

INSIDE...

IRON COUNTY TODAY WINS 4TH STRAIGHT AWARD FOR GENERAL EXCELLENCE



WEDNESDAY, JUNE 16, 2021

IRON COUNTY

today

Ladybug Nursery

New Shipment of Shade & Fruit Trees!



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See who in your family can grow the biggest watermelon!

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*selections vary nursery to nursery



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\$2.49 4" **\$8.99** Premium 1 Gal.

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7 GARDENING TIPS

1. Put your garden to bed dry. Moisture on the leaves at night leads to more diseases
2. When spraying for insects and diseases change up the active ingredient in the pesticide for better results. (these are usually found on the front of the packaging)
3. When planting trees be sure to mix 1/3 mulch with 2/3 native soil. Create a well around the base of the tree. Be sure to fill up the well 2-3 times a week depending on weather.
4. Most insects are nocturnal. So if you can't see what is eating your plants grab a flashlight and take a nighttime stroll through your vegetable and flower beds. Be sure to look under the leaves.
5. Fertilize regularly.
(N)Nitrogen - for the growth of the plant
(P)Phosphate - for the root and fruit production
(K)Potassium - for all-around plant health
6. Now is a good time to plant, the soil temperatures are warming up, your vegetables and flowers will grow quick.
7. Sing to your plants!! Smile it's the perfect time to start your garden

Ladybug Cedar

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Cedar City, Utah

435-586-3805

Mon-Sat 9-6



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4606 N. Minersville Hwy.
Enoch, Utah

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Mon-Sat 9-6



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Beaver, Utah

435-438-2254

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Taran Hansen
PA-C

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PHYSICALS**

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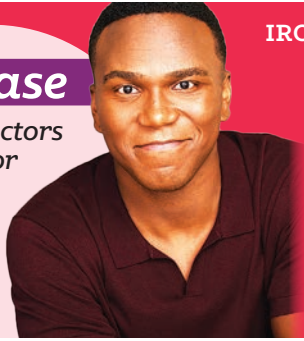
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showcase

Talented actors cast in major roles in USF's *Pirates of Penzance*



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IRON COUNTY



Governor Cox announces third drought Executive Order

Utah Gov. Spencer J. Cox issued another executive order further restricting water use at state facilities. He also announced a prohibition on fireworks for all state and unincorporated lands.

"All indicators show this could be the worst drought year on record," Gov. Cox said. "Utah state government is leading the way by cutting back on water use at all state facilities, but

all of us — from private businesses to local governments to individuals — need to conserve water now more than ever."

Cox announced Executive Order 2021-10, which requires lawn watering at some state facilities to be reduced to two days per week. A previous order allowed three days per week. The full Executive Order can be read online at water.utah.gov.

He also announced that the State Forester and the Division of Forestry, Fire and State Lands issued an order banning fireworks on all state and unincorporated private lands. This order is effective today. The same goes for SITLA lands: No fireworks will be allowed on SITLA lands this summer.

Cox was joined by Utah Department of Agriculture and Food Commissioner Craig Butters, who

described the effect the extreme drought is having on agribusiness, and Deputy Director for Division of Water Resources Candice Hasenyager, who discussed the impact on the state's waterways. Also attending were Lt. Gov. Deidre Henderson, Jamie Barnes, interim director of Forestry, Fire and State Lands, and Jeff Rassmussen, director of the Division of Parks and Recreation.

Making History



STORY ON PAGE 2

Iron County Today receives fourth straight General Excellence award

by Corey Baumgartner

IRON COUNTY TODAY

It is an honor to share with you some good news about our newspaper. For the fourth year in a row (an historic achievement among the many Utah newspapers in our category) the Iron County Today has won the General Excellence Award (Group 2) in the Utah Press Association's Better Newspaper Contest.

Once again, winning several first-place awards in many categories, including the overall General Excellence award, it is especially humbling that this achievement came during the COVID-19 pandemic,

which caused many months of doubt, difficulty, dilemmas and even death.

During those (and these) trying times, as a newspaper we strived to continue providing inspiring and informative content. While other papers across the state and country began shutting down, we stayed the course and overcame the odds and obstacles.

With that being said, we do not take this triumph lightly. It is a true tribute to the love and support from you, our neighbors and fellow citizens of Iron County and also those readers beyond our borders.

