

**INSIDE...**

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WEDNESDAY, APRIL 6, 2022

IRON COUNTY

today

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### MAY

- Prepare garden soil for warm season crops
- MID MAY —
- Plant warm season crops Watch night time temperatures!
- Mothers Day: Remember Mom!

Helpful link for gardening tips: <https://extension.usu.edu/yardandgarden/index>

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- 4 Opinion
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today



# Finding Potential

STORY ON PAGE 3

SMU COMMUNITY & PROFESSIONAL DEVELOPMENT

## THREATS TO VA HOSPITALS THWARTED, SUICIDE PREVENTED

FEDERAL WARRANTS SERVED BY LOCAL AUTHORITIES AS SUSPECT SURRENDERS PEACEFULLY

from Sheriff K.K. Carpenter

IRON COUNTY SHERIFF'S OFFICE

Last week, Deputies and Officers from the Iron Metro SWAT team served Federal Warrants related to threats against the VA Hospital in Salt Lake City and St. George, UT, by

the suspect, Aaron David Kirschner. Team members made contact with Mr. Kirschner at his home where negotiators opened communication with him and he subsequently surrendered peacefully.

Mr. Kirschner related to team members that he took an overdose

of medications this morning in a suicide attempt. He was immediately evaluated by our team and then transporters to Cedar City Hospital for further medical treatment and clearance.

When he is cleared medically by Cedar City Hospital, he will be

turned over to VA Police for criminal charges.

We are grateful to the local community for their patience and support during this operation. Especially those who encouraged Mr. Kirschner to seek help, which helped ensure a peaceful resolution.

# Car thief apprehended after high-speed pursuit, wreck

from Lieutenant Dave Mitchell

IRON COUNTY SHERIFF'S OFFICE

Last Wednesday, Cedar City dispatch broadcast an attempt to locate a stolen vehicle described as a 2006 red Pontiac, Utah License plate "GLORY". The automobile had been left unlocked with the engine running and parked at the Iron County Care & Share facility in Cedar City.

Shortly following the stolen vehicle broadcast, Cedar City dispatch put out an additional two broadcasts regarding a reckless driver southbound on Interstate 15. The first report came in at milepost 57, and minutes later the second at milepost 52. The vehicle description in both broadcasts was a red Pontiac.

A deputy with the Iron County Sheriff's office "Traffic Division" had set up at milepost 50 to watch for the reckless driver and observed a red Pontiac pass him at 99 mph. The deputy initiated a traffic stop at milepost 48. The deputy got out of his car to approach the stopped vehicle. The vehicle then suddenly sped off.

The deputy pursued the red Pontiac notifying dispatch. The vehicle continued traveling at a high rate of speed with complete disregard for his own life and the lives of other motorists. The driver was driving very erratic as it begun passing another motorist in the emergency lane.

As the vehicle attempted to take the Kanarraville Rest Area offramp to elude officers, it was going at a too high rate of speed and crashed. The driver was ejected. Also, inside the vehicle at the time of the crash was a dog belonging to the owner of



COURTESY IC SHERIFF DEPT.

**Local law enforcement and emergency personnel** attempt to save the driver after he was ejected from the stolen vehicle.

the vehicle. The dog was ejected and died at the scene.

Iron County Sheriff's office deputies, along with an off-duty Life Flight paramedic, and an off-duty Washington County Sheriff's deputy began rendering medical aid to the single occupant and driver identified as 21-Year-old Sean Damian Peacock; resident of Enoch, Utah.

Life Flight was notified and transported Peacock to the Dixie Regional Medical Center. Peacock was expected to be released from the

hospital on April 1, where he will face charges related to this incident. The

crash was also investigated by the Utah Highway Patrol.

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Center for Health and Safety Culture. (2019, 2020). *Utah community survey of adults on seat belt use.* Montana State University, (N = 3114, N = 673)

# SUU offers five ways to increase earning potential this summer with no-cost professional certificates

from Susie Knudsen

SUU ASSISTANT DIRECTOR, COMMUNITY & PROFESSIONAL DEVELOPMENT

**CEDAR CITY** — Southern Utah University has received funding to offer five no-cost professional certificate programs this summer to assist adults with upskilling, increasing earning potential and enhancing careers. As part of the Learn and Work in Utah initiative, these online certificate programs can also position adults to explore new career paths with low-risk.

The five summer career certificates being offered are: Parks & Tourism, Individual Tax Income Preparation, Project Management, Online and Remote Teaching Foundations for Educators and Community Health Worker. Courses begin between April and June giving participants the opportunity to increase their earning potential and boost their resume this summer.

For those interested in Utah's dynamic tourism industry, the Parks & Tourism certificate begins April 11 and is designed to help participants gain the skills necessary to assist destination employers and contribute

to parks stewardship and outdoor recreation management. Highlights of the certificate include effective customer service skills such as diffusion strategies, communication and relationship management. This unique certificate program is offered in partnership with Utah Tourism Industry Association and combines expertise from those who work with the national parks in southern Utah, as well as some of the region's outstanding tourism experts serving as guest presenters.

"Our region has a growing need for workers trained in customer service and hospitality with an understanding of our recreational areas and public lands," said Maria Twitchell, Visit Cedar City Brian Head executive director. "This certificate is a great way to find out if a career in the tourism industry is right for you."

A capstone experience for Parks & Tourism participants is an optional full-day southern Utah familiarization tour where students have the opportunity to apply course learning to real Utah destination environments. Hosted by Visit Cedar City Brian Head, the tour is an all-expense paid live learning lab experience

featuring cooperative cultural experiences with the Paiute Indian Tribe of Utah, Utah Shakespeare Festival and Southern Utah Museum of Art.

New to the Learn and Work in Utah offerings is the Individual Income Tax Preparation certificate starting May 16. This course provides those looking for a second income or seasonal work at CPA firms the skills to be successful. Students will learn to prepare taxes, work with clients and problem solve in this dynamic growing field.

"This no-cost certificate program, endorsed by multiple CPA firms, provides an experiential learning opportunity," said Jon Lee, assistant professor of accounting at SUU. "Participants will use the skills acquired to prepare tax returns for actual taxpayers."

After great success, the Online and Remote Teaching Foundations certificate is back again in the Learn and Work in Utah lineup starting May 16. Educators looking for a free continuing education opportunity can participate in this course and learn ways to organize resources, design high-quality courses and activities and prepare

for the upcoming school year.

The popular Project Management certificate starts May 16 and helps students gain the necessary knowledge to enter a project management career with confidence. It also gives the foundation to become certified with Project Management Institute's (PMI) globally recognized Certificate Associate in Project Management (CAPM®) credential.

"Each of these professional certificate opportunities are designed to help adult participants explore career opportunities in a risk free way," said Melynda Thorpe, executive director of SUU Community and Professional Development. "The goal is to help participants qualify for higher paying jobs and to gain valuable, marketable experience in a field they have some interest in."

For those looking to start a career in healthcare, the Community Health Worker (CHW) certificate offers an introduction to the profession starting June 15. With content curated by the Utah Department of Health and current CHW instructors, participants will be prepared to work

see **CERTIFICATES** » 10



COURTESY CC ROTARY

## Cedar City Rotary donates to School District pantry

from Tessa Douglas

FOR IRON COUNTY TODAY

The Cedar City Rotary Club recently presented a check to Iron County School District representatives for the benefit

of its central school pantry. Funds for the pantry were generated through the club's golf ball fundraiser, Rotary district grants, and community donations. The central school pantry provides supplemental food,

clothing, and hygiene assistance for children and their families, including the homeless youth in our community. Thank you to everyone who contributed in any way to this great cause in our community.

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## opinion

## FROM THE EDITOR

## Easter, Expenses and Elections

What better combination for our hearts, wallets and Communities than Easter, Tax Day and our upcoming elections? Okay, I'm sure there are better combinations, but we'll do our best to make the best of them.

First up, we celebrate Easter. There are going to be some fun Easter Egg hunts (April 16th) and an inspiring Master Singers concert this Sunday (10th). It's music will transcend religious affiliations and leave listeners with a greater feeling of hope and reverence for the resurrection.

Second, from hopping to hoping (for a final revival), it's Tax Day! True, it may seem a little insensitive being that it's the very next day after Easter. While it's not necessarily a holiday, but a day we seldom celebrate, we watch our income

turn into outcome and hope for the best outcome and perhaps even a return.

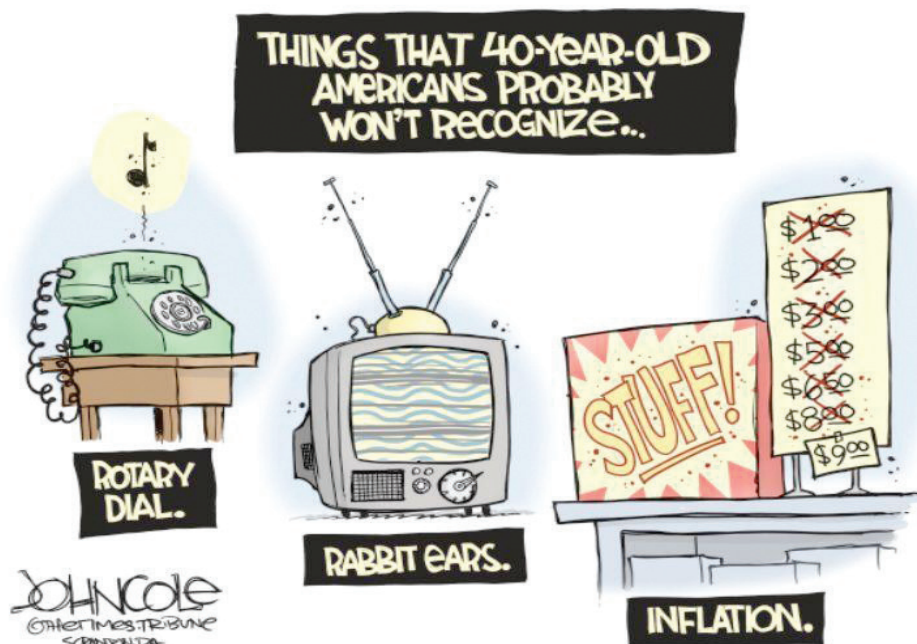
Third, we can't forget about the upcoming election season. If you have any questions you'd like to ask your Iron County

commissioners and others running for election, please direct them to our email address: [news@ironcountytoday.com](mailto:news@ironcountytoday.com). We hope to present many of them to the candidates and get some of their answers. Questions will include the new jail being built in Cedar City, the Pine Valley water project and Housing. We are also doing something different this election season by only allowing ads to be purchased and ran by those running for office. This policy is designed to help cut down on the contention and proved a cleaner, more cordial running platform for each of our candidates. We want our local leaders to win on their own merits, not by the denouncing of others.

As I mentioned last week, April is the month of hope. I hope we each enjoy and endure whatever trials we must face. And remember, April showers only bring May flowers, if we're willing to plant the seeds.



**COREY BAUMGARTNER**  
MANAGING EDITOR



## QUOTE OF THE WEEK

*"It's not what happens to you; it's what you do before it, during it, and after it."*

Alan Weiss

## And who is my neighbor?

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 friend of mine told me last week that she had cut off a friendship with a former high school companion. Her friend and the woman's husband had "turned looney", she said.

"I could accept the fact that they voted for Donald Trump," she told me. "But now they are into conspiracy theories and Infowars nonsense. That's too creepy. I really don't want to be around them."

Certainly she is not alone. In the past 13 years, we've heard countless reports of people disassociating themselves from family members or friends due to political beliefs. And that's why I was intrigued by an op-ed from Daniel Cox, director and founder of the Survey Center on American life.

Published in a recent Deseret News edition, Cox said we live in a nation of strangers. "We are no

longer interested in getting to know even the people who live next door. Even when we do talk, we're increasingly doing it online, a poor way to get to know someone."

We are, he said, "profoundly ignorant about the way that many of our fellow citizens think, what they feel, and what they want...Of the many problems we face as a country, the lack of faith we have in each other is one of the most

up in Salt Lake City, my block was a multi-cultural stew; of the 22 homes, we had Catholics, Jews, Baptists, Presbyterians, Republicans, Democrats, working class households and executive-dominated homes. A guy who labored in a bakery lived next door to a man who owned a jewelry store; a Baptist mother invited the LDS children to attend a non-denominational summer craft program in her church.

Interacting with people led to understanding. My father thought one of our neighbors was a crazy drunken Republican, but he still invited him to our backyard barbecues.

Turned out, the man wasn't totally crazy; in fact, when

he left the bourbon alone his values weren't much different than ours. He just mistrusted the Kennedys and Roman Catholics in general.

There are, of course, limits. Like my friend, I would not tolerate an association with an Infowars supporters who believed the school shooting in Newtown, Conn. was

see **NEIGHBOR** » 7

## cyclops

Bryan Gray

[bgray@aphlagraphics.com](mailto:bgray@aphlagraphics.com)



concerning."

Cox is correct. While Utahns might know their neighbors better than in most other states due to active church boundaries, we have become a nation, not of neighbors, but of tribes. Democrats tend to live in urban areas with other Democrats, while Republicans congregate in rural and suburban neighborhoods. When I grew

IRON COUNTY **today**

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opinion

TO THE EDITOR

The new jail can be a win-win

Of the 15 people deciding whether or not to put the jail in at Automall/Fiddlers, only 1 of them lives on Cedar's north side. I also live on Cedar's north side, have children in those schools, and regularly speak to teachers and administrators who work there. Let me explain why the current R-1 zoning should NOT be changed to industrial.

The teachers at our schools are doing their absolute best to teach every student. I hear what the teachers and administrators are doing to help their students. Each year is harder, and I hear teachers and staff wondering if they can stay even one more year. My children's ages range from 8 to 20, and the school-experiences of my oldest and youngest are vastly different. Here is why: when my 2 oldest children were attending school, there was balance. Children of every socio-economic status were represented in a balanced way that matched the needs with the resources. The building of so many multi-family units in our area in the last few years has changed that.

The needs are now overwhelming the schools. I personally have lived in

multi-family units two times in my life. One was for several years when my husband and I were in school. Money was tight, but our family was self-sufficient. The other time was right after my parents divorced. My mom, with six children 12 and under, lived in an apartment while my mom went back to school full-time. While our brave mother was busy preparing to support our family, we six children required more care and extra help from our teachers.

Not everyone who lives in multi-family housing has high need, but many do. And our teachers and administrators have limited resources to help. Hundreds more multi-family units have just been approved right across the street from Fiddlers Elementary. The balance continues to be off. But look at the 2022 city plan. All the land north of the Fiddlers Canyon subdivision is zoned as a large swath of R-1, with much-needed commercially zoned land near Main Street. Per current city ordinances governing R-1 zones, this area will be "favorable to family living and the rearing of children" which may include "one-family dwellings, parks, agriculture, playgrounds, schools, [and] churches." It is this R-1 zone that can bring balance back to the schools on the north side!

It may take a few years, but growth

is happening, and if we are patient, and do not further increase the density on the north side, the needs and the resources of our north side schools may be able to rebalance. However, the current jail proposal will strip that opportunity from us forever. The current proposal requires changing the R-1 zoning to industrial. That swath of R-1 land will be gone, and will severely limit the number of single family homes that can be built in our area. Yes, we need a jail. But let's slow down this process long enough to find the right location. Let's support our teachers, our administrators, our students, our families, AND our Sheriff. This can be a win-win.

Heather Stonely

Location lock-up

I am writing about the location of the Jail to be built in the North end of Cedar City. Thirty eight acres of prime land to build a jail. The three Commissioners tell us it will be tucked back out of the way. How do you tuck 38 acres away? The commissioners tell us that there will be no fences (How comforting is that). There will be grass and trees. This is a jail. It is not a resort with pods, sitting rooms, etc. A jail can

be built anywhere in the county. What is sad and wrong to me is from North Cedar City to Paragonah there is no representation for us. The three commissioners live on the south side of Cedar City. The Voters on the north end of Cedar City were promised a large park in that area. They have waited for retail stores, and restaurants. Now one half mile from single family homes, they will have a jail. I see a lot of back scratching going on. I'll scratch your back if you will scratch mine... SHAMEFUL.

Sherry Nielsen

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.

Ignorance and slavery or knowledge and freedom – Part 8

by Edy Meredith

FOR IRON COUNTY TODAY

We are all called as citizens to life and freedom. As a nation and world, we have just spent two plus years fighting a specter called the COVID flu, which has a 96.8% recovery rate, during which time the U.S. government and administration have been ignoring and allowing a very toxic substance through our open borders, a substance that has created an epidemic of fentanyl deaths to those who are unaware of its toxicity and presence in substances they are consuming.

If you have not been reading the previous Parts 1-7, please remember that our United States federal and local governments have two basic purposes and duties: 1) Preservation of national and state sovereignty through defended borders, and 2) Protection of citizens from all enemies domestic and foreign. If a government relinquishes these two basic purposes, then the citizens themselves must protect their communities. Citizens and their representatives who go to sleep and ignore warning signs will experience the hard realities of increasing poverty, loss of freedom, rising death rates, and the high cost of crime.

While much more could be written about the dangers of open borders and illegal drug trafficking, I have been increasingly disappointed

that those standing for local, state, and federal election are reluctant to speak about the illegal drug trafficking on our interstate highway system, even though deaths from illegal fentanyl are increasing in Utah and Iron County. I have provided the candidates with information about fentanyl trafficking, yet the candidates are not speaking out to protect our communities.

These are difficult realities to face, but face them we will, either to oppose them or we and our families will be overcome by them. One of our former presidents said that loss of freedom is only one generation away and must be fought for and preserved in each generation. That requires adult knowledge about the hard realities I have written about in the previous Parts 1-7. Fentanyl is being mixed in with all kinds of substances such as other drugs and is also being shipped into our country with truckloads of vegetables. Thankfully, some illegal drugs were stopped recently in a truckload of onions at a border crossing with Mexico.

Just because this is my last article about this issue doesn't mean I don't think it is important. Remember that humans cannot detect fentanyl with any of our senses. Are we and our elected representatives drinking Kool-Aid propaganda or just hoping that things are better than they are? Our lives and the lives of our families depend on

OP/ED

see IGNORANCE » 10

**WEDNESDAY**  
Sunny  
56°/30°  
PRECIP: 0%  
WINDS: N 15-20

**THURSDAY**  
Sunny  
66°/36°  
PRECIP: 0%  
WINDS: N 10-15

**FRIDAY**  
Mostly Sunny  
73°/44°  
PRECIP: 0%  
WINDS: NW 5-10

**SATURDAY**  
Mostly Sunny  
75°/45°  
PRECIP: 0%  
WINDS: SSW 15-20

**SUNDAY**  
Partly Cloudy  
67°/34°  
PRECIP: 10%  
WINDS: SW 20

**MONDAY**  
Chance Rain/Snow  
45°/23°  
PRECIP: 30%  
WINDS: SW 15-20

**TUESDAY**  
Chance Rain/Snow  
39°/23°  
PRECIP: 30%  
WINDS: WSW 15

**IRON COUNTY FORECAST**  
BREEZY AND COOL MID-WEEK AHEAD OF A WARMING TREND THAT WILL BEGIN THURSDAY COUPLED WITH LIGHTER WIND AND SUNNY SKIES. BY SATURDAY WE'LL SEE A HIGH IN THE MID 70 BEFORE A BIG CHANGE IN OUR WEATHER. CLOUDS AND WINDS INCREASE SUNDAY, THEN EARLY NEXT WEEK BRINGS WET WEATHER POTENTIAL AND MUCH COOLER TEMPERATURES.

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## opinion

# Don't let Washington spy on U.S. citizens

The Biden administration is turning the massive powers of the U.S. intelligence community inward, toward the American people. And at the same time, there is an effort among many House Democrats to increase the role of the intelligence community in domestic law enforcement issues. This is all being done under the guise of “domestic violent extremism.”

This dangerous activity raises many important questions. Why is the Intel Committee looking at domestic terrorism with no foreign nexus? Do we think the CIA should be spying on U.S. citizens? Or the National Security Agency?

I believe the answer to these questions is a resounding no. And I believe the American people — Democrat, Republican or independent — feel the same way. That's why I introduced legislation that would put a wall between U.S. intelligence agencies and U.S. citizens.

This does not mean that I, or any other Republican, do not see a need for both adequate resources and a coordinated federal response

to address threats associated with domestic violent extremism. That need absolutely exists, and it needs to be handled by the FBI, state or local law enforcement.

