in anticipation; 9) Hope stabilizes us. While a storm may surround us, the quiet of God fills us with His joy and hope. We are anchored to His love through the second and multiple chances He provides for our repentance and return to Him.

Our Hope is not in this human world, which is quickly passing away, but our hope is in the Eternal Creator—the Tribune God of the Bible, the Union of Father, Son, and Holy Spirit. "Hear O Israel, the Lord your God is One", our God and Creator of second chances. What can we learn next time from the thief on the Cross? I will also have a gift next week for my readers. Looking forward to more encouraging thinking. See you then.



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glory in tribulations, knowing that tribulation produces perseverance, and perseverance, character; and character, hope" to let us know that hope is the result of a mature faith in God. There are 151 uses of the word "hope" in the Bible. With its approximately 1,200 years of written history and

to hope in a big way. Is it hope in ourselves, our families, and educational institutions? No because we find failure in those as well. When brothers and sisters castigate us, we do as the psalmist demonstrates. Throughout Psalms 42, the writer continually asks "Why am I cast down, O my soul?"

chances for the following Biblical reasons: 1) Hope from God moves us forward with realistic expectation and joyful longing for future good and glory based on the reliable word of God in the Bible; 2) Hope energizes the present with a belief in a brighter eternal tomorrow; 3) Hope

sports

SCORES + RECAPS FROM IRON COUNTY COMPETITION

CV BOYS SWEEP WEEK, WIN REGION 12 CROWN

by Tom Zulewski

IRON COUNTY TODAY

For all of its early-season struggles, the Canyon View Falcons boys basketball team found its footing at the perfect time. On Feb. 9, CV survived a last determined opponent and pushed its first big goal over the finish line.

Andrew Barnes scored 24 points, and Canyon View pulled away in the fourth quarter to a 61-52 road victory over the Richfield Wildcats, clinching the Region 12 championship. The Falcons led by nine after the opening quarter, but saw Richfield slice the margin to just two points at 33-31 heading to the fourth.

With the help of long-range shooting, CV kept the Wildcats at bay, outscoring them 28-21 over the final eight minutes to set off a post-game locker room celebration. Four different players hit two 3-pointers each in the victory, and the Falcons shot 75 percent (15-of-20) from the free-throw line.

Canyon View finished the regular season at Grand on Feb. 11 and routed the Red Devils, 75-43, to finish Region 12 play with a 7-1 record – the only loss coming at Emery by just two points. Cole Springer led four players in double figures with 17 points as the Falcons raced out to a 40-20 halftime lead and never looked back, improving to 10-12 overall. CV was also a

perfect 19-for-19 from the free-throw line.

Skylar Hignite added 15 points for Canyon View in the win, Jace Farrow chipped in with 14 and Davey Evans delivered with 12. CV earned the No. 12 seed for the 3A state playoffs and will host the Delta Rabbits in an opening-round game that tips off at 7 p.m.

Friday's Game

CANYON VIEW 75, GRAND 43

Canyon View	19	21	21	14	--	75
Grand	8	12	14	9	--	43

Canyon View – Springer 17, Hignite 15, Farrow 14, Evans 12, Barnes 6, Maine 4, Kadous 3, Malcom 2, Gardner 2. Totals 24 19-19 75. 3-pointers – Springer 2, Hignite 2, Farrow 1, Evans 2, Kadous 1.

Grand – Berry 14, Carroll 6, Crane 8, Gerber 1, Reed 8, Thompson 4, York 2. Totals 15 13-24 43. 3-pointers – None.

Canyon View	12	10	11	28	--	61
Richfield	3	13	15	21	--	52

Canyon View	12	10	11	28	--	61
Richfield	3	13	15	21	--	52

Canyon View – Barnes 24, Kadous 11, Hignite 8, Farrow 8, Evans 6, Malcom 4. Totals 19 15-20 61. 3-pointers – Barnes 2, Kadous 2, Hignite 2, Farrow 2.

Richfield – Chidester 14, Archibald 13, Hafen 10, Brower 7, Holroyd 5, Barnett 2, Moon 1. Totals 18 8-14 52. 3-pointers – Archibald 3, Hafen 2, Brower 2, Holroyd 1.