While we have the most talented team in Iron County (insert humble

bias here), this historic achievement not only signifies another victory for our newspaper, but a solidifying testimony of the loyalty and support from our Iron County Community.

I hope each of you know that though our walls are once again covered with more awards, our hearts are filled with more gratitude for each of our readers, advertisers and contributors. Because it's not the plaques, it's the people that matter the most to us. At the end of the week, our true successes aren't what is displayed on our walls, but in knowing that we are helping inspire what goes on within the walls of each of your hearts and hearths.

2020 UPA AWARDS

1ST PLACE

BEST GENERAL NEWS STORY
COVID Volunteers In New York
Becki Bronson

BEST SPORTS STORY
Royal Runners
Tom Zulewski

BEST FRONT PAGE
Devin Christ, Corey Baumgartner

BEST SPORTS PAGE
Tom Zulewski, Devin Christ

BEST LIFESTYLE PAGE
Devin Christ

BEST COMMUNITY EVENT
Dodgeball Throw-Down Fundraiser
Devin Christ, Corey Baumgartner

BEST STAFF PRODUCED AD
Christensen's: Inventory Reduction Sale
Scott Stahle, Devin Christ

BEST WEBSITE
ICT Staff

BEST SPECIAL SECTION
Our Flag: A Salute to the Stars and Stripes
ICT Staff

COMMUNITY SERVICE AWARD
ICT Staff

2ND PLACE

BEST SPORTS COLUMN
Random Thoughts
Tom Zulewski

BEST CIRCULATION PROMOTION
Dear Readers
ICT Staff

BEST IN-HOUSE SELF PROMOTION
We're Still Here
Devin Christ

3RD PLACE

BEST NEWS SERIES
Remembering WWII
Jay M. Jones

BEST NEWS COVERAGE
ICT Staff

BEST FEATURE PHOTOGRAPH
Back on the Field
Corey Baumgartner

BEST ADVERTISING IDEA
Wilson Orthodontics: Creating Smiles
Patti Bostick, Devin Christ



BEST COMMUNITY EVENT



BEST FRONT PAGE



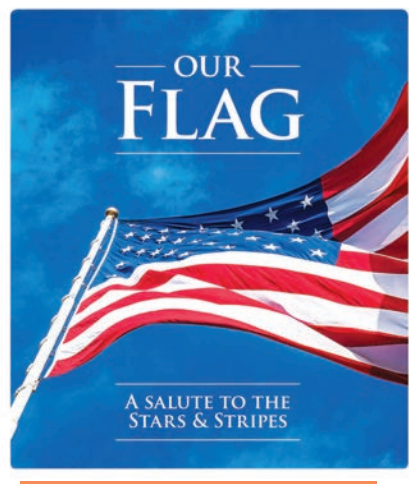
BEST STAFF PRODUCED AD



BEST LIFESTYLE PAGE



BEST SPORTS PAGE



BEST SPECIAL SECTION



BEST IN-HOUSE PROMO



BEST FEATURE PHOTO



BEST NEWS SERIES

Watering guide to help Utah residents incorporate survival watering during drought

from Kim Wells

UTAH DIVISION OF WATER RESOURCES

Extreme drought continues to plague the state, so the Utah Division of Water Resources has replaced its traditional lawn watering guide with an "Extreme Drought Watering Guide" to reflect drought actions. The watering guide can be found on the division's water conservation website. <https://conservewater.utah.gov/weekly-lawn-watering-guide/>

The "Drought Watering Guide" replaces the popular Weekly Lawn Watering Guide and focuses on "survival watering." While extreme drought conditions exist, the guide will focus on minimal watering to keep grass alive: two times a week in northern Utah and three times a week in southern Utah. These recommendations are also consistent with Gov. Spencer Cox's June 8 Executive Order.