For evidence of that fact, look no further than House Minority Whip Steve Scalise and Ohio Rep. Brad Wenstrup's call for the FBI to review its conclusion about the 2017 congressional baseball shooting. Scalise and more than a dozen other House Republicans wrote a letter to the FBI that reads, “We all agree that violent extremism of any kind must be rooted out and addressed by our law enforcement agencies. But we cannot presume to understand the scope of this issue if our law enforcement agencies do not investigate all instances of extremism, regardless of motivating ideology, with equal vigor.”

My colleagues are absolutely right. Domestic violent extremism is a serious issue that demands investigation. They're also correct in

contacting the FBI about this issue. This is a law enforcement activity, so law enforcement is responsible for the investigation. To the extent that it is an intelligence activity, it certainly doesn't have to do with foreign intelligence.

Still, despite these clear guardrails, the Biden administration changed the National Counterterrorism Center's guidelines. While it will not “collect” intel on U.S. citizens, it will “receive” intel. This is an obvious play on words with absolutely no distinction at all. This rule, coupled with House Democrats' obsessive focus on “domestic extremism,” will lead to the monitoring of Americans who have committed no crime.

I believe that whether someone liked an allegedly offensive Facebook post, attended a political rally or watched a certain news program, they may become the driving force of who is monitored. And unfortunately, this is not my

imagination. Everyone reading this knows that the Obama administration weaponized intelligence agencies against former President Donald Trump's campaign in 2016. Former CIA Director John Brennan said that our government needs to be investigating an “unholy alliance” of those who disagree with him politically, including “libertarians.”

This is the fundamental reason why we can't turn the Intelligence community on American citizens — it is fatal to our freedoms. And preventing that tragedy is the fundamental motivation for my new legislation.

My bill would make two changes to the National Security Act of 1947. First, it would add a new section that explicitly bans the intelligence community from conducting any surveillance activity that is unrelated to foreign intelligence or counter-intelligence. Second, it would clarify terms used in the National Security Act to remove ambiguities that are being exploited. Namely, it limits “intelligence” to mean only “foreign



REP. CHRIS STEWART  
U.S. CONGRESS (R-UT 2ND)

OP/  
ED

see **STEWART** » 10

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# BAMA CEO encourages people to help each other

by Christina Schweiss

FOR IRON COUNTY TODAY

The last APEX event of the school year occurred on March 30, during SUU's Festival of Excellence, and brought in BAMA CEO, Paula Marshall. SUU's Provost, Jon Anderson, kicked off the event. Anderson said,

Having been mentored by W. Edwards Deming, Marshall explained that "The best things I ever learned from Dr. Deming was that the people are where it's at. The other thing he told me, are we having joy here? Work should not be hard. Work should be joyful."

After BAMA had fallen off the quality wagon in the 90s, Marshall explained that "Listening is something that helped me save the company. Everyone's as important as you."

In order to have a successful company, Marshall said to "Let go of preconceived ideas about what business is, what it should be, how it should work, and why it should work this way — and why all those ways don't work. You have to teach people how to work with each other without competition."

Marshall also explained that "Everything starts with communication, walking around, learning from people what is not working. Everyone has to take accountability in everything that goes on."

Marshall explained that her company's mission statement is, "People helping people. Our mission statement doesn't mention making money" and encouraged everyone in attendance to "write a personal mission statement." Her mission statement is "To love and honor every soul, every second."

With some final advice for everyone in the audience, Marshall declared, "You are not an accident. You are your own process. If you're just floating along, you aren't your most productive self," and added, "Make yourself happy first."

owned by a man whose politics are distinctly different from mine, yet I acknowledge him as kind, charitable, and a contributing member of society. A neighbor wearing a "Let's Go Brandon" shirt waved at me today as I left for work. I waved back, figuring there are probably many items we could agree upon despite his offensive shirt messaging.

As Cox wrote, "How can we hope to learn anything about people who are different from us when we only interact with people who are similar to ourselves?"



Paula Marshall reminds everyone they are not an accident and to make yourself happy first.

KATIE ENGLERT

"At SUU our goal is to carry out that scholarship is incredibly valuable, that we get the chance to participate in the creation of new knowledge. We also get the chance to use that knowledge to better the human experience — in and outside of the industry."

Marshall took over her family company, BAMA, back in the 80s. BAMA is a privately owned family business in Tulsa, OK. The company makes all the pies in the United States and over 80% of all pies globally.

## NEIGHBOR

« CONTINUED FROM PAGE 4

a fabrication or that Hillary Clinton is behind a ring of child torturers. Likewise, when I see a driver with a car bumper sticker claiming, "My dog is smarter than Joe Biden" or "Bernie Sanders is the last hope to save America", I doubt we could have a meaningful conversation.

But as Cox suggests, we should not just mingle only with our own kind. The service station I frequent is



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# IRON COUNTY WATER STEWARDS

from Ashley Langston

FOR IRON COUNTY TODAY

## Q & A WITH DAVID HARRIS

*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 other 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 David Harris, Enoch City Council Member and Member of the Central Iron County Water Conservancy District Board of Directors.

### Question: What steps are being taken to complete the Pine Valley Water Supply Project?

**A:** The District is dedicated to its mission of ensuring water is available to our community for 50 years into the future. Each day that 50 years is further away and pushes the planning horizon. We do this through a variety of methods including optimizing local resources through conservation, recharge, and reuse, and also supplying water from other sources.

As we know, the idea of supplying water through new sources is not a new concept. History shows that Western States have continually extended their reach to supply water. To help further the District's mission of providing water for our future, the District Board of Directors went on a tour last week of a water supply system recently completed in Colorado.

The project is called the Southern

Delivery System. It delivers water through a 50-mile pipeline from Pueblo Reservoir to Colorado Springs, Colo. and was completed just recently in 2016. The Board also learned about the Willamette Water Supply Program, which is currently in progress in Oregon and is expected to be completed in 2026.

It was very interesting and informative to see the lengthy process that goes into planning and implementing these projects, which are similar to the District's proposed Pine Valley Water Supply (PVWS) Project. The proposed PVWS project will supply water from approximately 66 miles into Cedar Valley from Pine Valley, northwest of Cedar City.

Several years ago, the District filed for water rights in Pine Valley, and after a settlement was agreed upon between the District, Beaver County, School and Institutional Trust Lands Administration, and the Division of Water Rights, the water rights were court decreed to the District.

The District then started the Environmental Impact Statement (EIS) process with the Bureau of Land Management (BLM), and the Draft EIS was published at the end of 2021. We are now awaiting a Record of Decision from the BLM that will allow us to move forward with the process of sourcing water from Pine Valley.

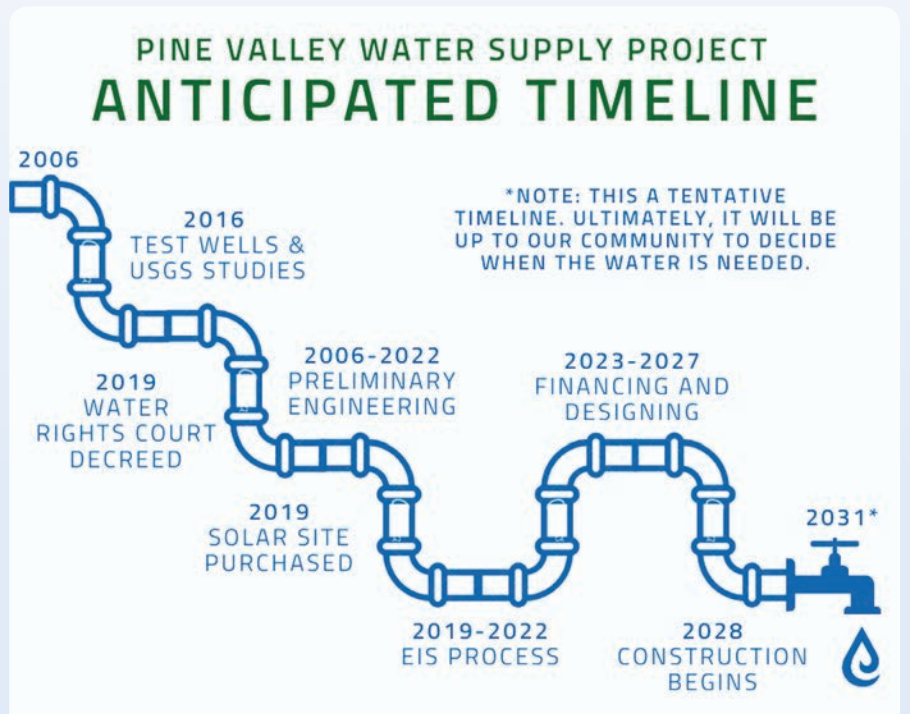
The District is also in the process of creating feasible financial plans for the project and is working to create agreements with local municipalities to determine project partners, funding options, how much water each entity needs, and more. Acquiring funding from state and federal entities is also an ongoing process during the planning of this sourcing project.

Additionally, there will be more public input and education opportunities, permitting and compliance management, real estate acquisitions, in-depth designing, and scheduling and budgeting. Best case scenario, water could be delivered to the valley within



District board members, staff, and local elected officials learn about the Southern Delivery System, which delivers water through a 50-mile pipeline, while standing in front of the Pueblo Reservoir Dam in Colorado.

COURTESY CICWCD



CENTRAL IRON COUNTY WATER CONSERVANCY DISTRICT **CICWCD.ORG**

COURTESY-CICWCD

the next 10 years. Ultimately, it will be up to community leaders and the public to decide when that water is needed.

The process has been a long one, and there is much more to do. However, we are embracing that process, as this project is an important one for our valley, and the process ensures it is done fairly, feasibly, sustainably, and correctly.

Several special interest groups have recently moved their focus to the Cedar Valley, and have been spreading misinformation. 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](http://www.cicwcd.org).

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# HEAR RINGING IN YOUR EARS?

## Don't be so quick to dismiss it as 'all in your head'

For those living with tinnitus, it almost seems impossible to remember life without all the noise in your ears (or head). At first, this might not seem like a serious problem; in fact, it may remind you of when you went to a concert and came home, and your ears would ring for a couple of days. But, now that you are getting older, that tinnitus is most certainly a sign that there is significant damage to your hearing system.

Diagnosing and treating tinnitus is a complex process, so complex that most people are told there is nothing that can be done about it. But Dr. Keith Darrow and his team of hearing healthcare specialist at Excellence In Audiology can help to reduce the tinnitus in nearly 80% of patients they work with. According to Dr. Darrow, *"The challenge with tinnitus is making the proper diagnosis and then developing the correct, custom treatment plan. No two people with tinnitus are alike, and therefore our treatment plans are tailored to meet each patient's tinnitus and hearing needs"*.

Steve R., a resident of Utah, and one of Dr. Darrow's many patients, knows from personal experience the stress, anxiety, lack of sleep and inability to focus on his work that came with his tinnitus. Several years back, Steve first noticed his tinnitus only at night, or when the house was really quiet, but over time, he started to notice it more and more, and eventually it would get in the way of his ability to hear others. He describes what finally brought him to Dr. Darrow's clinics: *"I was sick of the ringing in my head. I was losing sleep, was not productive at work, and I was becoming less tolerable to be around at home. I was so desperate that I tried the magic pills, but nothing seemed to work."*

Steve, his wife and his two daughters knew something had to change or things would only get worse for all of them. Once they made the family decision for Steve to seek treatment at their local Excellence In Audiology certified clinic, they instantly knew he was in good hands. Steve and his family met with Dr. Darrow's team for nearly an hour to talk about his experiences, how his tinnitus was impacting him at work and at home and how

it was impacting everybody around him. They also discussed Steve's goals for treatment.

Once Steve got through all of the testing, the diagnosis was clear. Steve, like over 90% of people with tinnitus, had been suffering with damage to his hearing system and this was the root cause of his ringing. As Dr. Darrow explains, *"damage to the ears, be it from age, noise or even medications, can compromise the neural connections from ear to brain and cause a significant **increase** in neural activity in higher brain centers, which the person then*



*perceives as tinnitus."* Steve and his family were told that once he started treatment that it could take his brain anywhere from a few weeks to 6 months to adapt and notice relief from his tinnitus.

Some of Dr. Darrow's patients get a little anxious when they hear that timetable for recovery, but he believes it is important that patients have realistic expectations for treatment. *"Every patient is looking to live a ring-free life as quickly as possible and that is our goal with every patient, but the brain can take time to rewire and adapt in order to silence the tinnitus,"* said Dr. Darrow.

Steve started treatment on Day 1, and he instantly knew he was on the road to recovery. Since he had been experiencing his tinnitus for several years, he knew treatment wouldn't be an overnight success, so he went about his daily life as a graphic designer, husband, father, and avid cook.

Steve said *"I knew I signed up for treatment that wasn't an instant cure, and so I expected some days would be better than others, but I wasn't going to give up! I decided that I was*

*going to follow my doctor's treatment plan to the 'T.' I woke up every day and started using my treatment devices, and I kept them in until the end of my day. It certainly helps that I couldn't see or feel them because of how small the new technology is."*

Patience paid off for Steve, and after his first 60 days of treatment he is now living a tinnitus-free life, sleeping better, hearing better, performing better at work, and is much more pleasant to be around at home. Dr. Darrow emphasizes that cases like Steve are all too common and are too often dismissed by primary care physicians. *"With the right diagnosis and proper treatment program, nearly 8 in 10 people with tinnitus can experience significant relief from the annoying sounds in their head,"* said Dr. Darrow.

Dr. Darrow's coalition of Excellence In Audiology certified practices across the country treat adults with mild to severe tinnitus and hearing loss. *"Given how slowly tinnitus and hearing loss can develop as we age, it makes sense that patients wait longer than they should to seek out treatment. Our goal is to be a resource for patients, a place where they can learn about the medical treatment of tinnitus and hearing loss. Although there are nearly 50 million people living with tinnitus, we treat every patient as an individual,"* said Dr. Darrow.

Steve knows he is in this for the long-haul and that he must remain committed to his treatment plan. He urges others to seek treatment from their local Excellence In Audiology center and to stay committed to their treatment plan. As Steve so passionately states, *"I'm 57 years old and I have a lot of life left to live, and I'm not going to live it with ringing in my ears. I want to live my best life, stay sharp as I age, and enjoy every ring-free moment I can with the loves of my life, my wife and daughters."*

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## IGNORANCE

« CONTINUED FROM PAGE 5

our knowledge and actions. Knowledge is power when we act on it!

Spread the word and demand that candidates for office address the illegal fentanyl drug trade with solutions such as the giveaway of fentanyl detection kits being utilized in several other states. I have found out from a local pharmacist that specially licensed medical doctors can prescribe fentanyl patches for pain, and that even the prescribed patches are dangerous and must be disposed of in specific ways or they can cause harm to children, pets, or others who find them. If you would like additional information, please write to me care of Iron County Today with any comments you have.

## STEWART

« CONTINUED FROM PAGE 6

intelligence and counterintelligence.”

I encourage all my colleagues, both Democrat and Republican, to join my effort in passing this legislation. This is not a partisan issue, and it is one that demands immediate attention.

In the 1960s, the government was surveilling Dr. Martin Luther King Jr. It was surveilling anti-war protesters. The “domestic terrorism” hearings that we’ve been holding in the House, as well as the directives coming from the White House, are a massive misstep back in the direction of those dark days. My bill is an opportunity to correct course.

This is not a slippery slope — it is the edge of a cliff. If we do not act, it will break the bipartisan consensus supporting the all-important mission of the intelligence community, destroy public trust, and ultimately increase the opportunity for foreign adversaries to divide us. America’s national security is too important to fall victim to partisanship.

## 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.

### MARCH 28

**Diavanni F Johnson-Rice**  
PARAGONAH, UT  
Speeding

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

### MARCH 29

**Ajani N Cox**  
CEDAR CITY, UT  
Retail Theft, Assault

**Olivia Matthis**  
CEDAR CITY, UT  
DUI

**Kevin L Murie**  
CEDAR CITY, UT  
Retail Theft

**Douglas R Wayland**  
CEDAR CITY, UT  
Criminal Trespass

### MARCH 30

**Ariel Cauch-Yam**  
CEDAR CITY, UT  
Intoxication

**Nash L Knight**  
PAROWAN, UT  
DURG - Marijuana/  
Spice, Paraphernalia

### MARCH 31

**Pedro A Pinacho**  
ENTERPRISE, UT  
DUI

**Glory V Slayton**  
CEDAR CITY, UT  
DRUG - Poss w/Intent to Dist Offer Arrange

**Karen A Warner**  
CEDAR CITY, UT  
Assault, DUI

**Kylie M Cecil**  
CEDAR CITY, UT  
Theft

**Austin J Duran**  
CEDAR CITY, UT  
Theft

### APRIL 1

**David W Mesa**  
CEDAR CITY, UT  
DUI

**Sean D Peacock**  
ENOCH, UT  
Reckless Driving

**Logan L Sleight**  
CEDAR CITY, UT  
Littering on public/  
private land

### APRIL 2

**Cynthia C Pitts**  
CEDAR CITY, UT  
Retail Theft (Less than \$500)

### APRIL 3

**Richard L Arend**  
CEDAR CITY, UT  
No Insurance

**Christopher S Collins**  
Protective Order  
Violation

**Justin W Frandsen**  
CEDAR CITY, UT  
DUI w/BAC at/over .08

**Cynthia C Pitts**  
CEDAR CITY, UT  
Tampering w/Evidence

**Douglas R Wayland**  
CEDAR CITY, UT  
DRUG - Poss C/S,  
Criminal Trespass

**Kobi A Carroll**  
CEDAR CITY, UT  
Assault

**Anna J Ellis**  
CEDAR CITY, UT  
Criminal Trespass

**Tyson J Ellis**  
CEDAR CITY, UT  
Criminal Trespass

**Caleb A Lea**  
CEDAR CITY, UT  
DRUG - Poss C/S

## CERTIFICATES

« CONTINUED FROM PAGE 3

in hospitals, clinics, health departments, schools, community health centers and home health.

“With many unfilled job openings in our region, professional certificates offer opportunities for participants to qualify for higher paying jobs that can lead to rewarding careers,” Thorpe said. “The short-term nature of our programs is designed to help people focus on learning, gain new skills, and get to work.”

Due to seating being available on a first-come, first-served basis, it is recommended that those interested apply soon at [suu.edu/learnandwork](http://suu.edu/learnandwork).

The “Learn & Work In Utah” initiative was

launched by the Utah Governor’s Office of Economic Development (GOED) and its Talent Ready Utah team, in partnership with the Utah System of Higher Education (USHE). The certificate programs are available at no cost to legal residents of Utah impacted by COVID-19.

SUU’s Community and Professional Development department offers opportunities for adults to elevate their careers, stay competitive in the workforce and develop as leaders. Located in the world’s best backyard, Southern Utah University is known as University of the Parks thanks to its close proximity to several national monuments, outdoor recreational areas and educational partnerships with the National Park Service. Reach your next career peak with SUU by visiting [suu.edu/prodev](http://suu.edu/prodev).

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## public & health

### Canyon Creek Services offer support during Sexual assault Awareness Month

In the state of Utah, 1 in 3 women will experience some type of sexual violence in their lifetime and 1 in 6 women and 1 in 25 men in Utah will experience rape or attempted rape in their lifetime. Last year, Canyon Creek Services provided support to 207 sexual assault survivors. With help and engagement from our community, CCS can work to prevent sexual violence from ever happening in the first place and continue to provide services for survivors of sexual violence in our community. CCS is also a participating member of Stop the Violence Utah; a statewide campaign comprised of agencies and partners in our local communities, advocating for survivors, providing safety and resources, and creating dialogue and space for change.

Visit, [www.facebook.com/pg/CCreekServices/events/](https://www.facebook.com/pg/CCreekServices/events/) for more information on the events.

#### (st)ART by Believing Day – April 6th

Canyon Creek Services and the Southern Utah Museum of Art (SUMA) are partnering to host their first ever (st)ART by Believing Day event on April 6th from 3-6 PM at SUMA. This free event will feature live music, chalk art, kid-friendly art activities, snacks and fun.

#### Chalk About Consent – April 7th

Join us on April 7th from 11am-1pm in front of the SUU Gerald R. Sherratt Library to share messages about consent, boundaries and healthy relationships with sidewalk chalk and enjoy free music, swag and treats!

#### SAAM Jam featuring Apollo's Army-April 22nd

SAAM (Sexual Assault Awareness Month) Jam is a FREE community concert that will take place at the Cedar City Main Street Park on April 22nd from 6-8pm. Bring your family and join us for a fun night featuring live music, activities, and delicious food all while supporting Canyon Creek Services this Sexual Assault Awareness Month.