Reds split, close in on playoff home game

by Tom Zulewski

IRON COUNTY TODAY

When a strong team turns up the heat on the defensive end of the floor, it can rattle the confidence of the opponent and cause problems that make for a long night. The Desert Hills Thunder delivered the pressure and came through with another big victory.

Senior Julia Jacobsen led all scorers with 21 points, and Desert Hills shut down Cedar in the second half to come away with a 52-31 road win Feb. 8. The Reds trailed 28-19 at the half, but went without a point for the first five minutes of the third quarter as the Region 10 champions broke the game open.

“Their defensive pressure took us out of everything we wanted to do,” Cedar head coach Corry Nielsen said of the Thunder. “Their guards are very physical and do a great job of controlling the pace of the game.”

Cedar was outscored 16-4 in the third quarter and Desert Hills never trailed, frequently finding lanes to the basket and converting opportunities from close range. Alivia Cluff added 10 points in the win for the Thunder, who finished the regular season



Cedar's Kiara Hansen goes up strong to the basket to score 2 of her 10 points on a tough night for the Reds.

COREY BAUMGARTNER

unbeaten for the second straight year and extended its region winning streak to 30 in a row.

Sophomore Kiara Hansen led Cedar in the loss with 10 points. The Reds also made 10 of 13 free throws (77 percent).

“Their defensive pressure took us out of everything we wanted to do”

**Corry Nielsen,
Cedar head coach**

On Feb. 10, Cedar rebounded with a 56-48 win over the Crimson Cliffs Mustangs to improve to 5-6 in Region 10 play and 10-9 overall. The Reds got 25 points from Braylee Peterson and 12 from freshman Annalyse Shimada as they built a 20-point lead through three quarters before bringing home the victory.

Through games played Feb. 10, Cedar sits at No. 8 in the RPI rankings. The Reds closed its regular season with a home game against the Hurricane Tigers on Monday night, a game that was too late for press deadline.

Final RPI and pairings for the 4A state basketball tournaments are scheduled to be released today, and opening-round games happen at home sites Friday. The 4A state tournament will be played at Burns Arena in St. George starting Feb. 21.

Cedar boys get split, improve playoff position

by Tom Zulewski

IRON COUNTY TODAY

Senior Aaron Munson and junior Stockton Albrecht scored 17 points apiece, and the Cedar Reds pulled away in the fourth quarter to secure a big 66-55 road win over the Crimson Cliffs Mustangs on Feb. 11. Heading into the regular-season finale, the Reds outscored the Mustangs 24-15 over the final eight minutes to keep hold of their No. 8 ranking in the RPI.

Zab Santana added 13 points as Cedar moved into sole possession of third place in Region 10 at 5-6, 11-10 overall. Reserve Ty Bronson added 11 points for the Reds.

Hudson Hawes was the only Mustangs player in double figures with 11 points, and Crimson Cliffs (7-4 Region 10, 13-7 overall) struggled at the free-throw line, making 22-of-39 (56 percent). Cedar finished 19-of-28.

In its other game of the week, the Reds couldn't get on track and fell 65-52 at Desert Hills on Feb. 9. The game was close through the first three quarters, but the host Thunder outscored Cedar 19-9 over the final eight minutes to finish off the victory. Lincoln Holmes

led Desert Hills with 20 points in the win, while Santana led all scorers for Cedar with 21 points in the loss and Munson added 15.

Both Reds seniors added 11 rebounds to complete a double-double effort.

The Reds finished the regular season with a road game at Hurricane on Tuesday, which was too late for press deadline. Final RPI rankings and 4A state playoff pairings will be

released today, and opening-round playoff games happen Friday.

The remainder of the tournament will be played at Burns Arena in St. George starting Feb. 21.



Desert Hills

65



Cedar

52

Cedar 9 14 20 9 -- 52
Desert Hills 11 13 22 19 -- 65

Cedar - Rogers 4, Munson 15, Tebbs 4, Albrecht 6, Kreitzer 2, Santana 21. Totals 20 9-14 52. 3-pointers - Munson 2, Santana 1.

Desert Hills - Turnbow 3, Jones 12, Allred 5, Olsen 10, Esplin 3, Holmes 20, Bateman 4, Holbrook 8. Totals 22 11-13 65. 3-pointers - Turnbow 1, Jones 2, Allred 1, Esplin 1, Holmes 4, Holbrook 1.