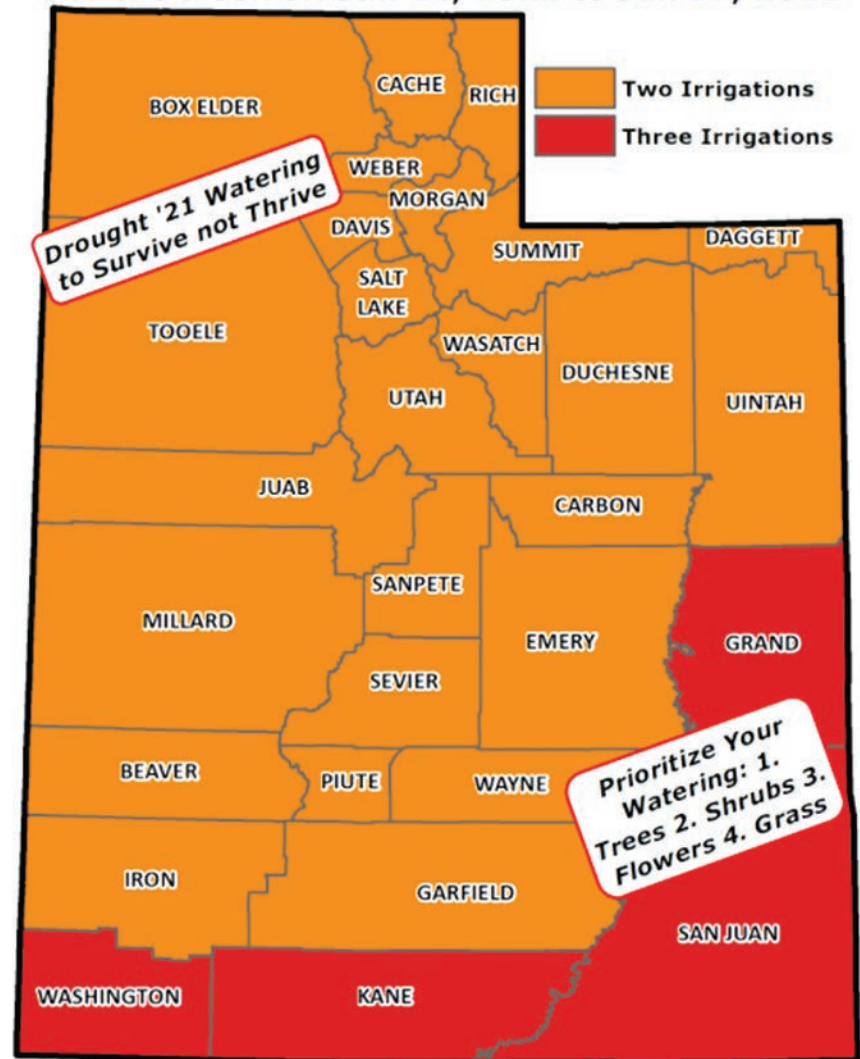
Using water efficiently is always the best practice and saves money. But during extreme drought, it's critical to help stretch the water supply.

With 60% of residential water

"With 60% of residential water use applied on outdoor landscapes, Utahns are asked to look for ways to reduce their use. Eliminating just one watering can save about 3,000 gallons for the average quarter-acre Utah yard."

use applied on outdoor landscapes, Utahns are asked to look for ways to reduce their use. Eliminating just one watering can save about 3,000 gallons for the average quarter-acre Utah yard. More drought actions and water-saving tips can be found at slowtheflow.org and conservewater.utah.gov.

Extreme Drought Watering Guide For the week of: Jun 11, 2021 to Jun 17, 2021



One Irrigation is equivalent to 20 minutes with pop-up spray heads and 40 minutes with impact rotor sprinklers

COURTESY UTAH DNR

Ron Riddle is running for Cedar City Council to make sure Cedar City stays a great place to live!



PAID FOR BY THE FRIENDS OF RON RIDDLE

Meet Ron Riddle

Ron Riddle is a husband, father, grandpa, coach, entrepreneur, part-time farmer, avid outdoorsman, & long-time resident of Cedar City.

As a business-owner, Ron understands what the values of hard work, perseverance, and free enterprise mean to the people of Cedar City. With his experience and knowledge he will make sure Cedar City stays a great place to live.

Ron RIDDLE looks forward to earning your trust and support!

(435) 559-4466

RonForCedar@gmail.com

www.RonForCedar.com

opinion

FROM THE EDITOR

Happy Father's Day!



COREY BAUMGARTNER
MANAGING EDITOR

Whether you're a father now or not, I'm pretty sure you have one, or had, at some point in your life. Even if he is (was) a bad father, I hope you will strive to replace grudges with gratitude. No, not gratitude for their bad attitudes, abuse, neglect or any other negative and destructive behaviors. I'm talking about gratitude for your life.