#### Denim Day-April 27th

Iron County businesses and organizations are encouraged to allow their employees or members to wear denim on April 27th, post a picture on social media and tag @ccreekservices for your chance to win a 2022 Denim Day Champion Award and special prize. For individual participants, take a selfie wearing your denim, upload your selfie to social media with the hashtag #DenimDayUtah and tag @ccreekservices. For more info on how to participate, please visit [bit.ly/CCSDD2022](https://bit.ly/CCSDD2022) or contact [prevention@canyoncreekservices.org](mailto:prevention@canyoncreekservices.org).

Canyon Creek Services, 444 South Main Street #A4, Cedar City, Utah 84720. Business line: 435-867-9411, 24-hour hotline: 435-233-5732, Email: [admin@canyoncreekservices.org](mailto:admin@canyoncreekservices.org).

Kaleigh Bronson-Cook,  
CCS Awareness & Prevention Director

### Southwest Parkinson's Alliance to host speakers from national advocacy group

With April being Parkinson's disease awareness month, the Southwest Parkinson's Alliance in Cedar City is offering an informational event featuring two national speakers, as well as representatives from Southern Utah University's Utah Health Scholars. The



Stretching and balance exercises are critical to helping avoid falls.

event will take place April 12 at the Cedar City Senior Center, 489 E. 200 South, and is free to anyone who wants to learn more about Parkinson's, either for themselves or a loved one.

Dan Dail, founder of Southwest Parkinson's Fitness, was diagnosed with the disease 13 years ago. It is the second most common neurological disorder after Alzheimer's disease, Parkinson's impacts as many as 1-2% of people aged 65 and over nationwide, Dail said, with Utah being closer to 2%.

"However, beyond those personally impacted by the disease," Dail said, "the effect of Parkinson's is also felt by those in the social circles of the person who was diagnosed – the friends and family, especially caregivers."

In order to provide information and resources to both people with Parkinson's and their loved ones, Kristy Spencer, coordinator of the Southwest Parkinson's Support Group, has arranged for two ambassadors from the Davis Phinney Foundation to speak at the support group's monthly meeting.

The Davis Phinney Foundation was formed in 2004 by Olympic bronze medalist and Tour de France stage winner Davis Phinney. Phinney, who has achieved more wins than any other U.S. cyclist, was diagnosed with young onset Parkinson's disease in 2000 and went on to start the foundation with the goal of promoting and funding innovative Parkinson's research. These days the foundation is considered a leading source of education, resources and inspiration, reaching more than 500,000 people impacted by Parkinson's.

Foundation ambassadors Cidney and Pat Donahoo will be speaking at the Southwest Parkinson's Support Group meeting starting at 1 p.m.

Cidney Donahoo was diagnosed with Parkinson's in 2010 at the age of 47. She is one of 4% of diagnoses identified as young onset Parkinson's disease. She is a retired educator who got involved with the Parkinson's community through cycling, an activity she continues to enjoy with her husband, Pat, along with her work at the young onset Parkinson's support group she cofounded in Las Vegas. She will speak on her experience with Parkinson's, and Pat Donahoo will talk about caregiver issues.

Spencer said the caregiver topic hits close to home for her, as she was the caregiver for her husband, Bob, who had Parkinson's for 34 years. She said she was pleased to be expanding the sphere of support group contacts and resources by bringing the Donahoes to Cedar City during Parkinson's Awareness Month and opening the meeting to everyone.

"You just never know who may be out there with a need," she said.

Immediately following the Donahoes' talk, the SUU Utah Health Scholars will be demonstrating fitness activities for people with Parkinson's at about 1:45 p.m., including stretching and balance exercises and Rock Steady Boxing, both of which are offered at Snap Fitness in Cedar City as part of the Southwest Parkinson's Fitness program.

Dail said when it comes to Parkinson's, falls are a serious source of injury, hospitalization and death.

"Stretching and balance exercises not only help

reduce the frequency of falls," he said, "but in a bigger picture, mitigate some of the causes of immobility associated with the disease."

Rock Steady Boxing, also offered by Southwest Parkinson's Fitness, is an international program that uses noncombat boxing to counter the effects of Parkinson's. The forced intensity exercise and novel physical activities associated with boxing give rise to a cascade of events that help sustain the dopaminergic system, which is damaged by Parkinson's.

Dail said since starting the program, which he has been doing for almost eight years, he has cut back on one of his Parkinson's medications by 25% and stopped using a cane to get around. He has seen similar results with other program participants. He mentioned a man in the program who took a fall at home, and the man said that if it weren't for the hand-eye coordination he learned in Rock Steady, the fall could've been much worse.

"There is a growing number of similar testimonials coming out of the Parkinson's community," Dail said, adding that they are backed by sound scientific studies. "However, success is proportional to consistency and commitment to the program."

Following the demonstration from SUU Utah Health Scholars, refreshments will be served, and attendees will be able to sign up to visit the Snap Fitness facility between April 13-15 and see some of the program offerings.

For more information on Southwest Parkinson's Fitness, visit the group's website, [swpdffit.com](https://swpdffit.com). For more information on the support group, contact Spencer at 435-559-9681 or [kristyjensen.spencer@gmail.com](mailto:kristyjensen.spencer@gmail.com) or Dail at 435-463-7285 or [dan@swpdffit.com](mailto:dan@swpdffit.com).

Kristy Spencer, SWPDPfit

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ARTS + ENTERTAINMENT IN IRON COUNTY

## ROSSIN

### American Cello Duo performs at SUU

by Ashley H. Palmer

SUU PUBLIC RELATIONS COORDINATOR

Southern Utah University's Department of Music is excited to host guest artists of the cello duo, *Rosin*, on Monday, April 11, 2022, at 7:30 p.m. in the Thorley Recital Hall of the Music Building at SUU. The American cellists from Utah, Jessika Soli and Daniel Gaisford, began their duo, *Rosin*, in 2015 by exploring the Classical cello duo repertoire from the 18th and 19th centuries, focusing on great composers for cello such as Friedrich August Kummer, Sebastian Lee, David Popper and Julius Klengel. Since then, they have expanded into playing works inspired by the 2CELLOS as well as writing their own original music and transcriptions. This concert is free and open to the public.

Jessika Soli is an active recording artist, chamber musician and is the Adjunct Cello Professor at Southern Utah University. She

received her cello performance degree from the University of Utah, where she studied with John Eckstein and also attended the University of Nevada - Las Vegas, where she studied with Andrew Smith. Soli was principle cellist of the Southwest Symphony for two years and also principle cellist of the UNLV orchestra where she was soloist and performed the Dvořák Concerto. From 2011-2012, she performed with the Utah Philharmonia in Germany and London on productions of Don Giovanni and Hansel and Gretel. Since then, she frequently performs as soloist with renowned pianist, William Joseph, and has recorded for numerous albums at Red Earth Recording Studios with Dave Tate. Jessika has a private cello studio located in Santa Clara, as well as online, where she teaches a large class of talented cellists and is currently expanding her class into Cedar City.

Classically trained from The Juilliard School with Harvey Shapiro and the University of Southern California with Gabor Rejto, Daniel Gaisford has firmly established himself

as one of the most expressive cellists performing today. Hailed by the New York Times as "transfixing," and The Philadelphia Inquirer as "remarkable." Mr. Gaisford continues to infuse with new life the great works of the past, while fiercely advocating for the music of our own time. As soloist, Mr. Gaisford has appeared with orchestras throughout the United States and Canada; among them the major orchestras of Saint Louis, Seattle, Toronto and Montreal, under the direction of conductors such as Robert Spano, David Zinman and Hermann Michael. Equally active as a recitalist and chamber musician, Mr. Gaisford has performed throughout the U.S. and abroad in cities ranging from New York, San Francisco and Berlin, to Boston, Rome and Tokyo.

Don't miss this exciting concert featuring Jessika Soli and Daniel Gaisford, in their duo, *Rosin*, on Monday, April 11, 2022, at 7:30 p.m. For more information about arts events at SUU, please visit [www.suu.edu/arts](http://www.suu.edu/arts).



# Cedar City ramps up for first ever Arts Festival

from Emily Cacho

MARKETING ASSISTANT, BEVERLEY TAYLOR SORENSON CENTER FOR THE ARTS

For the first time, Southern Utah University (SUU) will host an inaugural Arts Festival with the goal of bringing literary, performing, and visual arts together through multiple activities and performances. This new and exciting event will take place on April 9 with festivities happening between 10 a.m. and 5 p.m. The Arts Festival will be located at the Beverley Taylor Sorenson Center for the Arts, which is home to Utah

faculty, staff, and alumni. There will also be a variety of entertainment and activities throughout the event, including local artists and vendors offering attendees a great opportunity to buy original art and support local artists. The headlining performance is a collaboration between Larry Keigwin, of the dance group Keigwin + Company, and visual artist Jason Hackenwerth. The two have worked together on projects for Green Box Arts Festival in Colorado and the Guggenheim Museum in New York City. While Larry oversees the choreography of the performance,



COURTESY CC ARTS FESTIVAL

*There will various forms of unique and beautiful artistry to enjoy from literary to visual and performances.*

Shakespeare Festival and Southern Utah Museum of Art. The event is free and open to the campus and community.

“As SUMA has prioritized community engagement, the museum has hosted a range of programs intended to serve the campus of SUU and the Iron County community,” said Jessica Kinsey, executive director of Southern Utah Museum of Art. “Reception has been overwhelmingly positive and demonstrates the need for community engagement beyond the museum. We are proud to be a partner as the Beverley Center develops its own initiatives, creating access to culturally vibrant programming for our community.”

The Arts Festival will include poetry readings by Kolob Canyon Review, a literary and art magazine of Southern Utah University’s students,

Jason creates wearable art.

“I’m excited to see the performing and visual arts come alive together,” says Kyrsten Harper, an SUU College of Performing and Visual Arts alumna. “It’s great to see the dance students work with the dance company from New York and I can’t wait to see how it all comes together with the visual artists as well.”

*“I’m excited to see the performing and visual arts come alive together”*

**Kyrsten Harper**

This festival would not be possible without the support of Visit Cedar City • Brian Head, SUU Division of Alumni & Community Relations, SUU Department of Kinesiology & Outdoor Recreation, SUU Department of Theatre, Dance, and Arts Administration, with additional help from the Event Director for Cedar City Corporation.

For more information, visit [go.suu.edu/artsfestival](http://go.suu.edu/artsfestival) or call (435) 586-5433.

CEDAR CITY MUSIC ARTS PRESENTS

SWINGTIME!

FEATURING

The Jive Aces



WED APR 13, 2022

7:30pm • Heritage Center Theater  
105 N 100 E • Cedar City

\$30 ADULTS • \$15 STUDENTS



435-865-2882  
[cedarcitymusicarts.org](http://cedarcitymusicarts.org)

# Morning's at seven—er, actually six

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

The mornings are beginning to hint of spring. Since the time change, the days are dark again at 6:00 A.M., but the sky behind Cedar Mountain is luminous, the air is milder, and most joyously, the birds are singing by about 6:30. Some days, I am barely restrained from knocking on people's doors and saying, "Why aren't you up?! This is the best time of the day!"

And there is much to interest me, even alone in the world. I get to the bottom of my street and often meet up with my neighbor, who is just pulling out of his driveway to go to work. (Which means, of course, that we are both diligent in our

morning routines.) But listen to this story of neighborly caring:

Sunday morning a couple of weeks ago, my friend saw me in church and said he had been worried about me a few days earlier. It had snowed that morning, and while not treacherous, the streets were a little slippery.

I passed his car warming up in the driveway, heard him get in and pull out, and turned right at the bottom of the street to go on my way. Now normally I turn left, but just went the other way on that Wednesday. On Sunday, Sean said he had seen me, made his usual left turn, and then couldn't see me. He said I just disappeared. He was afraid I had slipped and fallen, so he turned around and came back to look for me. When he didn't find me on the side of the road, he reluctantly went on his way but worried about me all day at work. I can't tell you how touched I was by that. Would that happen anywhere else but Cedar City? Well, it might, but it happened

*"I am barely restrained from knocking on people's doors and saying, "Why aren't you up?! This is the best time of the day."*

here to me and is one of the reasons I love this town.

These days, when I turn left, I see the light on in my neighbor's home. He is a CPA and I know he is working early in the busiest time of his year. I continue to the corner and see my neighbor's blue house lights blinking over a section of his roof. They are broken, he can't get someone to come and fix them, and his wife is annoyed and he is embarrassed. I'm amused.

Continue on and huzzah! Our new neighbors have been without their garage doors all winter, only tarps as defense against the cold and snow. They are installed since I was by yesterday. Good for them. And so it goes, my checking on things as I go by. Spring is coming, and I am monitoring it.

But BTW, there are people being bombed in their homes, gas is \$5.00 a gallon, and there is a new Omicron variant out and about. And what is Congress doing? Whining about losing an hour's sleep once a year. Maybe they think we'll think they are accomplishing something. Maybe they should get out for an early morning walk to clear their heads.

# OSU to celebrate young composers

by Mary Furse

FOR IRON COUNTY TODAY

Be among the first to witness live performances of original symphonic compositions by winners of the very first Hal Campbell Young Composers competition. OSU is proud to honor the efforts and vision of these young artists, as well as Dr. Campbell, who served as conductor, librarian, founding board member, and composer for OSU. A gifted pianist and teacher, he held the post of professor of music composition at SUU. OSU is proud to pay tribute to his great contributions to our musical community.

With innovation and a challenge for each section of the orchestra, Zane Lowry's Adventum is a dramatic hero's journey. Listen for the call to adventure, the crossing into another world, the road of trials, despair, revelation, and finally, triumph. Lowry has been composing since the age of twelve, and with a passion for orchestral composition, he has honed his craft through



Beka Lara



Zane Lowry

PHOTOS COURTESY OSU

workshops, collaborations, and competitions. He was a finalist in the 2021 Berlin International Film Scoring Competition, and continues to pursue a career in film scoring and music technology.

BekaLara Willey Larrucea, an accomplished violinist and vocalist, will solo in her original Fantasy On A Violin. Larrucea began studying violin at the age of twelve months with her mother, and has gone on to solo with the Debut Orchestra in Beverly

Hills, Utah Valley Symphony, Timpanogos Symphony, five times with the Utah Symphony, and the UVU Symphony, where she has served as concertmaster and principal violist. Her awards include the Utah Prize in the first Stradivarius International Violin Competition and first prize in the Utah Baroque Competition. Larrucea maintains a studio of young violinists and violists, and serves as associate director

see **COMPOSERS** » 17

**arts festival**  
AT THE BEVERLEY CENTER

**april 9<sup>th</sup>**  
**10 a.m. to 5 p.m.**

**LIVE PERFORMANCES**  
featuring Keigwin + Company with Jason Hackenwerth

**FOOD TRUCKS + VENDORS**

**ART MARKET**

**CHALK ART + ACTIVITIES**

**FREE AND OPEN TO THE PUBLIC**  
For more information, visit [go.suu.edu/artsfestival](http://go.suu.edu/artsfestival)

Leavitt Group SUU SOUTHERN UTAH UNIVERSITY THE BEVERLEY VISIT Cedar City BRIAN HEAD

## Stone Company brings instrumental artistry, hootenanny to Iron County

from Jim Howells

FOR IRON COUNTY TODAY

Iron County Acoustic Music Association (ICAMA) Presents featuring Stone Company with multi-instrumentalist singer-songwriter Jon Stone, 7:00 PM, Friday April 8, at Community Presbyterian Church, 2279 N Wedgewood Lane, Cedar City. This is the final indoor concert of the 2021-22 ICAMA season.

Stone Company is three talented musicians who play an upbeat blend of old-time, bluegrass, and of Euro-American roots music with a groovy twist. They have played stages and festivals throughout the Four Corners area. Stone Company features multi-instrumentalists Jon Stone on lead vocals, guitar, mandolin, fiddle and

banjo, Byron Owens playing percussion, saw, melodica, and baritone ukulele, and Jason Allgood on bass.

Jon Stone is a multi-instrumental musician and vocalist who has played music in almost every state in the USA. Born in Texas, educated in Kentucky and refined in Louisiana, Stone grew up in a musical family. He trained in choir at a young age and picked up his first instrument at 15. Throughout his college years in Kentucky, Jon learned native Appalachian music and studied violin and music composition. After college, Stone moved to southern Louisiana where he joined with other musicians and formed a national touring band blending rock, gypsy, folk, blues and jazz. Stone became the featured singer,

mandolinist, and violinist. Stone later collaborated with Grammy-nominated Cedric Watson, a renowned Cajun, Creole, and Zydeco musician.

A recent review said “These guys talk a lot of hootenanny, but between the two of them they play more instruments than a threadbare speakeasy orchestra. A brimming showcase of styles, genres, subcultures and junk store ingenuity. Jon’s robust honest vocals are burnished with the travel & dust of a lost America. A ballyhoo of musical saw, fiddle, suitcase and spoons that would have had your Great-Great-Grandfather plucking his sweetheart off the porch and capering about in the dusty street.”

You won’t want to miss this unique musical



COURTESY ICAMA

Jon Stone and his Company of talented musicians perform an upbeat blend of old-time bluegrass with a groovy twist.

experience. Check out Stone Company’s sound on Facebook and Instagram @ stonecompanymusic.

The concert begins at 7:00 PM Friday, April 8, at Community Presbyterian

Church Fellowship Hall, 2279 N Wedgewood Lane, Cedar City. Doors open at 6:30. A suggested donation of \$5 supports these shows and promotes live acoustic music in Iron County.

## Celebrate 20 years of the 'Lord of the Rings' with SUU Wind Symphony, Cedar City Community Band

by Ashley H. Palmer

SUU PR COORDINATOR

Continuing to bring music to SUU and Cedar City, the SUU Wind Symphony will team up with the Cedar City Community Band (CCCB) on Friday, April 8, 2022, at 7:30 p.m. in the Heritage Center Theater for their final performance of the school year in a concert featuring the music of the *Lord of the Rings* saga. Tickets are \$10 for adults, \$8 for alumni with card, and \$5 for youth. SUU faculty/staff (and one guest) and students can attend for free with a valid ID card. Tickets can be purchased at the America First Event Center Box Office, at the door the night of the performance, or online at [www.suu.edu/arts](http://www.suu.edu/arts).

Dr. Lawrence Johnson, Chair of the Department of Music at SUU, shares, “It’s always a pleasure to hear the SUU Wind Symphony perform in the same concert as the Cedar City Community Band; it reminds us of the strong ties the university has with the generously supportive

community, and that ‘Learning Lives Forever’ genuinely exists!”

The SUU Wind Symphony is an auditioned ensemble comprised of the top wind and percussion students at SUU. The ensemble is committed

are the hallmarks of this select ensemble.

Dr. Adam Lambert, Director of Bands at SUU, says, “The SUU Wind Symphony celebrates 20 years since the grand production of Peter Jackson’s *Lord of the Rings*

and *Hobbits*. In the spirit of movies, we will also perform *Silverado*, the great arrangement by Randol Bass. The Wind Symphony will begin the concert with *Carnival Overture*. We are pleased to have Dr. Laura Grantier, SUU’s Director of

School, Las Vegas Academy of the Arts, and Valley High School.”

The Cedar City Community Band is a non-auditioned concert band. Their aim is to provide opportunities for those wishing to practice and develop their instrumental performance skills by rehearsing and performing fun, exciting, and challenging music. All high school-aged and older individuals with prior concert band performance experience are welcome.

Steve Shirts, Director of the Cedar City Community Band, states, “We have some amazing musicians in our community. It is an honor to be the conductor of this group. I know there are others in our area that would be great additions to the CCCB. You are welcome to join.”

Experience the music of *Lord of the Rings* on Friday, April 8, 2022, at 7:30 p.m. in the Heritage Center Theater. For more information about arts events at SUU, please visit [www.suu.edu/arts](http://www.suu.edu/arts).



COURTESY SUU

From Cedar to City to the Shire and back again, you won’t want to miss this epic musical journey through Middle-Earth.

to the performance of the highest quality contemporary and traditional works in the wind band repertoire. Innovative concerts, adventurous programming, and high-level music-making

by presenting the full Symphony no. 1 ‘Lord of the Rings’ by Johan de Meij. This epic, five movement work includes movements titled, *Gandalf*, *The Elvenwood*, *Gollum*, *Journey in the Dark*,

Woodwinds, playing with us as well. This will be the culminating event after a four-performance tour to Las Vegas, including performances at Foothill High School, Clark High

# SUU's Hal Campbell String Quartet plays for community

by Ashley H. Palmer

SUU PUBLIC RELATIONS COORDINATOR

SUU's Department of Music will hold their second concert featuring the Hal Campbell String Quartet on Tuesday, April 12, 2022, at 7:30 p.m. in the Thorley Recital Hall of the SUU Music Building. This student string quartet was formed to honor the legacy of Dr. Hal K. Campbell (1927-2020). He taught at SUU for

teaching and education.