Wildcats ground Falcons

by Tom Zulewski

IRON COUNTY TODAY

As was the case in an earlier outing, the Canyon View girls basketball team was well within range to challenge its highly-ranked opponent. In the regular-season finale, the Falcons endured a similar fate to the one in that matchup.

The No. 2-ranked Richfield Wildcats closed the third quarter with a 10-2 run and continued it in the final period on the way to a 47-25 rout over Canyon View on Feb. 10. CV finished the regular season 1-5 in Region 12 and 7-11 overall.

"The big difference tonight is they hit shots. We didn't. We missed layups, they didn't," Canyon View head coach Jaycee Barnhurst said. "I told the girls they can't hang their heads, can't be upset. We didn't play badly. If we can figure out how to score in the next four days, we have a chance to win some games."

Richfield (5-1 Region 12, 17-3 overall) led 19-10 at the half, but Canyon View took advantage of cold Wildcat shooting at the free-throw line to stay close. When Jayda Gleave hit a 3-pointer midway through the third quarter, the Falcons closed within 21-17.

When Becca Poulsen answered with a 3-pointer on the next Richfield possession, it ignited the run that turned the



Myka Taylor seeks to escape her Wildcats defender and get the ball to the hoop during a hard-fought battle for the Falcons.

JR ROBINSON



Richfield

47



Canyon View

25

Richfield 13 6 12 16 -- 47
Canyon View 6 4 9 6 -- 25

Richfield - Knutson 7, Poulsen 6, Robinson 13, Willardson 16, Jones 3, Winters 2. Totals 16 12-25 47. 3-pointers - Poulsen 1, Willardson 1, Jones 1.

Canyon View - Taylor 2, Johnson 2, Nicoll 10, Gleave 7, Barton 4. Totals 8 8-10 25. 3-pointers - Gleave 1.

game into a runaway. CV would only score eight points over the final 12 minutes of play.

"I think we're playing pretty good ball, but they're a good team. They have a chance to win the whole thing," Barnhurst said.

About the only negative for the Wildcats was the free-throw shooting. Richfield was 12-of-25 from the line, but made six in a row at one point in the fourth quarter to keep Canyon View from rallying any further.

Senior Kate Robinson added

13 points for Richfield in the win and came through with several steals that kept the Wildcats comfortably in control of the game.

In the final RPI rankings, Canyon View came in as the No. 11 seed for the 3A state playoffs. They will have a bye on Tuesday before traveling to face No. 6 seed Layton Christian. The Eagles are 15-6 overall, and they finished third in Region 13 behind No. 5 seed Morgan and No. 3 Grantsville.

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PHS boys close season with win, earn No. 6 seed

by Tom Zulewski

IRON COUNTY TODAY

Brock Felder scored 26 points, and the Parowan Rams clamped down on defense to roll to a 58-37 road rout over the Beaver Beavers on Feb. 11 in the regular-season finale. With the victory, Parowan finished in a three-way tie for first place in Region 19 with a 7-3 record and improved to 12-8 overall.

The Rams raced out to a 15-2 lead after a quarter and built it to 33-8 at the half. Neither team shot a lot of free throws, combining for 11 total attempts in the game, but Parowan made 27 field goals and coasted in the fourth quarter to the win.



Shaydon Benson added

15 points for the Rams and Drake Robinson chipped in with 11 in the win. Parowan earned the No. 6 seed for the 2A state playoffs and will enjoy a first-round playoff bye before

hosting the APA West Valley-Freedom Prep winner Saturday in a 1 p.m. tipoff.

The Rams lost their hold on the higher seed when South Sevier held on for a 67-62 victory Feb. 9. Felder had a double-double of 28 points and 13 rebounds, but Parowan couldn't overcome the visiting Rams' two-headed offense of Ridge Tebbs (25 points) and Emilio Miramontes (23).

Playing at Parowan, the game was close throughout, but South Sevier outscored the host Rams 24-20 in the final eight minutes to earn the win.