No matter who your parents are, what they do, how they live and love (or don't), you are still alive and have the choice and chance to be a better person and truly make and be a difference in this world. Yes, you.

Why is this so important? Because we live a world that appears to be destroying itself, one heart and home at a time. Frederick Douglas said, "It is easier to build strong children than to repair broken men."

Would you agree that this brokenness isn't from lack of governmental control, but more from a lack of good fathers and mothers? It's both an interesting and empowering thought. Do parents, or the lack thereof, make that significant of a difference, for better or worse, in this world? While both scientific and crime studies agree, we don't need Google to tell us we need good parents.

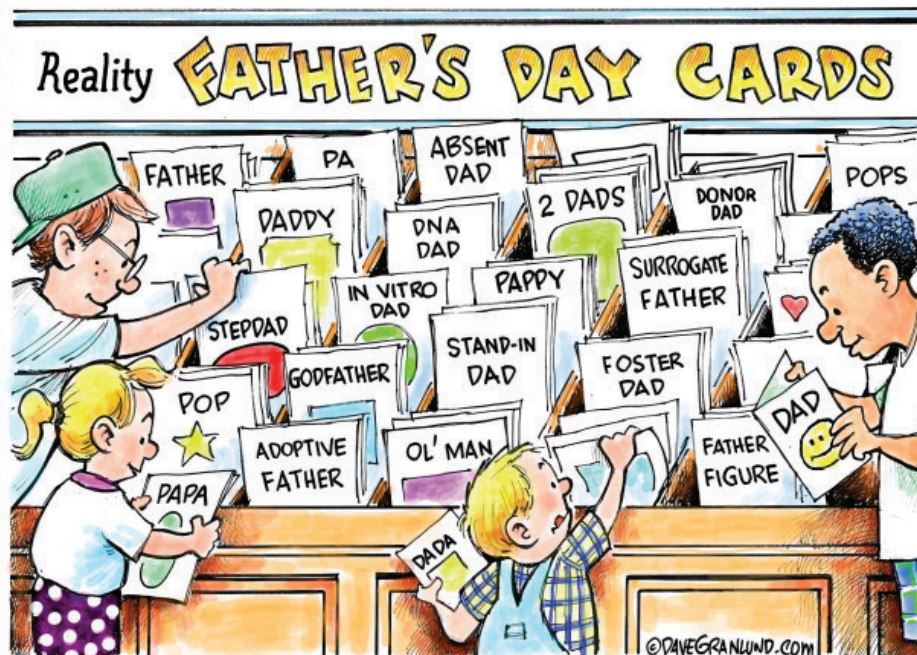
With that being said, if you can't celebrate your father today, make time to still become a great father and/or father figure in someone's life. Because love, not laws, is what's going to help this world be a better place now and become one worth passing on to our posterity.

THOUGHT OF THE WEEK

from the desk of R. Gail Stahle, publisher

"A father is the one friend upon whom we can always rely. In the hour of need, when all else fails, we remember him upon whose knees we sat when children, and who soothed our sorrows; and even though he may be unable to assist us, his mere presence serves to comfort and strengthen us."

Émile Gaboriau



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.

Economics and elbow grease

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



cyclops

BRYAN GRAY
COLUMNIST

George Bernard Shaw once said, "If all economists were laid end to end, they still wouldn't reach a conclusion."

Like most readers of this column, I'm not an economist. However, I do understand some simple principles. The Republicans are correct when they claim that, like an individual, a country cannot run massive deficits forever. The Democrats are correct when they say an economy cannot flourish unless average families have money to spend, thereby increasing jobs and helping the wealthy increase business and investment profits. The Libertarians are partially right when they believe the "free market" will correct some economic flaws with supply and demand, though I fear giving big business the ability to smother small-volume entrepreneurs.

Of course, most people don't worry much about national or regional economic models. "Economy" to them is what hits home: the steadily increasing price of homes and rent, hourly wage increases, higher grocery and gasoline prices and local job supply.

Everyone has their own take. Conservatives complain that government unemployment checks are keeping people from accepting jobs...One of my clients is convinced that inflation should be blamed on liberals limiting oil exploration...Another friend,

who majored in economics, says inflation will be minimal once the "supply chain" become unclogged and products like computer chips can be shipped to manufacturers. (He says it takes up to 8,000 trucks to haul cargo from a container ship.)