Zane Lowry, first violinist and founding member of the quartet, says, "It has really been such an amazing experience so far being a part of this quartet, creating beautiful music together. We all have such a passion for chamber music, so being able express that together has been awesome. As a group, our goal is to convey how we feel playing such beautiful works, and to



COURTESY SUU

*The Hal Campbell String Quartet share their passion* for creating beautiful music together and introducing new listeners to chamber music.

many years. During his tenure, Dr. Campbell served as the Chair of the Department of Music as well as being the Dean of the College of Arts and Letters. This concert is free and open to the public.

Treven Lowry, cellist in the quartet, shares, "It has been a dream of mine to play in a string quartet with such reputable players. Being able to play the music I grew up listening to has been a fulfilling experience in so many ways and I can't wait for what the future holds!"

Dr. Campbell had a lasting impact on the music community in Cedar City, especially at Southern Utah University where he was instrumental in the university receiving accreditation from the National Association of Schools of Music (NASM). The university still maintains their standing with NASM after over 30 years of being accredited and ensuring a high standard of

introduce new listeners to the world of chamber music!"

Teaching since 1966 at SUSC (SUU), Dr. Campbell was an educator teaching composition, theory, history, and piano. He was instrumental in developing the music program, where his energy, enthusiasm,

dedication and love for his students led him to receive many outstanding awards.

Frances Hartzell, second violinist in the Hal Campbell String Quartet, states, "This has honestly been one of the greatest experiences I could have asked for. I always loved playing chamber music, and being able to be in such an amazing quartet with such talented members

has been a dream come true!"

Enjoy the music of the Hal Campbell String Quartet on Tuesday, April 12, 2022, at 7:30 p.m. For more information about the arts events at SUU, please visit [www.suu.edu/arts](http://www.suu.edu/arts).

*"As a group, our goal is to convey how we feel playing such beautiful works, and to introduce new listeners to the world of chamber music!"*

**Treven Lowry, cellist**

THE ORCHESTRA OF SOUTHERN UTAH  
**HAL CAMPBELL**  
YOUNG COMPOSER CONCERT

HERITAGE CENTER THEATER  
APRIL 7, 2022 · 7:30PM

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**BEKALARA WILLEY  
LARRUCEA**  
"Fantasy for Violin and Orchestra"



**ZANE  
LOWRY**  
"Adventum"



Tickets available on line at [myosu.org](http://myosu.org)  
\$12 adults • \$6 students over 6  
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Children over 6 welcome,  
no babies please,  
as concerts are recorded.



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Utah Division of  
Arts & Museums

  
**MYOSU.ORG**

# Piano Pedagogy Conference Hosted at SUU

by Ashley H. Palmer

SUU PUBLIC RELATIONS COORDINATOR

Southern Utah University (SUU) and Dixie State University (DSU) will be co-hosting the Southern Utah Piano Pedagogy Conference on Southern Utah University's campus on Saturday, April 9, 2022 from 9:00 a.m. to 6:00 p.m. The registration fee is \$15 and can be paid online (preferred) or by cash or check at the conference. This conference is free for high school and college students. To register for the conference, please visit [www.suu.edu/pva/music/pianopedagogyconference.html](http://www.suu.edu/pva/music/pianopedagogyconference.html).

Dr. Christian Bohnenstengel, Director of Piano Studies at SUU, shares, "The piano pedagogy conference offers a wonderful opportunity to connect with and learn from experts in our field such as Kevin Olson, whose fabulous compositions are used to teach piano all over the world. The sessions also feature some of our wonderful local piano teachers such as LuAnn Keate, Caroline Jennings, Sarah Bearson, Patrice Hunt and Nancy Allred."

Nancy Allred, Professor of Piano at DSU, states, "We organized the Southern Utah Piano Pedagogy Conference in February 2020, just prior to the worldwide pandemic. It was a huge success, 70 attendees and seven presenters. Of the 70 attendees, 40 were piano teachers, and 30 were students (SUU, DSU, and high/middle school). Most of the piano teachers were from the southern Utah area (St. George, Santa Clara, Washington, Cedar City). In addition, several teachers came from neighboring areas in Utah and Arizona, and about 12 teachers came from northern Utah. For 2021, we created our own YouTube Channel, and uploaded several videos during the spring, addressing pertinent issues relating to piano teaching. We are excited for the 2022 conference that will be held at SUU. Piano teachers and students will benefit from

presentations from a wonderful panel of professionals in the piano teaching world! This is an event not to be missed!"

Conference morning sessions include: "Productivity Hacks for Pianists: Getting More Done in Less Time," "Understanding the brain and stress for a studio of self-driven

and signed by Rachmaninoff.

Kevin Olson, featured presenter at the Southern Utah Piano Pedagogy Conference, says, "There is a need for more professional training experiences for piano teachers in our community and around the state. The Southern Utah Piano Pedagogy Conference is an important new

endeavor between SUU and DSU, and see this as a model for more shared ventures between university music programs around the state."

A recital by Zion Trio at 5:00 p.m. in the Thorley Recital Hall (free and open to the public) will mark the end of the conference. They will perform works by Beethoven and



The piano pedagogy conference helps musicians connect to and support each other while learning from experts in the field.

COURTESY SUU

students," "The Intermediate Student: Repertoire, Technique, Theory," and a panel discussing "Careers in Music." Afternoon sessions involve the following titles: "Discover and play easy piano, Composition Workshop," "Discover and play intermediate piano ensemble," "Piano Maintenance," a panel discussion about "UMTA/Federation/RCM - What do they do?" and finally, "Intermediate Level Master Class." Attendees will also have an all-day opportunity to play a harpsichord and a grand piano that was played

venue for piano instructors to share ideas and to take their experiences back to the students in their studios. The impressive registration in their first year shows that there is certainly interest from the teachers. I'm also impressed at this collaborative

Brahms. Zion Trio consists of Paul Abegg (violin), Ka-Wai Yu (cello), and Christian Bohnenstengel (piano). For more information about the conference and to register, please visit [www.suu.edu/pva/music/pianopedagogyconference.html](http://www.suu.edu/pva/music/pianopedagogyconference.html).

## COMPOSERS

« CONTINUED FROM PAGE 14

of Vivace Chamber Ensemble and as string coach for the Vivace Orchestra Camp and Mountains and Strings Retreat.

The orchestra will also favor us with the works of past masters: Joseph Haydn and Jean Sibelius. If you find yourself nodding off to the lulling strains of Haydn's Symphony No. 94, you may be in for a surprise. Sibelius' Symphony No. 2 finale is unified by a soaring melody, a flight of joy. Intimate moments, sometimes serene, sometimes

foreshadowing, highlight the woodwinds. Triumphant brass and strings widen the scope, depicting a wholesome landscape and a suggestion of coming adventure. Tension and excitement build, then burst into triumph.

Experience music of the past and present with OSU on Thursday, April 7 at 7:30 p.m. at the Heritage Theater. Concert ticket prices are as follows: \$12 for adults, \$6 for students over six years. \$40 for a group of six individuals. Children over six years are welcome. No babies, please, as concerts are recorded. Tickets are now available online at [www.myosu.org](http://www.myosu.org).

SOUTHERN UTAH MUSEUM OF ART

CANYON CREEK SERVICES

APRIL 6  
3-6 PM  
SOUTHERN UTAH MUSEUM OF ART (SUMA)  
15 S 300 W CEDAR CITY, UTAH

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

JOIN US FOR THIS FREE COMMUNITY EVENT FEATURING LIVE MUSIC, ACTIVITIES, CHALK ART, FOOD & FUN!

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- ROCK PAINTING
- FREE SWEET BEAT COOKIES

(S)TART BY BELIEVING DAY

# AVOID PANIC BUYING

## LESSONS LEARNED THE PAST TWO YEARS

**I**t hasn't been that long ago that consumers were reaching spending limits on personal credit cards and filling any empty spaces at home with cases of bottled water, toilet paper, or even canned stew. Chest-type freezers were also in short supply as consumers were hoping to stock up on anything from ground beef to cheese which had limited availability for several months—and how many of us know someone who took up raising chickens in the back yard?

Here we are, two years later. Many folks relaxed a bit on their fear of having access to basic supplies; that is until the conflict between two nations escalated! Now, once again there is renewed anxiety not just regarding fuel prices but whether other consumable goods, especially those imported from other nations, will soon be in short supply.

Before jumping back on the “panic buying” wagon, we would do well to take inventory and ask ourselves: “What’s still in my closet or under my bed? Would I buy the same items in the same amounts again? How have my priorities changed? Am I better prepared today going into another supply and demand downward spiral now than I was in 2020?”

Amanda Christensen, USU Extension family finance expert and Accredited Financial Counselor, shares how to combat the impulse to buy large quantities of a par-

ticular product or commodity due to fear of a supply shortage or the current uptick of inflation impacting our budgets.

Ms. Christensen explains her six “hacks” as summarized here:

### **Own your anxieties**

Panic buying is fueled by anxiety. Instead of attempting to dismiss them own up to the fact that it’s downright difficult to remain positive right now but we can take intentional steps to decrease

## *Kathy's* CORNER

by Kathleen Riggs

USU EXTENSION



anxiety. Simply put. Ms. Christensen suggests, “Move your body, list things you’re grateful for, get enough sleep, take deep breaths, talk to someone, stream a dance party, by yourself, from your living room, via FB Live because...social distancing, etc.”

### **Make a plan**

When you are ready to make a realistic plan, here is an example of being intentional determining your needs: 1) Inventory items in your refrigerator, pantry, cold storage, freezer, medicine cabinet, cleaning closet, pet supply storage etc. 2) List what you would normally pick up during your next shopping trip. 3) List what you would need to replen-

see **PANIC** » 25

# “Expense Account”

Do you have an expense account? Do just those words bring on the onset of a headache, or an unwelcomed ulcer? The man in this illustration is definitely in distress as he attempts to assess his expenses. Another title for this picture was, “Traveling Salesmen”.

It fits as we are each traveling through life. Though, it seems you do more buying than selling, right? Actually, isn't life literally about buying and selling? I'm not talking about everyday commodities such as shelter, food, water, toiletries, but the expenses that are inherent with experience and expression. Each day you purchase happiness or sorrow at the expense of one choice and one moment at a time.

**the rut**  
LESS TRAVELED

**Corey Baumgartner**  
news@ironcountytoday.com



*“Each day you purchase happiness or sorrow at the expense of one choice and one moment at a time.”*

How's your spending and investing in life? At the end of each day, looking at your expense account, where did you spend most of your blood, sweat and tears? Where did you improve and apply the majority and integrity of your time, talents and treasures?

I would not begrudge you if you didn't want to look at your life's ledger. It can be stressful to see your history (or herstory) of where you've scrimped and/or squandered the precious moments of your life. Perhaps you don't want to see all the times you spent hiding hurts instead of reaching out for help, or the times you were the one who had the opportunity to reach out to help but were too busy with meetings and missions. I would suggest that in most cases, there is no meeting or mission more important in that moment than when we have the opportunity to help someone else experiencing opposition.

I know it's not always easy or con-



NORMAN ROCKWELL

venient to convene your resources (even reserves) to help someone, but at the end of the day, I'd rather have a few missed meetings and deadlines on my expense account, yet know that I helped someone live a better life instead. Now, that's not to say that you must do so at the expense

of your own life and wellbeing. You've got a responsibility to take care of yourself first and foremost. Nevertheless, that doesn't mean you can't help someone when you're worn out, hungry or busy. It means that as

see **ACCOUNT** » 23



# SPRING

# PHOTO CONTEST

Top photos will be featured in our next issue of Color Country Magazine!

Complete contest details/rules & enter your photo at [IRONCOUNTYTODAY.COM](http://IRONCOUNTYTODAY.COM)

## calendar

## WED, APRIL 6

## DAY OF HOPE

**WONDER WEDNESDAY – (4-6PM) @ FRONTIER** Homestead State Park (635 N Main), FREE for all students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities. INFO: (435) 586-9290.

**(ST)ART BY BELIEVING DAY (3-6PM) @ SUMA** (13 S 300 W, Cedar City). Canyon Creek Services and the Southern Utah Museum of Art (SUMA) are partnering to host their first-ever (st)ART by Believing Day event featuring: live music, chalk art, kid-friendly art activities, snacks, and fun.

**POETRY READING & WORKSHOP (7PM) @** Frontier Homestead State Park Museum (635 N Main, Cedar City). Danielle Beazer Dubrasky & Natalie Young reading of their poems with references to the Great Salt Lake and the ancient seas of Utah. INFO: frontierhomestead.org.

## THURS, APRIL 7

## WORLD HEALTH DAY

**PRECEPT UPON PRECEPT BIBLE STUDIES** (1-3pm) @ Cedar City Public Library (303 N 100 E). 10-wk study of James, "A faith that's real." Discover truth using observation, interpretation, application. Nondenominational studies with homework, discussion, DVD lecture. Workbooks \$22.50. Call 435-267-2234, 435-238-3078 for info/register. Visit: www.precept.org.

**SUU: ART OF LITERATURE VISITING WRITER** SERIES – Emily Fridlund (4-5pm) @ Sharwan Smith Student Center Theatre (351 W University Blvd, Cedar City). Fridlund will read selections of her work and answer audience questions. Admission is FREE.

**UNITED UTAH PARTY NOMINATING** CONVENTION (7pm) @ Cedar City Library (303 N 100 E). Meet local candidates and fellow Uniters.

**DAVID WHITMORE: BUILDING AN OUTDOOR** Business (6pm) @ SUU Sharwan Smith Student Center – Outdoor Basecamp (351 W University Blvd, Cedar City). Admission is FREE. David Whitmore, the owner of Cedar Sports and SUU Alumni, shares "how to peel a banana and other insights gained during my journey in the outdoor field and as a shop owner." INFO: (435) 865-8704 or suu.edu/outdoors.

## FRI, APRIL 8

## EMPANADA DAY

**SUU COMMUNITY EDUCATION CLASSES 2022** – Learn a new skill or improve an old one! Visit [www.suu.edu/cpd/community-enrichment](http://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](http://www.eventbrite.com). Classes include: Yoga, Gardening, American Sign-Language, Water Coloring, Acrylic Painting, Travel Spanish, Crochet, Salsa Dancing, Photography, and Grilling.

**ICAMA CONCERT – STONE COMPANY (7PM) @** Community Presbyterian Event Hall (2276 Wedgewood Ln, Cedar City). Stone Company is three talented musicians who play an upbeat blend of old-time, bluegrass, and of Euro-American roots music with a groovy twist. Admission \$5 minimum suggested donation at the door. Doors will open at 6:30 pm.

**SUU WIND SYMPHONY, CEDAR CITY** COMMUNITY BAND (7:30pm) @ Heritage Center Theater (105 N 100 E, Cedar City). Featuring the music of the Lord of the Rings saga. Tickets \$10 adults, \$8 alumni w/card, \$5 youth. SUU faculty/staff (and one guest) and students can attend for free with a valid ID card. Tickets purchased at the America First Event Center Box Office, at door the night of the performance, online at [www.suu.edu/arts](http://www.suu.edu/arts).

## SAT, APRIL 9

## UNICORN DAY

**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.



**SUU & DSU PIANO PEDAGOGY CONFERENCE** (9-6pm) @ SUU Campus. Registration \$15. Paid online (preferred) or by cash/check at conference. Conference is free for high school and college students. To register, visit [www.suu.edu/pva/music/pianopedagogyconference.html](http://www.suu.edu/pva/music/pianopedagogyconference.html). [www.suu.edu/arts](http://www.suu.edu/arts).

**SUU ARTS FESTIVAL (10AM – 5PM) @** Beverley Center for the Arts (13 S 300 W, Cedar City). Come join the first-ever Arts Festival with performing, literary, and visual arts, including a Chalk Art Competition! Sign up and details are available inside SUMA lobby, by calling (435) 586-5432 or texting (435) 868-1163. Live Performances, Food Trucks and Vendors, Pop Up Exhibition, Chalk Art & Activities! INFO: [go.suu.edu/artsfestival](http://go.suu.edu/artsfestival).

**BRIAN HEAD SPRING CARNIVAL (10-8PM) @** Brian Head Resort (329 S Hwy 143, Brian Head). Enjoy and participate in Cardboard Sled Race, Bikini Slalom, and the classic Pond-Skim throughout the day. INFO:(435) 677-2035 and [www.brianhead.com](http://www.brianhead.com).

**ZION TRIO RECITAL (5PM) @ THORLEY** Recital Hall (351 W University Blvd, Cedar City). Admission is FREE. Performance includes works by Beethoven and Brahms. INFO and REG, visit [suu.edu/pva/music/pianopedagogy-conference.html](http://suu.edu/pva/music/pianopedagogy-conference.html).

**IRON COUNTY DEMOCRAT CONVENTION** (6:30-9pm) @ Springhill Suites (1477 S Old Hwy 91, Cedar City). Refreshments will be served.

## SUN, APRIL 10

## ENCOURAGE YOUNG WRITERS DAY

**MASTER SINGERS EASTER CONCERT (7PM) @** Heritage Theater (105 N 100 E, Cedar City). Musical selections range from "A White Sport Coat" to hymns sung in many religious congregations, such as "The Old Rugged Cross" to "Blessed Lamb on Calvary's Mountain," with a rendition of "Old Man River." Young and old will thrill to the music sung by this male chorus. Come and join us for an enjoyable evening. Free admission.



## MON, APRIL 11

## EIGHT TRACK TAPE DAY

**AARP SMART DRIVER CLASS (1PM) @ IRON** County Visitors Center (581 N Main, Cedar City). The class will be four hours. Sponsored by AARP. Designed to bring older drivers up to date on their driving skills. Also helps save on vehicle insurance. Class is limited to 10 participants. \$20 for AARP members, \$25 for nonmembers. Register by calling Roland Gow at 435-865-5825.

**CARS & CUSTARD (5:30PM – 7:15PM) @** Culver's (1065 S Main St, Cedar City). Admission is Free. Enjoy a night with classics (1981 or older), customs, hot rods, and exotics. Followed by a cruise down Main Street at 7:15 pm. INFO: Mike at (909) 717-1232 or email [ekimjacobs@gmail.com](mailto:ekimjacobs@gmail.com).

**ENOCH EASTER EGG HUNT (6-7PM) @ ENOCH** City Office (900 E Midvalley Rd). Children (0 to 12 yrs.) invited to come enjoy an Easter Egg hunt and visit from the Easter Bunny and great Easter prizes, while supplies last.

**SUU AMERICAN CELLO DUO – ROSIN,** (7:30pm) @ Thorley Recital Hall (351 W University Blvd, Cedar City). Admission is FREE. American cellists from Utah, Jessika Soli, and Daniel Gaisford focus on great composers for cellos such as Friedrich August Kummer, Sebastian Lee, David Popper, and Julius Klengel. INFO: [www.suu.edu/arts](http://www.suu.edu/arts).

## TUES, APRIL 12

## LIBRARY WORKERS DAY

**OFF THE CUFFJAZZCAST (7PM) @ OFF THE** Cuff Comedy Club (913 S Main). This month we will be featuring guest artist Glenn Webb on vibraphone. FREE!

**IRON COUNTY CONSTITUTION PARTY CAUCUS** & CONVENTION (6pm) @ Visitor's Center (581 N Main, Cedar City)

**SUU HAL CAMPBELL STRING QUARTET** (7:30pm) @ Thorley Recital Hall (351 W University Blvd, Cedar City). This student string quartet was formed to honor the legacy of Dr. Hal K. Campbell (1927-2020). Free and open to the public.

## WED, APRIL 13

## SCRABBLE DAY

**WONDER WEDNESDAY – (4-6PM) @ CEDAR** City Library (303 N 100 E). FREE for all students K-5. Children accompanied by an adult can join for adventure and fun make-and-take activities.

**SUU SPRING CERAMICS SALE (13TH-14TH** 10-4pm) @ Sharwan Smith Student Center Living Room (351 W University Blvd, Cedar City). Find the perfect handmade Mother's Day or graduation gift. A variety of potted plants, pottery, and candles. Proceeds help SUU Ceramic majors go to the annual National Council on Education for the Ceramic Arts Conference. [www.suu.edu/arts](http://www.suu.edu/arts).