	Parowan	58		
	Beaver	37		
Parowan	15	18	19	6 -- 58
Beaver	2	6	18	11 -- 37
Parowan - Felder 26, Benson 15, Robinson 11, Little 6. Totals 27 3-8 58. 3-pointers - Robinson 1.				
Beaver - Harris 10, Carter 8, Black 8, Yardley 5, Gale 4, Blackburn 2. Totals 16 2-3 37. 3-pointers - Black 2, Yardley 1.				

Ram girls fall twice, finish with No. 12 playoff seed

by Tom Zulewski

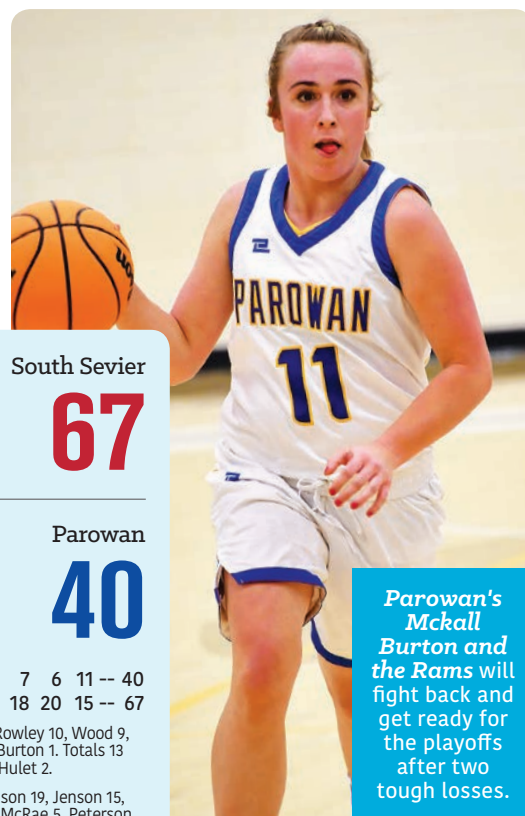
IRON COUNTY TODAY

The Parowan girls basketball team fell in its final two games of the regular season last week and will enter the 2A state playoffs as the No. 12 seed. On Feb. 8, Brooklyn Hulet scored 11 points and Kynlee Rowley added 10, but Parowan couldn't overcome cold shooting in the second and third quarters as they lost to South Sevier, 67-40.

Parowan (4-6 Region 19, 9-12 overall) led 16-14 after the first quarter, but South Sevier went on a 38-13 surge over the second and third quarters to turn the game in its favor. Alexa Robinson led three players in double figures with 19 points for the host Rams.

On Feb. 10, Parowan finished the regular season with a 51-37 loss at home to No. 1 Beaver. The Beavers led 15-3 after the first quarter, but the Rams sliced the deficit down to 34-29 through three quarters before Beaver pulled away over the final eight minutes.

Karlee Wood led Parowan with 17 points and five 3-pointers in the loss, while Hulet helped out with 14. The Rams opened the playoffs at home Tuesday against APA West Valley, a game that was too late for press deadline. A win would place them in a second-round game on



Parowan's Mckall Burton and the Rams will fight back and get ready for the playoffs after two tough losses.

DAVID MINEER, SR.

the road at APA Draper on Friday.

Friday's Game

BEAVER 51, PAROWAN 37

Beaver	15	10	9	17 -- 51
Parowan	3	11	15	8 -- 37

Beaver - Carter 12, Washburn 11, Brown 11, Hutchings 9, Alisa 4, Hafen 2, Eyre 2. Totals 20 8-12 51. 3-pointers - Carter 2, Hutchings 1.

Parowan - Wood 17, Hulet 14, Rowley 3, Johnson 3. Totals 11 9-13 37. 3-pointers - Wood 5, Hulet 1.