My best analysis of the economy is to dive down into the challenges of individual men and women.

I'll illustrate the case of a 28-year old son of a family friend. The son earns \$18 an hour, which is not enough for him to move out of his parents' basement. With a modest car payment and health insurance, he says he cannot afford rent at a decent apartment, and he cannot find any homes available for less than \$210,000. In his view, the economy isn't working to his benefit, and he grumbles that "the rich" create barriers for men and women like him.

I'm sorry, but I cannot sympathize. "Now Hiring" signs now outnumber summer mosquitoes, hourly wages in May increased about 6%, and one national bank is promising a starting wage of \$25 per hour in just two years. Instead of mumbling about "obscene gas prices" and "greedy landlords and property managers", the young man should do what I (and many of you) did when we were young: work a part-time second job.

If he worked his 40-hour weekly job and accepted just three evening shifts at one of the numerous "Now Hiring" restaurants or grocery stores, he could dig himself out of his not-enough-income hole and either move out of the basement or invest the extra paycheck with a financial firm.

The young man is not lazy – but neither is there anything in the U.S. Constitution that limits the number of hours or projects a person can perform in search for greater opportunity and quality of life.

Again, I'm not an economist. Both Pres. Biden's and Sen. Mitt Romney's views of the economy have validity. But don't expect elected officials to help you "get ahead"; use your own elbow grease.

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opinion

Say NO to the Residential Neighborhood Zone

There is an ordinance proposed in Cedar City that seeks to change the General Plan, called the Residential Neighborhood Zone (RNZ). There has been a great deal of discussion in Planning Commission, City Council and on social media about the RNZ. Some of this discussion has been highly inaccurate. But what is not inaccurate: the RNZ will drastically change your family neighborhood, and yet still will not provide affordable housing.

I have served on the Planning Commission for 6 years, and I am a strong champion of limited government, personal property rights, and the importance of proper city planning. I have personally seen how poor planning plays out, and how planning for the future with wise processes and ordinances protects communities and creates strong growth that benefits all. Communities across Utah and the nation are experiencing a housing shortage. The solution is complex and involves market forces, as well as national, state and local participation. The RNZ is not that solution. The RNZ in its current form is bad for the city. Why?

It will allow for a doubling of the density (or more!) in R1 (residential, single family home) zones. The current minimum lot size in R1 is 10,000 square feet, or about 3 homes per acre. That is intended to create the typical family neighborhood feeling where there is space and room for families to play in the yard or barbeque in the back. But the RNZ wants to have up to 6 homes on just one small acre with 7,000 square foot lots in R1. And that's only in the 300 foot "buffer" – then this ordinance allows 5000 square foot lots. And it will not matter if you purchased your home in an R1 to protect space and privacy, anyone who wants to develop with the RNZ could build double the number of homes right next to your neighborhood. Is it important to have smaller lots and smaller homes? Of course! Housing diversity is part of the fabric of our community. And there is plenty of opportunity to develop higher density projects right now in existing master-planned higher density areas to meet that demand.

The RNZ is bad for the city with safety. Higher density housing in general-planned low density areas will create real issues with infrastructure and roads. Less room, less visibility. It will force more vehicles onto already crowded roads that were not designed to handle that level of high-density traffic. The RNZ is bad for the city with private property rights. If it passes, it will force you to go before the City Council and ask for their permission to change the restrictive covenants and HOA (homeowners association). The RNZ dictates that the City Council will decide certain rules, and not private property owners, regarding what you can do in your own neighborhood. Now, of course there are currently neighborhoods in Cedar City that have HOAs, but the extremely significant difference there is that in those neighborhoods, the homeowners themselves, as private citizens, can get together to decide to change them if they wish to. For

those who love big government to continue to tell you what to do and how you can do it, the RNZ is for you. For those who are sick and tired of big government telling you what to do, the RNZ is an unprecedented power grab to regulate people's private property.

The RNZ is bad for the city with "affordable housing." The RNZ is being touted as providing "affordable housing." So let's look at this more closely. It is basic economics that supply and demand will affect market values. However, affordability of homes is more complicated than merely the shortage of available homes. It's driven also by the current shortage of building materials like lumber and concrete, as well as an acute shortage of skilled construction workers. Fewer kids are going into the trades, creating a shortage of framers, plumbers, electricians, those needed to build these homes. This workforce shortage is affecting new housing supply across the nation, and particularly here in Utah.