## SAT, APRIL 16

**YARD SALE FUNDRAISER & OPEN HOUSE** – So. UT Rock Club (8am – 1pm) @ 497 N 100 W, Cedar City.

**IRON COUNTY DEMOCRATS MONTHLY MTG.** (9am) @ Pastry Pub (86 W Center St., Cedar City).

**35TH SIGMA NU ALUMNI EASTER EGG HUNT** (9am) @ Cedar City Main Street Park. Free for all kids 0-12 years old. Pics w/ Easter bunny and 25,000 eggs filled w/prizes and candy. Call Rog with questions (465) 586-4600.

**AQUATIC CENTER DIVE-IN EASTER EGG** HUNT (10:30-11:30am) @ Aquatic Center (2090 W Royal Hunte Dr., Cedar City). \$4.50 adults, \$4 youth (4-17yrs), 3yrs and under free with paying adult. Aquatic Center Members Free. Admission includes an Easter Egg Hunt for the kids, 1 goodies bag per child, swimming all day, and loads of fun! Everyone 11yrs and under invited to dive for Easter Eggs for prizes! Find the GOLDEN EGG for a grand prize! INFO: (435) 865-9223.

**BRIAN HEAD EASTER CARNIVAL & EGG HUNT** (11-3pm) @ Navajo Lodge Main Lobby (329 S Hwy 143, Brian Head). Bring the whole family for an exciting Easter celebration with great prizes. INFO: (435) 677-2035.



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## calendar

## ONGOING OPPORTUNITIES

## GOVERNMENT

## Cedar City Council

Wed (except 5th), 5:30 pm • City Hall, 900 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 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](http://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 [mjmillier@alz.org](mailto:mjmillier@alz.org) or (435) 238-4998 x8773

## Alzheimer's/Dementia

Tues, 5:30-6:30 pm • Cedar Library (303 N 100 E). Learn about/access resources, connect with others for support. Contact Lauren Willie 435-359-4819, [lewillie@alz.org](mailto:lewillie@alz.org) for info and Zoom link.

## ARP—Addiction Recovery

1st Wed, 7 pm • Parowan Seminary building, Main & 300 N, Parowan Sun 7:30 pm • 85 N 600 W, Cedar City, Rm. 102 – LDS bldg. Back entrance. 435-218-9578

## Bipolar 'Winged Warriors'

Tues, 6:30-7:30 pm • Parowan Library (16 S Main St.). Ages 13 and up!

## 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](http://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.southernutah.org](http://www.southernutah.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 • (435) 559-0394

## 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](http://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 [Sonrisechurch.net](http://Sonrisechurch.net).

## CLASSES, CLUBS &amp; 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.

## American Legion Post 74

2nd Mon, 6pm, Cedar Library, 303 N 100 E. Veterans invited to learn about benefits, opportunities and fellowship. Honor Guard provides military honors at Veterans funerals. • Post Commander Darrin Duncan (435) 704-1466.

## 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, 6 pm • Cedar 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](http://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. visit [www.cedarprofessionals.org](http://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.

## DAR – Bald Eagle Chapter

2nd Tues, 4 pm • Cedar City Library, 303 N 100 E

## 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, 6-8 pm • Cedar City Aquatic Center, 2090 W. Royal Hunt Dr. Class caller is Susan Howard. \$5.00 per person. INFO: Neil 909-477-9795.

## Pickleball Group

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

## Recharge With Cognomovement

Mon, 5:15-6:15 pm • Cedar Yoga Space (736 N Main, North Entrance). Brain-body exercise helps harmonize your brain hemispheres, boost overall energy. \$12 drop in /First time to studio is Free. 541-291-7856.

## 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](http://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

## Sewing Group

Wed 9-2:30 pm • Cedar Senior Center (489 E 200 S). Bring machine, cord, projects, supplies. No fees. All abilities welcome. Annie Anzalone (702) 232-0063.

## 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](http://thewellnessplacecc.com/upcoming-classes)

## Wellness Wednesdays

Wed Noon-1 pm • Create Better Health. ZOOM Mtg ID: 841 6308 8990. PW: health. Info: Kristi Sharp (435) 986-2564, [ksharp@swuhealth.org](mailto:ksharp@swuhealth.org)

**To add your ongoing opportunity to our calendar, call 867-1865, ext.6 or email [news@ironcountytoday.com](mailto:news@ironcountytoday.com)**

## Stability: The core of your fitness routine

from Michelle Crompton

FOR IRON COUNTY TODAY

If you want to improve your balance, strength and fitness, do you have to do high-intensity workouts or rigorous exercise?

The answer to that question is no, you don't. Balance and stability are critical components to your health—from preventing falls and navigating regular life tasks (like walking upstairs or managing in the snow) to sports training, balance should be the core of your fitness regimen.

You can get a low-impact workout that will work wonders on your stability and balance with the use of an innovative new tool: the StrongBoard Balance Board.



The StrongBoard helps not only build a stronger core, but stability and a better balanced body.

COURTESY IFS STUDIOS

The National Institute of Health states that balance and stability exercises, along with certain strength exercises, can help prevent falls by improving your ability to control and maintain your body's position. With a StrongBoard, you can improve your proprioception, reaction times and—you guessed it—your stability.

From professional athletes and fitness enthusiasts to all of us average folks who just want to be a little healthier, StrongBoard Balance is changing the way people view and experience balance and stability training.

If you are an athlete training for a specific sport such as tennis, soccer, ballet, gymnastics, or hockey, core strength is very beneficial. And if you are currently working out and want to up your game or try a new challenge, standing on the StrongBoard performing squats, lunges, pushups, arm and shoulder exercises will require your body to engage your core and expend more energy than performing those same exercises on

# Cedar Chest Quilt Guild honors hometown heroes

from PJ Sylvester

FOR IRON COUNTY TODAY

Members of the Cedar Chest Quilt Guild were honored to present quilts to our Hometown Heroes, Firefighters Captain Russel Brunson, Greg Coulter and Ed Goodwin.

Captain Russel Brunson, following in his father's footsteps, joined the CCFD as a volunteer in 1992 transitioning to full time in 2008. Coming up through the ranks, he currently serves as a Captain for the department.

Greg Coulter worked seven years for the Phoenix and twenty years for the Costa Mesa police departments before moving to Cedar in 1994. He has been with Iron County Search and Rescue since 1995 and the CCFD since 1998.

Ed Goodwin, also known as the "Good-one" in the department has been a firefighter for the past 27 years. During his years of service, Ed has served as the Chaplain for the State Firemen's Relief Association, Station Captain, President of the Cedar City Fire Relief Association and presently is the Chaplain of the Department.



PHOTOS COURTESY PJ SYLVESTER

(L to R) Firefighters Ed Goodwin, Greg Coulter and Captain Russel Brunson, are each proud to receive their quilt honoring their service.

## schools

### ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

#### South Elementary

South Elementary enjoyed several fun activities this month. The students celebrated National Read Across America Day by participating in individual classroom activities and reading good books. The school was excited to have the privilege of watching a special performance of Sleeping Beauty by Ballet West. The kindergarten students had a great time learning about potential energy taught by a representative from the Discovery Gateway Children's Museum. Congratulations to South Elementary Bridget Thompson who came in 2nd Place in the District Spelling Bee.



#### East Elementary

East fifth graders have been busy creating miniature parade floats to teach each other about the states in our country. It was a really fun project, and the kids did a great job

engineering floats that would share the most interesting and important information about their state. The entire school was invited to attend a walk-by parade, where the rest of the students could walk past the float display.



Our fifth graders also had a terrific opportunity to travel to Salt Lake City to visit the capitol and the Living Planet Aquarium. It was a long day, but they learned a lot and created great memories. Some of their favorite things were learning about the history of the Utah capitol building and seeing all of the unique art and architecture. They had a lesson at the aquarium about energy transfer through the food chain, and then they were able to explore the exhibits with their chaperones. Their favorite exhibits were the touch pools with the rays and anemones, the penguins, and the bioluminescent jellyfish. A big thank you to our fifth-grade teachers and chaperones for being willing to tackle such a long day!

We just wanted to send a friendly reminder that next week, April 11-15, is our Spring Break. We hope you have a happy, safe, and fun-filled break!

#### Enoch Elementary

Congratulations to the winners of Enoch Elementary's 5th Grade Science Challenge! The winning team included Caleb Cole, Conrad Griffiths, Alexander Glenn, and Ben Randall. The first round of the competition tested their science knowledge. Then finalist teams created video presentations to design or

analyze solutions to solve some of Earth's problems, such as damage from natural disasters or conserving resources. Students received awesome science prizes throughout the competition, thanks to the PTA and Challenge Coordinator Mrs. Megan Meachum.

#### Escalante Valley

At the end of each quarter, Escalante Valley School holds a math challenge. Students who qualify from classroom competitions go on to compete at the school-level, where they battle it out with other grades. The math challenge includes both paper/pencil and digital timed drills. Although students from grades 1-6 compete against one another, the math challenge is divided into younger grades and lower grades. Since implementing this challenge into our school a year ago, we have seen improvements in speed, fluency and an increased excitement for math!



#### Fiddlers Canyon Elementary

Fiddlers Canyon Elementary third graders have been studying ancient Rome and erupted their very own Mount Vesuvius! Thanks, Mrs. Hallows, for the fun activity and picture!

The PTA held its annual election for next year's executive committee on March 25. The results are Trish Topham as president, Renae Slack as president-elect, Shawnell Chiaramonte as secretary, Brianna Hulet as

treasurer, and Krysten Reynolds as teacher rep. Thank you so much for being willing to serve. We look forward to a great year together!

Mark your calendars for Spring Break from April 11-15 and for our Color Run fundraiser on April 28 at 3 pm. As always, please follow the Fiddlers Canyon Elementary PTA page on Facebook to keep up with the latest announcements and news.

#### Three Peaks Elementary

Three Peaks Elementary had the opportunity to learn about embryology these past few weeks. The Iron County 4-H coordinator, Emma Whitmore, brought participating classrooms an incubator, a feeder, a waterer, one cup of chick starter food, some pine shavings for brooding, and of course fertilized eggs. Students waited patiently for their classroom eggs to hatch and watched them as they broke free from their egg, dried their feathers, and were ready to join other chicks in the brooder box. They learned about the different parts and functions of the egg, how to care for the eggs and the chicks once they hatched, facts about the poultry industry, and the importance of chickens. We would like to thank the Iron County 4-H office for their constant support with the education of our students.



Spring break for Iron County schools will be April 11-15, 2022. We will resume school on April 18, 2022.

# schools

## Southwest Utah Sterling Scholar winners named

from Selene Corbridge

SOUTHWEST EDUCATIONAL DEVELOPMENT CENTER

One hundred and fifty-nine students representing nineteen high schools competed in the annual Southwest Utah Sterling Scholar competition on the campus of Dixie State University in St. George, Utah, on March 29, 2022. This regional competition is coordinated by the Southwest Educational Development Center.

Each of the students were judged on personal achievements and awards compiled in their portfolios as well as their interviews with the judges. The students were judged on scholarship, leadership, community service, and citizenship. The three judges in each category came from local communities, Dixie State University, and Southern Utah University.

After the competition an Awards Ceremony was held in DSU's Cox Auditorium. Students and their parents were welcomed to the Dixie campus by Vice President Dr. Michael Lacourse. Dr. John Taylor served as the Master of Ceremonies where the winners and runners-up were announced. Winners and runners-up received a sterling silver pin or charm and a sizable college scholarship provided by the Larry H. & Gail Miller Family Foundation. Colleges and Universities in Utah offer additional scholarships to both the winners and the runners-up.

Winners and runners-up can be seen here—<https://ss.sedck12.org/>. A recording of the Awards Ceremony can also be found at: <https://www.youtube.com/watch?v=jF0k5CS4DoU>.

The fifteen categories of the competition included: Agriculture Science, Business and Marketing, Computer Technology, Dance, English, Family and Consumer Sciences, Foreign Language, General Scholarship, Mathematics, Music, Science, Social Science, Speech and Drama, Trade and Technical Education, and Visual Arts.

### ACCOUNT

« CONTINUED FROM PAGE 19

soon as you can—if not always beforehand—take care of you, too.

This proactive principle includes being cautious with how you spend your mortal currency. For some people, places, possessions and pursuits can disrupt and bankrupt you beyond the physical. It's imperative you learn to discern what's right and wrong. Because you will reap what you sow and what you sow/reap in recklessness can wreck you mentally, emotionally and spiritually.

Don't wait for the final expense report to see how expensive and/or expansive your day (life) was. Begin assessing and assuming more responsibility before your spouse, teacher, boss, or anyone else tells you where to go, what to do and how to do it. This is your life, make the most of every expense, precious purchase and inspired investment.

### BEAVER HIGH



**Annie Dee McNeill**  
Social Science  
RUNNER UP

### CANYON VIEW HIGH



**Brooklyn Marie Rushton**  
English  
RUNNER UP



**Kelsie Lynn Topham**  
Agricultural Science  
RUNNER UP



**Quinn R Ohms**  
Skilled and Technical  
Sciences Education  
RUNNER UP

### CEDAR HIGH



**Adelyn Fisher**  
Science  
WINNER



**Elsa Bridges Christiansen**  
World Languages  
WINNER



**Katherine Penny Allen**  
Mathematics  
WINNER



**Ellie Elizabeth Nakken**  
Family and  
Consumer Sciences  
WINNER



**Elthura Campbell**  
Business and Marketing  
RUNNER UP



**Noah James Denhalter**  
Speech Drama  
RUNNER UP



**Katelyn Breann Prince**  
Skilled and Technical  
Sciences Education  
RUNNER UP



**Carmen Burns**  
Social Science  
RUNNER UP



**Kodi Joene Oveson**  
Agricultural Science  
RUNNER UP



**Melissa Mabel Anderson**  
Music  
RUNNER UP



**Jael Clark**  
Computer Technology  
RUNNER UP

### MILFORD HIGH



**Emily Hope Carter**  
Science  
RUNNER UP

# Understanding the probate process

by Jeffery J. McKenna

FOR IRON COUNTY TODAY

It is common to hear the statement, “I want to avoid probate” or “I don’t want my family to go through the horrors of probate.” When you ask these same individuals “What is probate?” many do not have an answer. Probate is one of the least understood of court processes. However, it is a procedure that can affect the family and heirs of every mature adult following his or her death.

Simply stated, probate is a special state court legal process for settling the debts of someone who has died, and distributing the remaining property to rightful heirs. In a probate, the person who is authorized by the probate court to administer the estate of a deceased person is called a personal representative (or executor or administrator in some states).

A primary purpose of the probate process is to have a personal representative appointed for the deceased individual. The personal representative must be appointed in order to “sign” the decedent’s name after death.

During life, a person signs a deed or bill of sale to transfer property. When a person dies, it is still necessary to have some document to show a transfer of title. In other words, a “signature” of the decedent is necessary. The probate process provides one method of doing this. By appointing a personal representative, the court authorizes that person or persons to sign for the deceased individual.

As was explained in an earlier article in this column, a revocable living trust provides another method. The revocable living trust provides for a successor trustee upon the death of the person who originally created the trust. In so doing, the court appointed personal representative is not necessary if assets have been properly transferred

into the name of the trust.

Many people believe that if they have a will there will be no probate. Nothing could be further from the truth. Whether you have a will or do not have a will, your estate must go through a probate proceeding if the assets are in your sole name.

The only difference between dying with a will and dying without a will is that if you die with a will, you tell the probate court how you would like to have your property distributed after your death. If you die without a will, the state legislature tells the probate court how to distribute your estate. In either case, probate will take place.

When considering whether to “avoid probate” or not, it is important to understand what is being avoided. Although it is true that in most cases the use of a revocable living trust will require less overall expense than the administration of an estate through the probate court, you may not want to spend more money while you are alive to have a fully funded revocable trust prepared as compared to waiting and allowing the estate to pay for the probate fees.

In all cases, it is important to be educated about the different estate planning tools. After you have reviewed the different estate planning possibilities, you can then make a decision as to what is best for you.



GETTY IMAGES

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 jeff@bmo.law or visit the firm’s website at WWW.BARNEY-MCKENNA.COM, he would enjoy hearing from you.

## people

### MISSION

**Robert (Bob) & Billie Nordstrom**



Robert (Bob) and Billie Nordstrom have been called as a Senior Missionary Couple to the Oregon Eugene Mission where they will serve for 18 months.

They will report to MTC – Provo on April 25th. Their farewell will be on April 24th at 9am at the North Stake Family History Center (95 North 2125 West, Cedar City, UT).

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## PANIC

« CONTINUED FROM PAGE 18

ish soon, but not yet. 4) Add to your list a couple of extra's to have on hand of what your family actually needs and uses and then. 5) Buy what you need and stick to the list.

### Purchase what you need

Purchase things you will actually use in a reasonable period of time, say three-six months. This mindset will reduce the financial consequences to your pocketbook and the reduce strain on the supply chain. No need to buy everything off the shelf, just buy what you need now and get one back up of items you use most regularly.

### Help someone

As you combat anxiety about having enough supplies, don't forget your manners – be kind, be gracious, and remember to say, "Please" and "Thank you." Also, service to someone else helps you get out of your own head and put someone else first. Often the service does not require you to spend anything.

### Get trusted updates

In this time of prolific spam and fraud, get your updates

from trusted websites and news outlets. Also, think twice before sharing news updates from social media which tends to sensationalize world events. Finally, Ms. Christensen adamantly calls for caution when you receive requests for donations or online businesses you've never heard of before or may be using similar logos attempting to pass themselves off as the legitimate business.

### Contribute to an emergency savings account

Start small and save with purpose. How much would it cost to replace an aging water heater? Is your car due for new tires? These may not seem like emergencies but knowing you have funds on hand to cover one or more of these types of expenses can bring peace of mind.

For more financial management guidelines and tips, see <https://extension.usu.edu/finance/>

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

technology; when activated, these springs stimulate more involuntary muscle reaction than traditional, air-filled balance platforms, and it offers an unparalleled, multiplanar approach to both balance and stability training.

When you on the StrongBoard, the four springs either extend or compress. The spring compression and extension creates immediate instability, forcing you to engage both the core muscles and the smaller stabilizing muscles around the joints.

In the simplest terms, multi-spring technology constantly challenges the body's equilibrium to stimulate your core muscles; as you use a StrongBoard, you engage stabilizing muscles, you train your central nervous system, and you'll improve your posture and reaction time.

*At IFS Studio we incorporate balance and stability training into our clients' workouts. We are currently offering a 6-week StrongBoard Challenge Class early in the morning or early evening starting Oct. 2 thru Nov. 12. Call us for times and to sign up. Limited spots available! 661-436-0259.*

## STABILITY

« CONTINUED FROM PAGE 21

the ground.

We have told clients for years: the stronger your core, the more power you have in your extremities. We have seen clients increase their bench press numbers (as one example) just by spending time strengthening their core.

Using a StrongBoard also adds some fun and a new dynamic to your workout. Clients find themselves challenged by trying not to look like they are creating their own personal earthquake while on the StrongBoard since their legs are trembling tremendously. This shaking usually is combined with laughing while trying to stay on the board and eventually attempt to be still while balancing. People who take our classes can progress from day-1-shakes to 12 weeks later being able to stand and squat on the board, sometimes even being able to do advanced exercises and so much more.

Why is the StrongBoard such a big deal? It's science! The science behind the StrongBoard Balance Board is a multi-spring

## obituaries

### Robert Lee Hill



Mr. Robert Lee Hill, 83, of Cedar City, UT, died on March 29, 2022, at his home in Cedar. He was born February 4, 1939, in Winston Salem, NC to the late Hugh and Nell Hill. He grew up in Lumberton, NC.

Some of his fondest childhood memories were of singing in the church choir and playing on the family farm with his many cousins. Bob loved the outdoors and obtained the rank of Life Scout in the Sea Scouts (a program of the Boy Scouts of America). He often spoke of his adventures with the scouts, where he would go on summertime floats down the Lumber River.



At age seventeen Bob enlisted in the United

States Air Force and served for six years as a radar operator. Upon completion of his service, he began his career in law enforcement. He rose through the ranks to Detective Sergeant in the Ventura Police Department before retiring. Bob was an avid competitive shooter. He won the 1967 Combat Shooter California State Championship. After years of night school Bob graduated from California State University, Los Angeles with a Bachelor of Science in Police Science. In later years he had several more careers: DEA agent, banking operations officer, real estate agent, business owner, and salesman. Bob had many interests: he enjoyed swimming, hiking, reading, history, and politics. He loved gospel music, especially when sung by Elvis Presley. Bob was extraordinary, and his absence will be missed by many, first and foremost his family.