PREP SCOREBOARD

SCORES

Region 10 Boys Basketball

2/9	Desert Hills 65, Cedar 52 Snow Canyon 58, Pine View 36 Crimson Cliffs 67, Dixie 65, OT
2/11	Cedar 66, Crimson Cliffs 55 Dixie 49, Hurricane 39 Desert Hills 64, Pine View 45

Region 12 Boys Basketball

2/9	Canyon View 61, Richfield 52 Emery 90, Grand 52 Manti 84, Carbon 66
2/11	Canyon View 75, Grand 43 Carbon 56, Emery 49

Region 19 Boys Basketball

2/9	South Sevier 67, Parowan 62 Enterprise 52, Kanab 38
2/11	Parowan 58, Beaver 37 Kanab 67, San Juan 51 South Sevier 59, Enterprise 56

Region 10 Girls Basketball

2/8	Desert Hills 52, Cedar 31 Dixie 49, Crimson Cliffs 36 Snow Canyon 68, Pine View 35
2/10	Cedar 56, Crimson Cliffs 48 Desert Hills 54, Pine View 39 Dixie 51, Hurricane 47

Region 12 Girls Basketball

2/8	Emery 66, RSL Academy 20
2/10	Richfield 47, Canyon View 25 Carbon 51, Emery 48

Region 19 Girls Basketball

2/8	South Sevier 67, Parowan 40 Kanab 50, Enterprise 42
2/10	Beaver 51, Parowan 37 Enterprise 34, South Sevier 29
2/11	Kanab 57, San Juan 31

STANDINGS

Region 10 Boys Basketball

	REGION	OVERALL
Snow Canyon (1)	9-2	20-2
Dixie (2)	8-3	16-5
Crimson Cliffs (5)	7-4	13-7
Cedar (8)	5-6	11-10
Hurricane (7)	4-7	11-10
Pine View (9)	3-8	8-12
Desert Hills (10)	3-9	7-14

Region 12 Boys Basketball

	REGION	OVERALL
Canyon View (12)	7-1	10-12
Carbon (14)	6-2	10-10
Richfield (15)	4-4	8-12
Emery (17)	3-5	6-14
Grand (20)	0-8	5-17

Region 19 Boys Basketball

	REGION	OVERALL
San Juan (1)	7-3	17-5
South Sevier (5)	7-3	13-7
Parowan (6)	7-3	12-8
Enterprise (3)	6-4	16-6
Kanab (10)	3-7	10-10
Beaver (16)	1-9	5-15

Region 10 Girls Basketball

	REGION	OVERALL
Desert Hills (2)	12-0	16-4
Snow Canyon (4)	9-2	14-6
Cedar (8)	5-6	10-9
Pine View (7)	4-7	8-12
Hurricane (9)	4-7	9-12
Dixie (10)	4-7	7-12
Crimson Cliffs (12)	1-10	4-16

Region 12 Girls Basketball

	REGION	OVERALL
Richfield (2)	5-1	17-3
Emery (4)	4-2	16-5
Carbon (8)	2-4	12-8
Canyon View (11)	1-5	7-11

Region 19 Girls Basketball

	REGION	OVERALL
Beaver (1)	10-0	18-2
Kanab (2)	8-2	16-4
South Sevier (8)	5-5	10-12
Parowan (12)	4-6	9-13
Enterprise (13)	3-7	8-14
San Juan (19)	0-10	2-20

SCHEDULE

Region 10 Boys Basketball

2/15	Cedar at Hurricane Dixie at Pine View Crimson Cliffs at Snow Canyon
2/18	4A PLAYOFFS, 1ST ROUND, TBA (matchups at uhsaa.org)

Region 12 Boys Basketball

2/16	3A PLAYOFFS, FIRST ROUND Delta at Canyon View Grand at South Summit Emery at Providence Hall Am. Leadership at Richfield Judge Memorial at Carbon
------	---

Region 12 Boys Basketball

2/19	3A PLAYOFFS, SECOND ROUND Union at Summit Academy Juab at Manti Ogden at Ben Lomond Other games TBD
------	--

Region 19 Boys Basketball

2/16	2A PLAYOFFS, FIRST ROUND UMA Hill Field at Kanab Gunnison at Beaver UMA Camp Williams at North Summit Merit Prep at Duchesne Maeser Prep at Waterford St. Joseph at North Sevier Freedom Prep at APA West Valley
------	--

Region 19 Boys Basketball

2/19	2A PLAYOFFS, SECOND ROUND American Heritage at Rockwell Other games TBD
------	--

Region 10 Girls Basketball

2/14	Hurricane at Cedar Pine View at Dixie Snow Canyon at Crimson Cliffs
------	---