And pointedly, builders or developers have absolutely no incentive whatsoever to lower their prices below what the market is asking for. So if a 3 bed home on a quarter acre is selling for \$350,000, why would they decide to not ask that for a 3 bed home on a 1/6 acre, if the market supports that? Nothing in the RNZ speaks to protecting the price of the home to stay "low" or "affordable." The RNZ will forever change R1 in our city as we know it, smaller lots, double the homes and density, and all that comes with it, right in your backyard, forevermore, without providing any affordable housing relief.

The RNZ is bad for the city families. Looking at the bigger picture, we must consider the other factor affecting affordable and attainable housing. It's not just how much the house costs, but also how much the homebuyer makes. I think we can all agree that Cedar City has been plagued with low wages for many years, and we have to address that critical part of the affordable housing conversation. What good will homes on tiny lots matter if those who want to purchase it don't make enough to pay the mortgage?

While wages have increased over the years, they have not kept up with the rising costs of housing. Many folks are spending nearly half of their monthly income on housing.

Again, this is a complicated issue that needs a serious and specific plan with buy-in from the many stakeholders in our community. Those who are in dire need of affordable housing deserve far better than the RNZ. Playing into people's fears is a poor substitute for explaining clearly what this ordinance does. It's imperative to the future of our community to study these issues and develop real solutions to affordable housing.

This community knows the difference between right and wrong. The RNZ is wrong for the city.

Ask the City Council to Say NO to the RNZ.

OP/
ED

"It's imperative to the future of our community to study these issues and develop real solutions to affordable housing."

Jennie Hendricks

TO THE EDITOR

Fame or shame

A Utah TV news crew recently worried out loud about a State of Utah water conservation website. The "Fame or Shame" site encourages citizens to report those who are wasting water so water entities can follow-up.

The reporters admitted they had been debating internally about whether public water shaming is a good idea or not. A weather team member concluded it might be better to just privately reason with a neighbor face to face. In fact, many modern Christian churches believe the scriptures teach people not to judge one another.



Here's a little Christian education lesson. Jesus did say, "Judge not lest ye be judged." But it is clear within the totality of the New Testament teaching that Jesus was discouraging only unrighteous judging. There are many types of this, including hasty judgment, hypocritical judgment, and unduly harsh judgment.

But Jesus also taught that righteous judgment was one of the most important of all spiritual principles. When he spoke of the "weightier" matters of the gospel, he listed three: "Judgment, mercy, and faith."

Righteous judging certainly can be done by a neighbor face to face, but it can also be done by an official. We can't stop holding people publicly accountable unless we no longer wish to remain a nation committed to rule of law.


Sincerely,

Kimball Shinkoskey





IRON COUNTY FORECAST

RECORD BREAKING HEAT CONTINUES THROUGHOUT IRON COUNTY AND SOUTHWEST UTAH FOR THE REMAINDER OF THE WEEK AS A RIDGE OF HIGH PRESSURE REMAINS IN CONTROL OVER THE 4 CORNERS. ADDITIONAL MOISTURE IS POSSIBLE HEADING INTO THE WEEKEND, ESPECIALLY IN THE MOUNTAINS BUT DO YOUR BEST TO STAY COOL.



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WEDNESDAY	Partly Cloudy 99°/67° PRECIP: 0% WINDS: WNW 12-18
THURSDAY	Partly Cloudy 97°/68° PRECIP: 0% WINDS: W 12-18
FRIDAY	Partly Cloudy 96°/67° PRECIP: 20% WINDS: WSW 12-18
SATURDAY	Mostly Sunny 96°/67° PRECIP: 0% WINDS: SW 15-25
SUNDAY	Sunny 94°/63° PRECIP: 0% WINDS: WSW 15-25
MONDAY	Sunny 91°/62° PRECIP: 0% WINDS: SW 10-20
TUESDAY	Sunny 90°/60° PRECIP: 0% WINDS: SW 15-15

D-Day 75th Anniversary: The horrible waste of war (part 2)

The 75th anniversary of D-Day is an appropriate time for us to recall the sacrifices made by those serving and who had served in our Armed Forces. To mark this occasion, the Ernie Pyle World War II Museum in Dana, Indiana, and Scripps Howard Foundation offer this reprint of three columns written by Ernie Pyle immediately after the Normandy invasion. It's a reminder to all of the ultimate sacrifice made by so many Americans to maintain the freedoms we enjoy. Further columns can be found at: <https://sites.mediaschool.indiana.edu/erniepyle/wartime-columns/#WartimeColumns>

by Ernie Pyle

WITH PERMISSION FROM
SCRIPPS HOWARD FOUNDATION

NORMANDY BEACHHEAD, June 16, 1944 – I took a walk along the historic coast of Normandy in the country of France.