He is survived by his wife, Dawn Hill of Cedar City, UT; sister, Betty Morgan (W.K.) of Greensboro, NC; five daughters, Laurie Horton (Dave) of Boise, ID, Jeanne Rossi (Joe) of Montgomery, TX, SusAnne Lee Chung (Augustine) of Ventura, CA, Mary Soliday (Chris) of Warrenton, VA, and Kathy Hill of Cedar City, UT; three sons, Tommy Hill of Cedar City, UT, Danny Hill of Aiea, HI, and Henry Hill of Cedar City, UT; ten grandchildren, Christopher Horton, Camille Z., Christine Rossi, Sarah Mendoza, Tyler Barber, Mark Soliday, Reid Soliday, Drew Soliday, Grant Soliday, and Will Soliday; nine great-grandchildren, Landon Horton, Madison Horton, Marie Z., Remie Alamangos, Tinzey Alamangos, Joseph Mendoza, Dean Mendoza, Rose Mendoza, and Lincoln Barber; niece, Melynee Falk; nephew, Mark Morgan.

A Celebration of Life ceremony will be held Saturday, April 9th at 2 pm at Southern Utah Mortuary, 190N 300W, Cedar City, UT. Services will be live streamed at the website below.

Final arrangements are under the direction of Southern Utah Mortuary. Online condolences can be sent at [www.mortuary.org](http://www.mortuary.org).

### Dale Lyman Eckley



Dale Lyman Eckley, 74, of Cedar City, Utah, passed away peacefully on 3/27/2022 after a courageous fight with cancer, surrounded by family.

Dale was born on September 9th, 1947, to Paul Lyman Eckley and Jennie Bell Davis in Alton, Illinois. After finishing high school, Dale continued his education at Polk State College in Florida, where he graduated with a degree in nursing.

After college, Dale began working as a nurse at South Florida Baptist Hospital, beginning a career of nearly 50 years in the field of nursing.

Dale met his wife Linda in 1970. They were married on 12/17/1971. They joined The Church of Jesus Christ of Latter-day Saints in August of 1973 and they were sealed on 12/17/1974 in the Washington DC Temple. Dale served in several callings, including seminary teacher, branch president, bishopric councilor, ward bishop, high councilman, and temple worker. Dale and Linda have 7 children, Robin, Jason, Matthew, Jody, Dannon, Todd, and Chad.

Dale held several positions during his career including Director of Surgical Services, Director of Nursing, Clinical Educator, Nursing Supervisor, and Chief Nursing Officer. Dale retired from nursing in 2017 from Intermountain Healthcare in Provo, Utah and moved to Cedar City, Utah where he enjoyed spending time with friends and family.

Dale enjoyed running and completed 14 marathons and dozens of other races. He would often run with co-workers, family, and friends along the Provo River Trail near his home in Provo, Utah. Dale was an avid BYU sports fan. He also loved playing baseball and collecting baseball cards. When he wasn't playing it, he was watching it on TV, always rooting for his team, the New York Yankees. In 2021, his daughter Dannon and her husband Trent built a baseball field on their property and named it Eckley Field, where Dale threw the inaugural opening pitch. Dale also enjoyed collecting yoyos and toy cars. In retirement, he enjoyed feeding and watching birds in his backyard.

Dale is preceded in death by his parents Paul Lyman Eckley and Jennie Bell Davis. He is survived by his wife Linda, children Dale Eckley Jr, Dalena (Allen) Peters, Robin (Bryan) Beckstrom, Jason Eckley, Matthew (Cristina) Eckley, Jody (Rachel) Eckley, Dannon (Trent) Denison, Todd Eckley, Chad (Kylene) Eckley, and 29 grandchildren.

Services were held at The Church of Jesus Christ of Latter-day Saints located at 3575 N Minersville Hwy, Enoch, Utah, 84721 on Thursday, March 31st. There was a viewing from 10am-11:30am. The funeral began at noon, followed by a graveside service at Cedar City Cemetery.

### Jane Anderson



Jane was born in Philadelphia, PA on October 8, 1936. (10/8/1936-03/25/2022)

Her full name was Mary Jane but she stopped using "Mary" at an early age and was using just "Jane" ever since. Jane and her parents moved to Salt Lake City when she was a teenager and she met her future husband, Fred, in high school.

Jane and Fred were married in 1959 and they had two children, Kim and Scott. Jane was preceded in death by a daughter Susan. Jane was a dedicated, loving and supportive homemaker who always put her children first.

Jane was married to Fred until she died at home on March 25th at the age of 85. Jane and Fred lived in California for twenty years and Las Vegas for twenty years, and eventually retired in Cedar City where she remained until her death.

She is survived by her husband, two children, grandchildren and great-grandchildren.

Services by Southern Utah Mortuary.

## Want to submit an obituary?

There is no charge for obituaries of 400 words or less. Submissions can be made online at [ironcountytoday.com](http://ironcountytoday.com), or emailed to [news@ironcountytoday.com](mailto:news@ironcountytoday.com) or brought to 389 N 100 W, #12, Cedar City, Utah 84721.

A single submission may include up to two photos. The deadline for submission is Monday at noon. For pricing information for obituaries longer than 400 words, please call 435-867-1865 ext. 5.

## faith

# Coming to know God and maturing spiritually – Part 5

by Edy Meredith

FOR IRON COUNTY TODAY

Is it possible to see Jesus today through His appearance to an individual? Last time I asked if Jesus appears to persons today, I found out that this is a controversial question with many different opinions. About 35 years ago in another state, I met an atheist who had been strangely and miraculously changed overnight through a vision; an appearance, of Jesus to him. He had gone overnight from being an arrogant know-it-all individual to one who was humble and willing to be taught by God. I had to believe him because the change in his personality and nature was so immediate and unusual. His peace, joy, and God-direction were so apparent where before he was never satisfied or settled. He said also that he was experiencing a happiness that he had never known. I haven't seen him since then. If his experience with Jesus was true, I expect that he has since matured spiritually as well.

In the Bible, the prophet Jeremiah 29:11-13 comes to my mind as God speaks His will toward humans: "For I

know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart." Then God adds, "I will be found by you...and I will bring you back from your captivity." Verses 11-13 tell us that God wants the very best for us. Then in verse 14, God states that we humans (not just those in the Old Testament) are in captivity to the slavery of sin.

I have heard some people say, "I don't sin. I don't take anything that is habit-forming, drugs or drinking. I'm very careful and deliberate in my actions. I'm not a sinner." While I won't try to convince anyone of their sinfulness, I will point out that Jesus is known worldwide as the only sinless person.

Back to our question: Can and does Jesus appear to people today? How can we seek Jesus and find him? I will point out that Jesus the Christ (Messiah, Savior) is a personal God. In

Passover, coming up in a few weeks, He became the sacrificial lamb for the sins of humanity and individuals. In John 1:29, John sees Jesus coming to him, and says, "Behold the Lamb of God who takes away the sin of the world."

Make Jesus your personal God; then you can speak to Him and hear Him answer you. Jesus is the God who hears and sees in secret. In Matthew 6:6, Jesus instructs us that when we pray, go into our closet, and when you have shut your door, pray to your Father who is in secret; and your Father who sees in secret shall reward you openly. Seek Jesus the Messiah in secret for an open and intimate relationship with Him.

In Deuteronomy 4:29, "You will find Him if you seek Him with all your heart and all your soul." It was the pharisees who prayed openly to receive the praise of men who Jesus condemned for their hypocritical ways. When you find Jesus in secret, He will take care of everything else in your life when you are centered on Him. More next week when we research "lying signs and wonders."

## DIFFICULT QUESTIONS & TRUTH 101.63

## "HIS HAND IN MINE"

"These poems capture who I am. They are written with a prayerful hand, and are inspired from above. It is my hope that all who read them will be edified, find comfort, and feel God's love."

— L. Brent Jones

### A Fence or A Wall

by L. Brent Jones

How does one come to decide,  
What boundaries to place?  
To keep your things quite private,  
Or your property encase?

Now if you have a plot of land,  
With borders to surround,  
You must determine what you want  
And if your reason's sound.

You might consider what's within  
Your area of land,  
And if you want to keep it hid,  
Or for the view of man.

That's when you make the choice,  
The one that makes more sense.  
Just decide what you want,  
A wall or just a fence.

A wall keeps out everything,  
And hides things from their view.  
While fences just mark boundaries,  
So friendships can renew.

I think that we also mark  
The boundaries of our soul.  
And by doing so we hide ourselves,  
And that can take its toll.

When we hide our inner feelings  
From our neighbors with a wall,  
They cannot see our real selves,  
Or who we are, at all.

We need to set our boundaries,  
As to what we want to show.  
But we also need to open up,  
So our true self, they'll really know.

So when we're marking boundaries,  
Let's use some common sense,  
And hopefully you can decide,  
Between a wall or just a fence.

## "Write Your Story" (Francesca Battistelli)

As a writer and editor—not perfect in either creative category by far—if I don't like the way something sounds, looks or feels, I can take my pen (or laptop) and re-write it right away. I can completely change the beginning, middle and ending of anything I write, anytime, anywhere I want. Words have great power, for good or evil. Those who choose to write and/or read them, have entrusted to them a great responsibility to improve that ability and share it with the world.

However, we each know that life is not quite as easily edited. Even the Author and Finisher of our faith (Hebrews 12:2) cannot turn back time. Yet we know that He can restore what was lost in previously lived pages (Joel 2:25). I have also learned that He can help us write better stories for our lives, if we are willing to let Him assist us.

Right now, you may feel like an empty page, or a book full of wasted ink and worthless pages. I know this is one of the greatest lies of the world

and the devil. I know it's not difficult to believe something (good or bad, true or false) when that's the only "truth" you've ever know.

Today, God wants to give you a new truth, or rather, the real truth. Today, God wants to help you write a new story, one of hope, healing, love and forgiveness. The perfect pen of God is filled with the ink of forgive-

ness. Through His mercy, grace and your repentance, He will write His name on your heart and your name every day in His book of life. Your life's story isn't finished and neither is God's desire to help you write not only a happily ever after, but a happily ever during, also.

I know it seems daunting to keep trying, to keep writing and fighting

when it seems your heart's pen seems empty, or only full of fear, doubt, regret and shame. Don't let anyone, including yourself, tell you, or convince you, that you have no more pages, no more potential, no more chances (Ephesians 4:31-32). You are still a child of God and He still has a beautiful story to write upon the pages of your heart (Jeremiah 29:11).

Because your story isn't finished. It began with mercy and it will end with mercy. In between the covers of creation, you can begin again anywhere, anytime. Reach out to the Savior and you'll see He's already reaching out to you. Let Him help you repent and rewrite the future chapters of your life.

Your greatest chapters are yet to come! This week, even if you feel weak, choose the right and keep writing your story. You can turn away, turn back, or turn the page. Let the Atonement of Jesus Christ be your pen. Let His light and love be the ink that flows eternally through your veins from His merciful heart to yours.



# FALCONS SWEEP PAST SPARTANS



**Chase Calvez adds a solid hit** to the Falcons' victorious offense.

by Tom Zulewski

IRON COUNTY TODAY

For its return to Region 12, the Canyon View baseball team had a start to remember and showing how offense and timely defense can make all the difference between winning and losing.

Scoring in every inning, the Falcons held the visiting Emery Spartans off the scoreboard over the final two frames and finished off a 15-11 win in Game 1 of a doubleheader played March 29. Every CV starter had at least one hit and the team worked its way through five lead changes while putting together a 17-hit attack on offense. Ashton Arciero went 3-for-4 with a pair of doubles and sophomore Cameron Calvez drove in four runs for the Falcons in the victory.

CV fell behind 4-0 early in the nightcap, but put together a trio of four-run innings on the way to a 15-5 rout over Emery that completed the sweep. Calvez went 4-for-5 with a home run and five RBI in Game 2.

On April 1, Canyon View rallied with a run in the top of the seventh inning to tie the game, then scored two more in the eighth to finish the series sweep with a 7-5 victory on the road at Emery to improve to 8-5 overall. Tommy English went 3-for-4 and drove in a run for the Falcons while Trey Jacobsen and Nick Macias added two hits apiece.

## Among the rest of the week's highlights:

Cedar struggled on offense and dropped a pair of Region 10 games to Desert Hills. The Thunder broke Game 1 of the series open with five runs in the bottom of the fifth inning and went on to a 7-0 win on March 29. The Reds were held to just two hits in the loss.

In the return game at Cedar on April 1, Desert Hills snapped a tie with four runs in the third inning, and they went on to a 6-2 win over the Reds. The Thunder improved to 3-1 in Region 10 and the Reds fell to 0-4.

Cedar stepped out of region for a home game against Beaver on April 2, and the visiting Beavers wiped out an early 6-2 deficit with four runs in the top of the fourth on the way to a 10-6 victory. Beaver improved to 8-5 overall while Cedar fell to 5-10.

see **BASEBALL** » 29

PHOTOS BY COREY BAUMGARTNER

# Parowan soccer edges past Diamondbacks

by Tom Zulewski

IRON COUNTY TODAY

Jeff Howser and Adam Edwards scored goals, and the Parowan Rams soccer team held on for a 2-1 win over the Diamond Ranch Diamondbacks on March 31 in its only 2A South game of the week.

Parowan (5-1 region, 6-2 overall) led 1-0 at the half before adding on and earning the victory.

In the other games involving Iron County teams last week:

-The Cedar Reds couldn't find its offensive punch as they dropped a 2-0 decision on the road at Snow Canyon on March 29 in its only game

of the week. The Warriors got goals from Makai Reber and Alec Acuna - one in each half - to earn the win.

-Canyon View soccer fell in both of its matches last week. The Falcons started the week March 29 with a 3-1 road loss in Region 12 play at Grand on March 29 and fell 5-1 to Juab in a non-region home game

April 1.

At Grand, the Red Devils scored twice in the second half to break a 1-1 tie and earn the win. In the home game against the Wasps, Juab led 1-0 at the half and put the victory away with four second-half goals. Sophomore Bridger Richards scored twice in the win.

# Win over Reds caps Falcon sweep

by Tom Zulewski

IRON COUNTY TODAY

Facing its rival, the Canyon View Falcons softball team fell behind before it had its first at-bat March 30. With the power of experience behind them, CV was able to climb out of the early hole and come away with a well-earned win.

Sidney Webster and Gracie Burt drove in two runs apiece, and Canyon View rallied from an early five-run deficit to beat the Cedar Reds, 9-8 in a non-region home game. The Falcons produced 14 hits, and head coach J.R. Robinson was relieved afterwards.

games leading up to this year. I didn't think it was out of our reach as long as we kept our head in the game."

Kodi Nelson hit a grand slam - the first of her two home runs in the game - in Cedar's five-run first inning, but Canyon View countered immediately with four runs in the bottom of the first inning. The Falcons added on with three more runs in the second and two in the third to stretch the lead to 9-6, but Cedar countered with single runs in the fourth and seventh, the latter on a Lexi Ludlow home run.

Later in the seventh, the Reds were able to put the

the situation, I let them play it out," Robinson said. "I didn't try to add anything."

Leadoff hitter Erin Robinson went 4-for-4 and scored twice in the Canyon View win.

Among the other games for both teams from last week:

## March 29

### DESERT HILLS 4, CEDAR 1

Alexandra Aiken drove in two runs, and the Thunder broke a 1-1 tie with three runs in the bottom of the fourth inning to stay unbeaten in Region 10 play.

Lexi Ludlow drove in the only run for the Reds with an RBI double in the first. The game was moved from Cedar due to rainy weather.

## March 31

### CYN. VIEW 16, RICHFIELD 0

Kamryn Allen homered twice and drove in four runs as the Falcons made quick work of the Wildcats on the road in the Region 12 matchup. CV scored six runs in the second and added four-run outbursts in the third and fourth to put the game away early.

Rylee O'Neal allowed only two hits to Richfield and added a solo home run in the Falcons' 12-hit attack.

## April 1

### DESERT HILLS 17, CEDAR 16

Maci Sparks homered twice and Aisey Gargano added a three-run shot as the Thunder survived in an offensive shootout to finish off a sweep of the Reds. Cedar (0-4 Region 10, 6-9 overall) took the early lead for the second straight game with four runs in the bottom of the first, but DH answered with seven runs in the second and kicked the fireworks into motion.

In a game that lasted nearly three hours, the Reds trailed 17-12 heading to the bottom of the seventh, but had one last rally in them. Nelson belted a three-run homer with one out in the inning, and reserve Taislee Arehart added a solo shot two batters later before the Thunder were able to hold on.

"This was a full team effort," Cedar head coach Sara Park said. "We had a lot of great things that happened in the game. I'm not worried about it and they shouldn't be worried about it, either."



Kenlee Clove sends one deep as the Falcons held on to defeat the Reds.

COREY BAUMGARTNER

*"We've been in some tough games this year, but I knew what we were capable of... I didn't think it was out of our reach as long as we kept our head in the game."*

**J.R. Robinson, CV head coach**

"If you can pick your scenarios, that's not one you pick," Robinson said of the team's early deficit. "We've been in some tough games this year, but I knew what we were capable of. We have girls who have played a lot of

tying run on base with one out, but reliever Kenlee Clove settled down and struck out the final two batters to secure the victory for the Falcons. Clove pitched the final 4 2/3 innings and struck out seven. "Rather than overcoach

## PREP SCOREBOARD

### SCORES

#### Region 10 Baseball

3/29	Desert Hills 7, Cedar 0 Crimson Cliffs 7, Snow Cyn. 1 Dixie 5, Pine View 0
3/30	Richfield 9, Hurricane 5
3/31	Hurricane 11, Parowan 1
4/1	Desert Hills 6, Cedar 2 Dixie 10, Pine View 0 Crimson Cliffs 8, Snow Cyn. 4
4/2	Beaver 10, Cedar 6

#### Region 12 Baseball

3/29	Summit Acad. 12, Richfield 1
3/30	Canyon View 15-15, Emery 11-5 Carbon 31-22, Grand 1-5 Richfield 9, Hurricane 5
4/1	Canyon View 7, Emery 5 Carbon 4, Grand 0

#### 2A West Baseball

3/29	Parowan 16, Millard 5 Enterprise 10, Kanab 5
3/30	Summit Academy 16, Beaver 1
3/31	Hurricane 11, Parowan 1 Richfield JV 14, Milford 2
4/1	Parowan 9, Millard 1 Beaver 10, Milford 0 Enterprise 15, Kanab 9
4/2	Beaver 10, Cedar 6

#### Region 10 Boys Soccer

3/29	Snow Canyon 2, Cedar 0 Pine View 2, Hurricane 1, OT Dixie 2, Crimson Cliffs 1, OT
4/1	Crimson Cliffs 2, Snow Cyn. 0 Desert Hills 4, Hurricane 0 Dixie 1, Pine View 0

#### Region 12 Boys Soccer

3/29	Grand 3, Canyon View 1 Emery 4, Richfield 1
3/31	Carbon 5, Richfield 1 Grand 2, Emery 2, Spartans win 4-2 on PKs
4/1	Juab 5, Canyon View 1

#### 2A South Boys Soccer

3/29	S. Sevier 7, Diamond Ranch 2 Beaver 5, North Sevier 1
3/31	Parowan 2, Diamond Ranch 1 North Sevier 6, San Juan 2 Millard 4, South Sevier 0
4/1	Beaver 2, San Juan 0

#### Region 10 Softball

3/29	Desert Hills 4, Cedar 1 Snow Cyn. 7, Crimson Cliffs 4 Dixie 18, Pine View 8
3/30	Canyon View 9, Cedar 8
3/31	Crimson Cliffs 8, Snow Cyn. 7
4/1	Desert Hills 17, Cedar 16 Dixie 16, Pine View 0
4/2	Snow Canyon 15, Richfield 0 Snow Canyon 20, Gunnison 1 Springville 8, Snow Canyon 7 Snow Canyon 11, Lehi 1

#### Region 12 Softball

3/29	Emery 11, Richfield 0
3/30	Canyon View 9, Cedar 8 Carbon 14, Cedar Valley 1
3/31	Canyon View 16, Richfield 0
4/1	Carbon 15, Emery 0
4/2	Emery 9, Union 1 Snow Canyon 15, Richfield 0 Duchesne 14, Richfield 7 Bingham 9, Richfield 6 Manti 9, Emery 1 Emery 5, Duchesne 4

#### 2A South Softball

3/29	Parowan 8, Millard 4 Enterprise 9, Kanab 5
3/30	Panguitch 17, Milford 11
3/31	Beaver 16, Milford 1
4/1	Parowan 16, Millard 15 Enterprise 27, Kanab 7