Region 12 Girls Basketball

2/18	4A PLAYOFFS, 1ST ROUND, TBD (matchups at uhsaa.org)
------	---

Region 10 Girls Basketball

2/15	3A PLAYOFFS, FIRST ROUND Ben Lomond at Delta North Sanpete at Juan Diego Ogden at Juab Providence Hall at Am. Leadership
------	---

Region 12 Girls Basketball

2/18	3A PLAYOFFS, SECOND ROUND Cyn. View at Layton Christian South Summit at Morgan Manti at Carbon Union at Summit Academy Other games TBD
------	--

Region 19 Girls Basketball

2/15	2A PLAYOFFS, FIRST ROUND APA West Valley at Parowan UMA Hill Field at Enterprise Gunnison at Freedom Prep Waterford at St. Joseph San Juan at Maeser Prep Merit Prep at Rowland Hall
------	---

Region 12 Girls Basketball

2/18	2A PLAYOFFS, SECOND ROUND Rockwell at South Sevier American Heritage at North Sevier Other games TBD
------	--

Thunderbirds dominate Sacramento State on road

VICTORY MARKS TENTH WIN IN CONFERENCE PLAY

by Trevor Marbut

ASST. DIRECTOR, ATHLETIC COMMUNICATION

SACRAMENTO, Calif. — The Southern Utah University Men's Basketball team jumped out to a 10-0 lead to start the game and never looked back, beating Sacramento State by a final score of 83-57.

The Thunderbirds (16-7, 10-3) dominated almost every statistical category, putting together one of their most complete team performances of the season.

The Big Sky's second highest scoring offense showed up in full force today, shooting 50.8% (30-59) from the field and 46.4% (13-28) from beyond the arc. The T-birds got going early and often, maintaining at least an eight point lead for the entire contest after the 10-0 start, and leading by a score of 43-22 at the halftime break.

The Thunderbirds had four players score in double figures, as Tevian Jones led the way for



Tevian Jones and the Thunderbirds are proving why they're ranked in the top-three of the Big Sky standings.

SUU, putting up 19 points while shooting 75% from the field and from behind the three point line. Maizen Fausett also had a strong performance, putting together his sixth double-double of the season, with a 15-point, 10-rebound outing. The T-Birds received contributions from across the lineup, as nine total players scored for SUU.

The offense wasn't the only impressive area of play by the Thunderbirds; they played with a high level of defensive intensity throughout the game. As a team, they collected seven steals and blocked three shots, while holding Sacramento State to a meager 41.8% (23-55) from the field and 19% (4-21) from three.

The win improves Southern Utah's road record to 4-5 on the season and keeps them ranked in the top three of the Big Sky regular season standings.

For all the latest on Southern Utah men's basketball, follow @SUUBasketball on Twitter and Instagram, and like the Southern Utah Basketball Facebook page.

SUU ATHLETICS

Murakami's school record fuels SUU to win over Utah State

by Tyler Roper

SUU ATHLETICS STRATEGIC COMMUNICATION

CEDAR CITY — Shylen Murakami's killer routine on bars set a new school record with a score of 9.975, and the Southern Utah University gymnastics team defeated Utah State by a score of 196.975-196.800 Friday night at the America First Event Center.

The win kept Southern Utah perfect at home this season and moved the Thunderbirds to 2-2 in MRGC competition on the season. SUU also avenged two setbacks to Utah State from earlier in the year.

VAULT (49.275)

It was a strong start to the meet for Southern Utah in the first rotation behind a pair of 9.900s from Morgan Alfaro and Caitlin Kho. Rachel Smith also pitched in a score of 9.875 while Hailey Vultaggio and Celine Barney recorded identical scores of 9.800. As a team, SUU's vault score was the third best in school history.

BARS (49.325)

The bars proved to be Southern Utah's best rotation of the night and Murakami's school record was a big reason why. No SUU gymnast scored below a 9.800 on the event and Murakami's 9.975 electrified the crowd. Aubri Schwartze and Hannah Nipp both added on with tallies of 9.850. The cumulative score of 49.325 was the second best in Thunderbird history.

BEAM (49.125)

Emma Wissman led the way on the balance

beam for SUU by scoring a 9.875. Vultaggio produced another strong performance after a solid vault routine by earning a 9.850 from the judges. Nipp also continued a solid night by recording a score of 9.825.

FLOOR (49.250)

With the score tight and the Thunderbirds in need of some big performances to hold off the Aggies,

Karley McClain delivered in the form of a 9.925 on her floor routine. Her score was supplemented by Smith, Schwartze and Nipp who all earned identical scores of 9.875.

Southern Utah is in action next when it travels up I-15 to Provo where BYU will be waiting. The T-Birds and Cougars will do battle on Friday, February 18, at 7:00 p.m.



SUU's Shylen Murakami celebrates with her teammates after setting a new school record and near perfect score (9.975) on bars to help the Flippin' Birds defeat Utah State.

SUU ATHLETICS

CV, Cedar boys finish second at state swim

Competing as a high school student-athlete for the final time before he makes his future home, Canyon View senior Max Cannon went out with a bang, winning four races as his CV team-mates finished second overall at the 3A state swimming meet at the BYU pool Feb. 12.

Led by Cannon, the Falcons scored 322 points, just 10 behind team champion Judge Memorial.

The run began right away in the day's first final as Cannon swam the second leg of the 200 medley relay team, finishing first in 1 minute, 39.33 seconds behind anchor Jacob Grimshaw.

Cannon picked up his first individual win with a dominating performance in the 200 individual medley, touching first in 1:52.43, only .32 off the 3A state record that was set in 1979. The BYU-bound senior continued his winning ways with a state-record performance in the 100 breaststroke, touching first in 56.54 seconds, an improvement of six-tenths of a second from his preliminary run, which was also a state record (57.18).

Cannon completed his day with a team win in the 400 freestyle relay, swimming the leadoff leg that helped turn in a winning time of 3:21.67. For his effort, Cannon was named Swimmer of the Year and head coach Kirt Brown won Coach of the Year honors.

Here were the other top CV finishers from the 3A boys and girls state meets. Canyon View's girls finished sixth overall with 161 points, just five behind Ogden.

» The girls 200 medley relay finished third in 2:01.62 behind Judge Memorial and Juan Diego, who were both awarded first place as they touched in an identical time of 1:59.18.

» Addison Taylor won the 200 freestyle in 2:03.01 and the 500 free in 5:36.99.

» Grimshaw was third in the boys 200 free in 1:50.95 and the 500 free in 5:16.21.

» Kiley Reynolds was third in the girls 200 individual medley in 2:28.43 and the 100 breaststroke in 1:09.81.

» Ryen Bailey was third in the boys 50 freestyle in 22.97, just in front of teammate William Edwards (23.15).

» The script was flipped in the boys 100 free with Edwards finishing third in 51.20 ahead of Bailey's time of 51.41.

» CV's girls 200 free relay of Reynolds, Delaney Deutschlander, Kinzie Tebbs and Taylor finished third in 1:50.90.

» CV's boys 200 free relay of Kurt

Morgan, Joe Anderson, Jace Robinson and Edwards was second in 1:36.18.

At the 4A meet, the Cedar boys team finished second overall with 273.5 points, and the girls team was fourth with 233, only eight behind Sky View. Here are the top individual finishers:
-The Reds boys team of

Caleb Simmerman, Tobler Dotson, Justin Granado and Jacob Shumate finished third in the 200 medley relay in 1:43.83.

» Girls teammates Olivia Price and Aspen Simper were second and third respectively in the 200 freestyle. Price's time was 2:02.66 and Simper touched the wall in 2:03.38.

» Tanner Dodds was third in the 200 individual medley in 2:06.72, just ahead of teammate Ashton Krans (2:07.14).

» Hannah Edwards was second in



CANYON VIEW ATHLETICS

The Canyon View swim team finished second overall at the 3A state swim meet at the BYU pool Feb. 12.

the 50 freestyle in 25.85.

» Dotson won the 100 butterfly in 51.71, knocking nearly a full second off his qualifying time, added a third-place finish in the 500 freestyle in 5:04.58, and won the 100 breaststroke in 59.18.

» The Cedar boys 400 free relay

team of Granado, Andrew Sagers, Dodds and Dotson was third in 3:22.40.