### STANDINGS

#### Region 10 Baseball

	REGION	OVERALL
Crimson Cliffs (1)	4-0	13-0
Dixie (4)	2-0	12-3
Desert Hills (6)	3-1	10-5
Hurricane (5)	1-1	8-3
Pine View (2)	1-3	12-3
Snow Canyon (3)	1-3	11-5
<b>Cedar (10)</b>	<b>0-4</b>	<b>5-11</b>

#### Region 12 Baseball

	REGION	OVERALL
<b>Canyon View (2)</b>	<b>3-0</b>	<b>8-5</b>
Carbon (4)	3-0	7-5
Richfield (9)	0-0	5-8
Grand (13)	0-3	4-7
Emery (15)	0-3	4-7

#### 2A West Baseball

	REGION	OVERALL
<b>Parowan (5)</b>	<b>2-0</b>	<b>7-5</b>
Enterprise (1)	1-0	8-3
Beaver (6)	1-0	8-5
Kanab (7)	0-1	5-6
Milford (11)	0-1	3-7
Millard (14)	0-2	1-10

#### Region 10 Boys Soccer

	REGION	OVERALL
Dixie (1)	5-0	7-0
Crimson Cliffs (2)	3-2	6-2
Pine View (4)	3-2	6-3
Snow Canyon (3)	2-3	4-4
Desert Hills (7)	2-3	4-3
<b>Cedar (8)</b>	<b>2-3</b>	<b>4-4</b>
Hurricane (9)	1-5	2-6

#### Region 12 Boys Soccer

	REGION	OVERALL
Emery (11)	4-1	6-3
Carbon (12)	4-1	5-4
Grand (8)	2-2	4-4
<b>Canyon View (19)</b>	<b>1-3</b>	<b>1-5</b>
Richfield (20)	0-5	2-8

#### 2A South Boys Soccer

	REGION	OVERALL
Gunnison (2)	6-0	6-1
<b>Parowan (9)</b>	<b>5-1</b>	<b>6-2</b>
Millard (10)	4-1	4-1
Beaver (12)	3-3	3-3
South Sevier (14)	2-3	2-4
Diamond Ranch (18)	1-3	1-3
North Sevier (15)	1-5	1-5
San Juan (21)	0-4	0-4

#### Region 10 Softball

	REGION	OVERALL
Desert Hills (5)	4-0	8-7
Dixie (8)	2-0	10-5
Crimson Cliffs (2)	3-1	12-2
Snow Canyon (7)	3-1	117
Hurricane (4)	0-2	7-3
<b>Cedar (11)</b>	<b>0-4</b>	<b>6-9</b>
Pine View (12)	0-4	3-10

#### Region 12 Softball

	REGION	OVERALL
Carbon (1)	2-0	11-3
Emery (6)	2-1	10-5
Grand (14)	0-0	1-8
<b>Canyon View (5)</b>	<b>1-1</b>	<b>7-7</b>
Richfield (13)	0-3	6-11

#### 2A South Softball

	REGION	OVERALL
Enterprise (3)	2-0	8-3
<b>Parowan (6)</b>	<b>2-0</b>	<b>5-6</b>
Panguitch (4)	1-0	6-1
Beaver (2)	1-0	5-6
Millard (7)	0-2	6-7
Kanab (11)	0-2	3-6
Milford (14)	0-2	1-5

# Canyon View youth wrestlers shine at state

by Tom Zulewski

IRON COUNTY TODAY

The Canyon View youth wrestling program came through for yet another year as the Falcons earned a third-place overall finish at the Utah Little League championships held March 26 at the Sevier Valley Center in Richfield. Eight different wrestlers stood atop the medals podium when the competition was complete.

## Title winners for CV included:

**Tate Quinones** (preschool boys) had victories by fall and decision (9-2), then won the title match by forfeit.

**Kallen Causey** (kindergarten) had wins by fall and major decision (12-0), then beat Cutty Quarnberg of Kanab in the final, 6-0.

**Samuel Rider** (1st grade) had all three wins by fall, including in the title match over Gehrig Nelson of North Sevier in 2:58.

**Jack Clark** (2nd grade) also won all three matches by fall, including over Owen Lee of Blanding in 2:53.

**Kabella Holyoak** (3rd-4th grade girls) had two match wins by fall in the first minute, then received a bye in winning the title.

**Brayden Spencer** (5th-6th grade boys) won all three matches by fall, including over Mac Gubler of St. George in 38 seconds.

**Limoni Matakaiongo** (5th-6th) won his first two matches by fall before beating Leonardo DeLeon of Beaver in a 4-3 decision.

**Cole Cavalieri** (7th-8th) won two of his three matches by decision, including a 6-1 victory over Ryker Williams.

Also shining for the Falcons were nine runner-up wrestlers, including Rhyden Moore, Tatum Seegmiller,



PHOTOS BY TOM ZULEWSKI

The Canyon View youth wrestling team finished third at the 2022 Utah Little League State meet held March 26 in Richfield.



(Left) Tate Quinones, Liaomi Matakaingo, Jack Clark, Brayden Spencer and Kubella Holyoak won in their individual weight classes. (Right) Samuel Rider with his championship trophy.



Hudson Shaheen, Kempson Humphrey, Wiatt Tait, Karissah Haymore, Cael Imlay, Jaxton Holyoak and Brayton Robertson.

In addition, eight wrestlers finished third and nine more were fourth

overall as Canyon View finished with 32 state placers.

"We're keeping the axe sharp by hard work, discipline and integrity," CV head coach Dallas Lowry

said. "We had over 100 kids in the program this year."

CV finished the weekend with 604.5 total points, just ahead of fourth-place Millard, who had 593.5.

## BASEBALL

« CONTINUED FROM PAGE 27

Parowan baseball swept a pair of 2A South games against Millard last week. The Rams started the week with a 16-5 win over the Eagles on March 29, putting together a trip of three-run innings early, then scoring five runs in the top of the sixth to end the game early with the run rule.

Treven Yardley, Christian Bost and Jace Little had three hits apiece for the Rams in the victory. Yardley would help Parowan finish the two-game sweep by firing a complete-game six-hitter as the Rams beat Millard, 9-1. Yardley struck out 12 and walked one while going 2-for-4 at the plate and scoring two runs.



COREY BAUMGARTNER

Cedar's Quaid Mackery attempts to avoid the tag on his way to third base.

# Rams softball wins pair over Eagles

by Tom Zulewski

IRON COUNTY TODAY

Katlynn Matheson and Maycee Anderson drove in two runs apiece, and the Parowan Rams scored four runs in the third inning to rally for an 8-4 victory over the Millard Eagles in 2A West softball play on March 29. The Rams completed a two-game sweep in a thriller April 1 with a 16-15 victory over the Eagles at home.

In the opener on the road, Parowan (2-0, 5-6) fell behind 3-1 after Darion Maxfield belted a three-run homer in the bottom of the first, but they responded with

a single run in the second before adding on with the big inning in the third.

Madison Adams allowed only two hits to the Eagles and picked up the win in the circle.

In the series finale at home, Parowan scored seven runs in the third to build a 9-1 lead, but Millard responded with a five-run fourth and four more in the fifth to briefly steal the edge.

The Rams would regain the lead and secure the victory with a four-run rally in the bottom of the sixth.

Calee Renzello had four RBI for Parowan, who had 12 hits for the game.

# SUU posts best NCAA score in school history

by Tyler Roper

SUU ASST. AD, COMMUNICATIONS

**AUBURN, Ala.** — Led by senior Hannah Nipp's 9.900 on floor, the Southern Utah University gymnastics team posted its best NCAA Regionals score in school history with a 196.325, and finished third in the second round of regionals Thursday afternoon.

SUU's 196.325 earned a victory over Georgia which registered a 195.725. It also surpassed the previous program best of 196.275 from the 2015 regional. Kentucky claimed victory with a score of 197.750 and Auburn joined Kentucky in the top two by putting up a 197.500. The Wildcats and Tigers will advance to the next round while Southern Utah's third-place finish marks the end of the 2022 campaign for the Flippin' Birds.

## BEAM (49.025)

The Flippin' Birds opened the meet strong after drawing beam for their first rotation. Hailey Vultaggio led the way by scoring a 9.850. The trio of Rachel Smith, Aubri Schwartz

## FLIPPIN' BIRDS FINISH THIRD AT REGIONALS



and Nipp all followed by posting

identical 9.800s.

## FLOOR (49.125)

The floor rotation was where SUU saw its highest individual score of the meet when Nipp's routine earned a 9.900. Karley McClain just missed the 9.9 mark with a score of 9.875, and Schwartz continued a strong afternoon by adding on a 9.8000.

## VAULT (48.975)

SUU's most difficult rotation of the day came on vault, but multiple T-Birds still strung together solid performances. Caitlin Kho's 9.850 was the top vault of the rotation, while Smith also pitched in with a 9.825. Morgan Alfaro was the other Thunderbird to hit the 9.8 mark as she scored a 9.800.

## BARS (49.200)

As a team, SUU saved its best rotation for last on the bars. Schwartz capped off a big meet by earning a score of 9.875 to be Southern Utah's leader in the event. Shylen Murakami and Mayson Bentley both scored 9.850s, and Nikki Thomas added a 9.825. Nipp and Kho rounded out the rotation with a pair of 9.800s.

# Force outruns challengers for NHRA Top Fuel Wally at Vegas

by Tom Zulewski

IRON COUNTY TODAY

**LAS VEGAS** — If all good things come in pairs, drag racing fans got a double shot of goodness across all three pro classes at the NHRA Four-Wide Nationals on April 3. At the end of the day, Brittany Force was something to be reckoned with as she turned on her final win light and won another event at The Strip at Las Vegas Motor Speedway.

Force turned in a big run of 3.718 seconds at a lightning-fast 338 mph to win the Top Fuel Wally trophy in the Four-Wide Nationals. She beat four-time defending Top Fuel champion Steve Torrence by .038 seconds

while Tony Schumacher and Antron Brown ran into mechanical issues and slowed to the finish.

Led by Torrence, the quartet combined to win the last eight Top Fuel championships. On a warm, comfortable Sunday before a big crowd, Force took over center stage and carried home the trophy.

"Going into today, it was all about consistency," Force said. "We got the job done in a couple of different lanes, so we were able to figure it out, get the car down and turn some win lights on. It was tough all day long."

Force won in the four-wide format for the first time, and she wasn't fazed by the presence of Torrence, advancing with him out of the first round

after finishing second. She reversed the running order by beating him in the semifinal, then repeated the effort in the final to earn the Wally.

"Seeing those guys we were good enough to pull up next to and be able to beat them all is something we're really proud of," Force said.

History was made in the Funny Car final as Ron Capps won a Wally for the first time as a team owner, beating former Don Schumacher Racing teammate Matt Hagan, Robert Hight and Alexis DeJoria in the final with a pass of 3.914 seconds at a speed of 331.20 mph.

"Every quad was nuts," said Capps, who was the No. 1 qualifier and won his 69th career Funny Car event. "You

look across the board and it's like a Murderer's Row."

Capps felt a sense of pride in his winning driver-owner achievement, especially with the challengers he defeated in the final and family members watching in the stands.

"Holding a Wally from a four-wide race is just beyond comprehension right now," Capps said. "The dreams are still there, even in my 50s. I grew up in this sport and was conceived at a drag strip. Every bit of my being has been part of drag racing. To be holding a Wally as an owner is just nuts."

see [NHRA](#) » 31



(Left) Ron Capps won the Funny Car Wally for the first time as an owner. (Right) Erica Enders gets ready for a run in her Pro Stock car at the NHRA Four-Wide Nationals. Enders won her ninth Wally trophy.



PHOTOS COURTESY NATIONAL HOT ROD ASSOCIATION

# New RPI rankings, more madness

The UHSAA rankings for all spring sports made their debut for 2022 on April 1. There were no April Fool's Day pranks to be had, but with a smaller collection of teams among the classifications, it adds to the intrigue over the course of the next month.

With apologies in advance – my crystal ball just got out of the repair shop – let's review the highlights and changes in store.

In 4A, the usual suspects are strong among the 13 participating schools. The top six baseball teams in the RPI are all of the Washington County schools – Crimson Cliffs, Pine View, Snow Canyon, Dixie and Desert Hills.

And then there's Cedar, sitting at No. 10. The Reds are struggling to find an offensive footing right now, and losing a 6-2 lead at home against 2A Beaver on Saturday didn't help things, either. With two head-to-head sets complete in region play, time is of the essence in search of a position among the top eight.

As for the playoff format, the details are being worked out. According to the UHSAA calendar, 4A will play best-of-3 super regionals May 12 and 13 with the winners advancing to Bruce Hurst Field at Dixie State starting May 16.

On the 3A baseball RPI ladder, the Canyon View Falcons are the best of the Region 12 teams at No. 2 after a sweep of Emery last week. With 21 schools competing, the playoff setup begins with home site pods May 7 and the winners advancing to UVU in Orem from May 12 to May 14.

In 2A, the split between fall and spring baseball cut the number of participating schools down to 14. The Enterprise Wolves are No. 1 in the initial rankings and Parowan

sits at No. 5.

Officially, there are 14 teams competing for the state title and the playoff dates are the same as in 3A – opening pods May 7 and the big tournament at Gates Field in Kearns from May 12 through May 14.

In softball, the Region 10 teams are spread out in the initial 4A rankings. Crimson Cliffs leads at No. 2, and Cedar sits at No. 11 after a pair of tough one-run losses last week. When everything shakes out in the end, the playoff schedule will have super regionals May 13 and 14, bracket play at Canyons softball complex in St. George on May 18 and 19, with the finals at Dixie State's Karl Brooks Field on May 20 and 21.

In 3A, the Canyon View Falcons

The first two rounds of the 4A playoffs happen May 3 and 5, the semifinals are at Juan Diego on May 10 and the title game returns to Rio Tinto Stadium on May 11.

In 2A soccer, Parowan came in at No. 9 in the RPI, and the Rams are in a crowded field of 24 schools. The 2A playoffs have the opening rounds April 29 and May 4 before heading to the same dates and locations as the 4A side mentioned earlier.

» **While previewing the NHRA 4-Wide Nationals last Thursday**, some huge news was announced during the preview luncheon. Formula 1 will be racing in Las Vegas next November.

You read this correctly. The likes of Lewis Hamilton, Sebastian Vettel, Max Verstappen and the rest of F1 will be racing at night on a 3.8-mile course that includes a one-mile stretch of the Las Vegas Strip. The race date is still to be determined, but sources have shared that several hotels along

the route, including Mandalay Bay and Caesar's Palace, are already sold out for the entire month of November next year. Some rooms were sold at a very steep price of nearly \$1,400 a night.

Details and construction of the course will be a massive project in the days, weeks and months to come, but don't be surprised if the arrival of Formula 1 in Las Vegas goes off on the level of the Monaco Grand Prix that happens every Memorial Day weekend.

To borrow from a famous slogan, what happens in Vegas will go really fast for the whole world to see.

Follow Tom Zulewski on Twitter @TommyZee81 or email [tominator19@yahoo.com](mailto:tominator19@yahoo.com).

## RANDOM thoughts

Tom Zulewski  
IRON COUNTY TODAY



are No. 6 in the initial RPI, but sit as the third best team in Region 12 behind No. 1 Carbon and No. 4 Emery. As was the case with baseball, the softball pods happen May 7 and the winners head to Spanish Fork from May 12 to 14.

On the 2A side, Beaver leads a quartet of South division teams leading the RPI starting at No. 2, and Parowan came in at No. 5 in the initial rankings. Like in 3A, the home pods in the opening round happen May 7 and the winners will gather in Spanish Fork from May 12 to 14.

In soccer, four St. George schools lead the way in the first Region 10 rankings, from undefeated Dixie to Crimson Cliffs, Snow Canyon and Pine View. Desert Hills came in seventh and Cedar completed the top eight.

Tony Schumacher and fellow Pro Stock driver Greg Anderson.

"There are a lot of moving parts, and it takes determination and focus to keep all the fish swimming in the right direction," Enders said. "Vegas has always been good to me even when I haven't been good out here. We're still able to turn on win lights consistently, and it definitely means a lot to me."

"Four wide throws its challenges at you, so you have to pay extra attention with all the distractions going on."

Enders' Wally-winning time in the final was the low run of the

weekend in the category.

NHRA Four-Wide Nationals Final Results:

Top Fuel: Brittany Force (3.718, 338 mph) def. Steve Torrence (3.756, 326.71), Tony Schumacher (4.713, 169.47) and Antron Brown (5.086, 154.65).

Funny Car: Ron Capps (3.914, 331.20) def. Matt Hagan (3.924, 324.44), Robert Hight (3.943, 328.94) and Alexis DeJoria (3.954, 321.35).

Pro Stock: Erica Enders (6.668, 206.32) def. Mason McGaha (6.684, 205.85), Christian Cuadra (6.704, 196.13) and Dallas Glenn (broke).

## TOM'S SPORTS TRIVIA

With a full baseball season about to commence, here are a dozen questions about past Opening Day moments and other stuff worth remembering. The season will be long, so please remember...no wagering!

1. We had a question two weeks ago regarding Miguel Cabrera and his quest for 3,000 career hits. As the 2022 season begins, who is just 21 home runs away from 700 for his MLB career?

- A. Albert Pujols
- B. Jim Thome
- C. Alex Rodriguez
- D. Ken Griffey, Jr.

2. Of these MLB pitching trios, which group does NOT have Hall of Famers?

- A. 1954 Indians (Early Wynn, Bob Feller, Bob Lemon)
- B. 1966 Dodgers (Sandy Koufax, Don Drysdale, Don Sutton)
- C. 1993 Braves (Greg Maddux, Tom Glavine, John Smoltz)
- D. 1988 Mets (Dwight Gooden, Ron Darling, David Cone)

3. Which player was caught stealing just 13 times while stealing 104 bases in a season (88 percent success rate)?

- A. Joe Morgan
- B. Maury Wills
- C. Rickey Henderson
- D. Billy Hamilton

4. Which pair of Hall of Famers played 23 years in MLB, both with only one team?

- A. Al Kaline and Mel Ott
- B. Cal Ripken Jr. and Ted Lyons
- C. Brooks Robinson and Carl Yastrzemski
- D. Tony Gwynn and Willie Stargell

5. Which National League player won six home run titles while hitting more than 500 home runs as a left-handed batter?

- A. Mel Ott
- B. Barry Bonds
- C. Luis Gonzalez
- D. Ryan Howard

6. Among these second basemen, who won the most Gold Gloves in their career?

- A. Ryne Sandberg
- B. Bill Mazerowski
- C. Frank White
- D. Roberto Alomar

7. While we remember Hank Aaron's 715th home run that broke Babe Ruth's record, he tied the milestone on Opening Day in 1974. Where did Aaron hit that home run?

- A. Cincinnati
- B. Atlanta
- C. Los Angeles
- D. New York

8. Who was the first U.S. President to attend an MLB Opening Day?

- A. Teddy Roosevelt
- B. William Howard Taft
- C. Woodrow Wilson
- D. William McKinley

9. Which of these franchises has the best record on Opening Day?

- A. Baltimore Orioles
- B. New York Yankees
- C. Seattle Mariners
- D. New York Mets

10. Which country hosted the first MLB games played outside the U.S. or Canada in 1999?

- A. Mexico
- B. Japan
- C. Venezuela
- D. South Korea

11. Who holds the MLB record for most Opening Day starts as a pitcher (16)?

- A. Steve Carlton
- B. Tom Seaver
- C. Jack Morris
- D. Justin Verlander

12. Which team was first to have the most consecutive wins to start an MLB season (13)?

- A. Atlanta Braves
- B. Oakland A's
- C. Milwaukee Brewers
- D. Pittsburgh Pirates

## LAST WEEK'S ANSWERS

1. D: UCLA
2. B: Cleveland Browns. The Browns haven't won a title since 1964.
3. C: Innsbruck (Austria)
4. C: Tokyo
5. A: 1976, 2021
6. B: St. Louis Cardinals. The Cardinals beat the New York Yankees in the 1964 World Series.
7. A: Alabama.
8. D: Boston Celtics
9. B: Two. Mays hit 51 home runs in 1955 and 52 in 1965, leading all of MLB in both years.
10. C: Toronto Maple Leafs. Although the Leafs rank second in Stanley Cups with 13, they haven't won any since 1967, the NHL's longest active drought.
11. B: ABC.
12. D: Arnold Palmer.

## NHRA

« CONTINUED FROM PAGE 30

In the Pro Stock final, Erica Enders repeated as the Wally winner at the Four-Wide Nationals, beating Mason McGaha, Christian Cuadra and Dallas Glenn. Enders overcame a .005 reaction time from Cuadra off the starting line and turned in a 6.668-second pass at 206.32 mph, beating McGaha's 6.684 and Cuadra's 6.702.

Enders became the most successful driver at LVMS, winning for the ninth time, one ahead of

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**40 ACRES FOR SALE LONG VALLEY OFF HIGHWAY 89 NEAR** Hatch. \$200,000 owner financing available with 20% down. Call or text Dennis 435-559-1846

**PLANTS: THORNLESS BLACKBERRIES, 3 FOR \$20; RASPBERRIES,** \$4 each; Granny Smith Apple Trees, \$10 each; Asparagus, 50¢; Garlic, 6 for \$1; Strawberries - Free; 359 W 200 N, Parowan. Saturday only 10am-2pm

**SELLING A BUFFET STYLE CABINET, 4 DRAWERS, 2 GLASS** doors w/ shelves, very sturdy, cherry wood, 66.5" wide x 16.75" deep x 35" tall, \$200.00 obo Call 951-500-5474

**SELLING AN ENTERTAINMENT RECLINER: HAS CUPHOLDERS** and charging ports, 2yrs old, Bought for \$1200.00, selling for \$500.00, Call 435-559-0838

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**FOR SALE POWER WASHER, PREDATOR BRAND, 4 HP, 2500** PSI, only used 1/2 a dozen times, Asking \$200.00 435-313-3682

**FOR SALE - RACK AND TOOL BOX, FITS S-10 SIZED PICKUP.** \$50.00 Phone 435-586-8936 or 435-590-3689

**TITAN MODEL 44004 GREY LEATHER COUCH, GREY FULL-SIZE** bed, Blue armed chair, 36" blue/grey wall clock, many small items, Call for pricing 435-592-9421

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**SELLING SENTRY SAFE: 14.63" WIDE, 11.75" DEEP, 11.5" HIGH,** combination and key opening, asking \$75.00. Fireproof to 45mins. Please call 435-868-8074

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**ARE YOU AN ESSENTIAL OIL USER, OR HAVE BEEN WANTING** to try some? I have a small box of brand new bottles. There are 12 all together. Asking \$170.00 Call 435-429-4210

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**HELP WANTED PLUMBERS: EXPERIENCE A PLUS BUT WILLING** TO TRAIN PAY DEPENDING ON EXPERIENCE CONTACT BRAD GRAFF AT: ZION PLUMBING INC 210 WEST 400 NORTH CEDAR CITY, UT 435-586-3863

**HELP WANTED: HVAC INSTALLERS - EXPERIENCE A PLUS, BUT** WILLING TO TRAIN PAY DEPENDING ON EXPERIENCE CONTACT BRADY WEBSTER AT: ZION PLUMBING INC 210 WEST 400 NORTH CEDAR CITY, UT 84721 435-586-3863

## MISCELLANEOUS

**SPRING CLEAN, HELP A LOCAL NON-PROFIT AND TAKE A TAX** deduction! Will pick up unwanted items free! Cedar City - Eric 818-738-3122 & Parowan - Larry 702-985-6944

**DO YOU LIKE TO USE NATURAL REMEDIES FOR YOUR FAMI-**ly's health? If so, essential oils are a great way. I'd be happy to help you. Call 435-429-4210 or email fiona@mailcenter.us

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**MISCELLANEOUS**

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**ST. JUDE; TO THE GENTLEMAN THAT FIXES SADDLES TO SELL** and donates the money to St. Jude Childrens' Research Hospital, please call me! Roger 435-477-2056

**\*CLEARANCE SALE\* EVERYDAY EDEN (A WOMEN'S FASHION** Boutique) is having a Clearance Sale. Everything 50% off. Friday, April 8, 5-8pm; Saturday, April 9, 11am-3pm; 306 South, 800 West, Cedar City

**REAL ESTATE**

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**WANTED**

**FREE PICK UP OF ITEMS YOU NO LONGER WANT OR NEED** for 4H Youth Service-Learning annual fundraising yard sale! Please call or text Sarah Dobrinski at 719-649-4321 to drop off or arrange pick up.

**WANTING TO BUY A SLATE-TOP POOL TABLE, NEEDS TO BE** delivered & set up in Cedar. Please call 435-708-1717

**ST. JUDE; TO THE GENTLEMAN THAT FIXES SADDLES TO SELL** and donates the money to St. Jude Childrens' Research Hospital, please call me! Roger 435-477-2056

**LOOKING FOR A USED RV TRAILER, AROUND 30FT. CALL 570-**550-5569 or 435-592-4438

**YARD SALES**

**MOVING SALE, SELLING ALL FURNITURE, INCLUDING LEATHER** couch & beds. 4 rooms of items, many patio items for gardening - 1457 W 1625 S, Unit E; Call Pat at 435-592-9421 with questions.

**\*CLEARANCE SALE\* EVERYDAY EDEN (A WOMEN'S FASHION** Boutique) is having a Clearance Sale. Everything 50% off. Friday, April 8, 5-8pm; Saturday, April 9, 11am-3pm; 306 South, 800 West, Cedar City

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**legal notices**

**CERTIFICATION OF PETITION FOR ANNEXATION**

I, Julie Watson, the duly appointed Recorder for Enoch City, UT, hereby certify that I have reviewed the Petition for Annexation signed by Phillip R. Emerson located on Old Hwy. 91 the owners of 4.53 acres of property as follows:

BEGINNING AT THE CENTER 1/4 CORNER OF SECTION 24, T.35S., R.11W., SLB&M, THENCE N.89°59'14"E. ALONG THE 1/4 SECTION LINE 598.59 FEET TO THE NORTHWESTERLY RIGHT-OF-WAY LINE OF OLD HIGHWAY 91, THENCE ALONG SAID RIGHT-OF-WAY LINE S.37°25'01"W. 1003.42 FEET TO THE 1/4 SECTION LINE, THENCE ALONG SAID 1/4 SECTION LINE N.0°47'53"E. 796.89 FEET TO THE POINT OF BEGINNING. CONTAINING 5.48 ACRES OF LAND

To view the Petition for Annexation, legal descriptions and map please come to the Enoch City Office, 900 E. Midvalley Road, Enoch UT 84721 or call 435-586-1119 to request the information. The Petition for Annexation was filed with this office on March 8, 2022. I find that the petition meets the requirements for annexation as provided by Utah State law, (subsections 10-2-403 (2), (3) and (4), U.C.A. The Enoch City Council received the Certification of the Petition for Annexation on March 16, 2022. The City Council may grant this annexation unless a written protest to the annexation petition is filed with the Iron County Boundary Commission. A copy of the protest must also be received by the Enoch City Recorder no later than 30 days after the notice of certification is received which would be by April 18, 2022. Notice of protest shall be filed with the Iron County Boundary Commission at P.O. Box 429, Parowan, UT 84761 and with the Enoch City Recorder at the address listed above. The legislative body or governing board of an affected entity may legally protest this annexation by filing as instructed above.

Published March 23, 30 & April 6, 2022  
Iron County Today • ICT #0460

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Are you an eagle-eyed reader? Read the articles below and correct the nine spelling errors you find. The first one is done for you.

# World of Worms

The world just wouldn't be the same without worms.



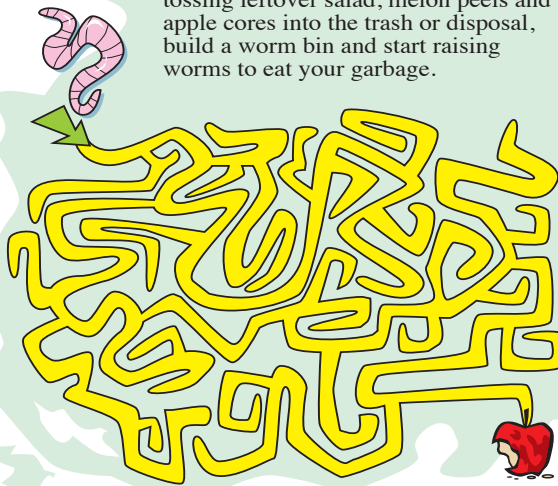
**Professor Worm's Amazing Worm Facts**  
Add up the numbers to discover each answer.

As earthworms burrow or dig into the ground, they swallow soil. They eat rotting plants and leaves. As this debris passes through the worm's body, it is ground up by tiny stones in the worm's gizzard and leaves the body as waste.

This waste is called worm **castings**. Castings are dark and fertile and enrich the soil. Each day an earthworm produces its weight in castings. That's a lot of recycling!

## Yum! Love that Garbage!

Garbage is for worms! You might think it is gross, but certain kinds of worms think garbage is yummy. Instead of tossing leftover salad, melon peels and apple cores into the trash or disposal, build a worm bin and start raising worms to eat your garbage.



How long was the longest earthworm ever found?  
9 + 6 + 7 = **feet**

How many different kinds of earthworms are there?  
300 + 700 + 800 =

How strong are earthworms? They can push things up to 3 + 3 + 4 = **times** their own weight. That would be like you being able to push four refrigerators at one time!

Standards Link: Number Sense: Solve addition problems.

## Amazing Worm Facts

Replace the missing vowels to learn more about earthworms.

B\_ by worms \_re not b\_ rn, but h\_ tch from c\_ coons sm\_ ller th\_ n a gr\_ in of r\_ ce.

An\_ arthw\_ rm br\_ ath\_ s thro\_ gh its sk\_ n and has f\_ ve h\_ rts.

Th\_ re ar\_ e\_ rthw\_ rms \_verywh\_ re except d\_ s\_ rts and p\_ les.

\_ lm\_ st all \_f the \_ \_rthw\_ rms in N\_ rth Am\_ ric\_ are n\_ t\_ n\_ tive, but w\_ re intr\_ d\_ ced fr\_ m the \_ld W\_ rld.

\_ n one \_cre, th\_ re can be m\_ re than a m\_ ll\_ on e\_ rthw\_ rms.

Standards Link: Life Science: Know that all organisms cause changes in their environments and these can be beneficial or detrimental.

## Extra! Extra! Now You See It

Scientists must be observant, watching things very carefully. Try this game to improve your powers of observation.

- With a partner, pick a newspaper picture. Study it for one minute.
- Cover the picture and write down everything you remember about it. Who can remember the most details?

Standards Link: Science/Investigation: Follow instructions for an investigation.

## Worm Grunting

Worm grunting is done <sup>by</sup> driving a stake into the ground and pulling a flat metal rod across the top. This creates a bullfrog-like grunting sound. Within minutes, hundreds of earthworms crawl out of the ground, where fishermen gather them up for bait.



Why do the worms come up? Researcher, Ken Catania of Vanderbilt University in Nashville, Tenn. has an explanation. He believes that worm grunting is similar to the vibrations moles make as they dig through the ground. Moles eat worms, so when the worms feel those vibrations, they scurry to get out of the ground and away from the mole.



Every April, the citizens of Sopchoppy, Fla. hold a one-day Worm Grunting Festival. In addition to dancing, eating good food, a hula hool contest and other games, the festival includes a Worm Gruntin' Contest and the crowing of a Worm Grunter King and/or Queen.

Standards Link: Writing: Edit work to check for correct spelling.

## Kid Scoo-doku

Complete the grid by using all the letters in the word WORMS in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

	M	W		
M		O		W
	W	R	M	
W		M		
		S		M

## Write On!

### Cutest Animal on Earth

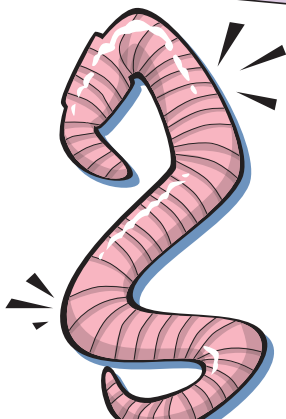
What do you think is the cutest animal on earth? Why? How would you try to convince others?

## Kid Scoop Puzzler

### Scratchy Worms

Do you think you can hear an earthworm move?

If you put an earthworm on a clean, dry sheet of paper and listen very carefully, you will hear a little scratching noise. This noise is made by the eight small bristles an earthworm has on nearly every segment of its body. These bristles help earthworms move.



Standards Link: Science/Investigation: Follow instructions for an investigation.

## Double Double Word Search

- RECYCLERS
- DISPOSAL
- GARBAGE
- SERVICE
- STRONG
- DEBRIS
- STONES
- BURROW
- WASTE
- WORMS
- GROSS
- COVER
- SOIL
- DARK
- DIG

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

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

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

# Amber Waves

by Dave T. Phipps



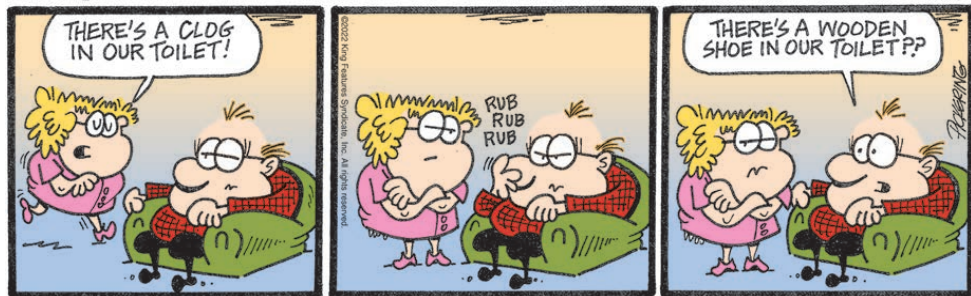
# R.F.D.

by Mike Marland



# The Spats

by Jeff Pickering



# Weekly SUDOKU

by Linda Thistle

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

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

## DIFFICULTY THIS WEEK: ♦♦

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

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# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



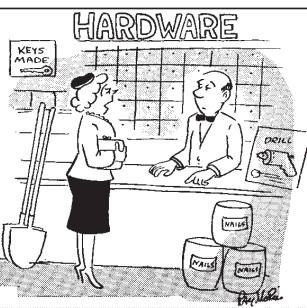
Differences: 1. Sail is different. 2. Pocket is different. 3. Headline is different. 4. Glasses are missing. 5. Umbrella is missing. 6. Camera is missing.

# SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

- Slam **CHASTE**
- Assist **VEERS**
- Remains **SENOB**
- Sure **INCRATE**

## TODAY'S WORD



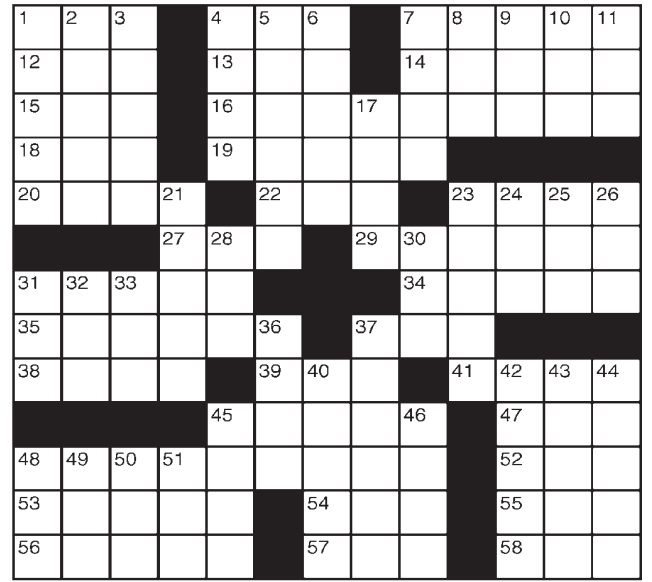
"What would you suggest for a husband whose \_\_\_\_\_ starts in three weeks?"

April 4, 2022 Posting Date

# King Crossword

## ACROSS

- 1 Justice Dept. agency
- 4 Physician's nickname
- 7 Grating
- 12 Vintage
- 13 Away from WSW
- 14 Mountain crest
- 15 Set afire
- 16 Yosemite peak featured in "Free Solo"
- 18 "CSI" evidence
- 19 Dewy
- 20 Billboard
- 22 Swiss peak
- 23 Bloke
- 27 Author Fleming
- 29 Abrasion
- 31 Planet circlers
- 34 Heart line
- 35 Coffeehouse bill collector
- 37 L-P link
- 38 Utah ski resort
- 39 "Yoo- —!"
- 41 Pottery oven
- 45 Quotable Yogi
- 47 Eastern path
- 48 Bygone Cadillacs
- 52 Copper head?
- 53 Tierney of "The Affair"
- 54 Superlative suffix
- 55 Texter's chuckle
- 56 Velocity
- 57 Irish actor Stephen
- 58 Decade parts (Abbr.)
- 7 Engrossed
- 8 "Exodus" hero
- 9 Fixed
- 10 Sch. org
- 11 Hankering
- 17 Nile vipers
- 21 Martial arts warrior
- 23 Swindler
- 24 Guffaw syllable
- 25 Suitable
- 26 Green shade
- 28 Simile part
- 30 Paint container
- 31 1959 Kingston Trio hit
- 32 Texas tea
- 33 Choose
- 36 Mother of Zeus
- 37 Gloomy
- 40 Sequence
- 42 Tuscany setting
- 43 Hard work
- 44 Seasonal songs
- 45 Thin nail
- 46 Nick and Nora's dog
- 48 Ambulance initials
- 49 Napkin's place
- 50 Payable
- 51 Mine material



- ## DOWN
- 1 Creates origami
  - 2 Russian pancakes
  - 3 Luggage attachment
  - 4 Consider
  - 5 Borrowed
  - 6 Director DeMille

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# Trivia test

by Fifi Rodriguez

- FOOD & DRINK: What was the first food eaten in space?
- LITERATURE: A character named Piggy is featured in which 20th-century novel?
- GEOGRAPHY: What are the residents of Cyprus called?
- MEASUREMENTS: How many pounds are in a stone?
- LANGUAGE: What does Ph.D stand for?
- ANIMAL KINGDOM: What is the color of a giraffe's tongue?
- MEDICAL: What is the common name for onychocryptosis?
- HISTORY: What is a more common name for the 19th-century killer known as the "Whitechapel Murderer"?
- GENERAL KNOWLEDGE: What is the color of "black boxes" used to record flight data on aircraft?
- SCIENCE: What is considered to be the ideal "room temperature"?

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

Answer

## Weekly SUDOKU

R	S										
L	O	L									
B	E	R	A								
O	A										
K	I	L	N								
N	O										
A	V	A									
A	S										
P	C	H	A								
S	I	G	N								
D	N	A									
N	T										
L	E										
O	L										
F	B	I									

Solution time: 26 mins.

Answers

## King Crossword

- ### SCRAMBLERS
- Today's Word
- Scathe
  - Certain
  - Bones
  - Certain

- ### Answers
- In 1961, Russian cosmonaut Yuri Gagarin ate pureed meat and then chocolate sauce.
  - "Lord of the Flies"
  - Cypritos
  - 14
  - Doctor of Philosophy
  - Blue, black or purple
  - Ingrown nail
  - Jack the Ripper
  - Bright orange to aid in recovery
  - 68-72 degrees Fahrenheit

72nd ANNUAL  
 CEDAR CITY CHAMBER OF COMMERCE  
**BEST OF CEDAR CITY**  
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**Kimberly Wood**

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Educator  
of the Year

**Rachel Stewart**

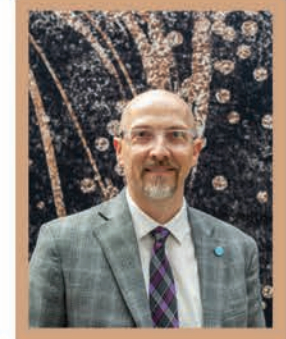
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of the Year

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**Rocky Ridge Rock**

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Man of the Year

**Carter Wilkey**

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Robert A Bulloch Construction



Restaurant  
of the Year

**Bowman's Cowboy  
Kitchen**

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Woman of the Year

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Organization  
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**Cedar City  
Rotary Club**

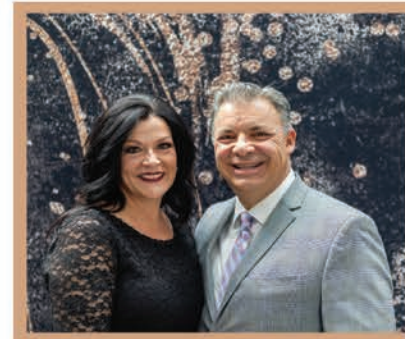
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Legacy Lifetime  
Achievement Award

**Evan Vickers**

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CEO Award

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Excellence  
in the Arts

**Michael Bahr**

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