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

TOM'S SPORTS TRIVIA

Sometimes the fall from grace can happen pretty rapidly in the sports world – just ask Dominique Ducharme, who went from head coach of the Stanley Cup runner-up Montreal Canadiens to out of a job Feb. 9 after the team fell to 8-30-7 on the season, the worst record in the National Hockey League. This week's dozen takes a look at coaches who were removed during a season and the aftershocks that followed. Please remember...no wagering!

1. After Dominique Ducharme was fired by the Canadiens, which NHL Hall of Famer – a Quebec native and 2004 Stanley Cup champion – replaced him on the bench?

- A. Martin St. Louis
- B. Patrick Roy
- C. Joe Sakic
- D. Raymond Bourque

2. Who was the Canadiens coach that Ducharme replaced Feb. 4, 2021?

- A. Michel Therrien
- B. Dave Tippett
- C. Ken Hitchcock
- D. Claude Julien

3. In the 2011-12 season, the Los Angeles Kings went through three different head coaches, but managed to go all the way from the No. 8 playoff seed in the Western Conference to its first Stanley Cup Championship. Who was the third and final coach?

- A. Terry Murray
- B. Bryan Murray
- C. John Tortorella
- D. Darryl Sutter

4. Luke Walton was fired Nov. 21, 2021, as head coach of which NBA team following a 6-11 start and 68-93 overall record?

- A. Los Angeles Lakers
- B. Sacramento Kings
- C. Los Angeles Clippers
- D. Golden State Warriors

5. Prior to his time in Dallas with the Cowboys, how many games did Mike McCarthy last as Green Bay Packers coach in 2018 before being fired?

- A. 10
- B. 11
- C. 12
- D. 13

6. Since 2000, the Detroit Lions have made midseason coaching changes three different times. Who was the most recent head coach to be fired during the 2020 season?

- A. Matt Patricia
- B. Bryan Flores
- C. Mike Zimmer
- D. Matt Nagy

7. After Jon Gruden resigned as Las Vegas Raiders head coach in 2021, special teams coach Rich Bisaccia replaced him for the final 12 games and led the team

to a playoff berth. Who was hired by the team after the season ended?

- A. Eric Bienemy
- B. Josh McDaniels
- C. Sean Payton
- D. Matt Rhule

8. The Cincinnati Reds had a rough season in 2018, firing manager Bryan Price after 18 games. Which former Washington Nationals manager was hired and finished out that season on an interim basis?

- A. Davey Martinez
- B. Dusty Baker
- C. Matt Williams
- D. Jim Riggleman

9. Which former Minnesota Twins manager slipped off into early retirement in 2020 eight games before the end of his third season with the Detroit Tigers?

- A. Paul Molitor
- B. Ron Gardenhire
- C. Tony LaRussa
- D. Jim Leyland

10. The Chicago Cubs made it to the National League Championship Series in 2003, but struggled mightily the year before. Who was fired as manager after 83 games that season?

- A. Don Baylor
- B. Jim Lefebvre
- C. Don Zimmer
- D. Dusty Baker

11. Jerry Sloan stepped down as Utah Jazz coach during the 2010-11 season. He became head coach in similar fashion during the 1987-88 season, replacing whom?

- A. Tom Nissalke
- B. Elgin Baylor
- C. Frank Layden
- D. Tyrone Corbin

12. For all of its championship success, even the Los Angeles Lakers have had to deal with midseason coaching changes. Who was the third coach of the 2012-13 season and led the Lakers to the playoffs?

- A. Mike Brown
- B. Bernie Bickerstaff
- C. Byron Scott
- D. Mike D'Antoni

LAST WEEK'S ANSWERS

1. B: Memorial Coliseum.
2. A: Miami Dolphins. The team recovered nicely the following year, going 17-0 and winning Super Bowl VII.
3. D: Jackie Smith.
4. B: Pontiac Silverdome.
5. B: John Taylor. It was Taylor's only catch of the game.
6. A: No turnovers. That feat would be duplicated in Super Bowl XXXIV by the St. Louis Rams and Tennessee Titans.
7. B: Green Bay Packers.
8. A: New England Patriots.
9. C: Larry Fitzgerald.
10. A: Malcolm Butler.
11. A: Sony Michel.
12. D: Damien Williams.

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