It was a lovely day for strolling along the seashore. Men were sleeping on the sand, some of them sleeping forever. Men were floating in the water, but they didn't know they were in the water, for they were dead.

The water was full of squishy little jellyfish about the size of your hand. Millions of them. In the center each of them had a green design exactly like a four-leaf clover. The good-luck emblem. Sure. Hell yes.

I walked for a mile and a half along the water's edge of our many-miled invasion beach. You wanted to walk slowly, for the detail on that beach was infinite.

The wreckage was vast and startling. The awful waste and destruction of war, even aside from the loss of human life, has always been one of its outstanding features to those

who are in it. Anything and everything is expendable. And we did expend on our beachhead in Normandy during those first few hours.

For a mile out from the beach there were scores of tanks and trucks and boats that you could no longer see, for they were at the bottom of the water – swamped by overloading, or hit by shells, or

and dry, were all kinds of wrecked vehicles. There were tanks that had only just made the beach before being knocked out. There were jeeps that had been burned to a dull gray. There were big derricks on caterpillar treads that didn't quite make it. There were half-tracks carrying office equipment that had been made into a sham-

of carnage there were abandoned rolls of barbed wire and smashed bulldozers and big stacks of thrown-away lifebelts and piles of shells still waiting to be moved.

In the water floated empty life rafts and soldiers' packs and ration boxes, and mysterious oranges.

On the beach lay snarled rolls of telephone wire and

total. Men and equipment were flowing from England in such a gigantic stream that it made the waste on the beachhead seem like nothing at all, really nothing at all.

A few hundred yards back on the beach is a high bluff. Up there we had a tent hospital, and a barbed-wire enclosure for prisoners of war. From up there you could see far up and down the beach, in a spectacular crow's-nest view, and far out to sea.

And standing out there on the water beyond all this wreckage was the greatest armada man has ever seen. You simply could not believe the gigantic collection of ships that lay out there waiting to unload.

Looking from the bluff, it lay thick and clear to the far horizon of the sea and beyond, and it spread out to the sides and was miles wide. Its utter enormity would move the hardest man.

As I stood up there I noticed a group of freshly taken German prisoners standing nearby. They had not yet been put in the prison cage. They were just standing there, a couple of doughboys leisurely guarding them with tommy guns.

The prisoners too were looking out to sea – the same bit of sea that for months and years had been so safely empty before their gaze. Now they stood staring almost as if in a trance.

They didn't say a word to each other. They didn't need to. The expression on their faces was something forever unforgettable. In it was the final horrified acceptance of their doom.

If only all Germans could have had the rich experience of standing on the bluff and looking out across the water and seeing what their compatriots saw.



Ernie Pyle (Center) visits with fellow soldiers during a brief break from the battle.

COURTESY SCRIPPS HOWARD FOUNDATION

sunk by mines. Most of their crews were lost.

You could see trucks tipped half over and swamped. You could see partly sunken barges, and the angled-up corners of jeeps, and small landing craft half submerged. And at low tide you could still see those vicious six-pronged iron snares that helped snag and wreck them.

On the beach itself, high

bles by a single shell hit, their interiors still holding their useless equipage of smashed typewriters, telephones, office files.

There were LCT's turned completely upside down, and lying on their backs, and how they got that way I don't know. There were boats stacked on top of each other, their sides caved in, their suspension doors knocked off.

In this shoreline museum

big rolls of steel matting and stacks of broken, rusting rifles.

On the beach lay, expended, sufficient men and mechanism for a small war. They were gone forever now. And yet we could afford it.

We could afford it because we were on, we had our toehold, and behind us there were such enormous replacements for this wreckage on the beach that you could hardly conceive of their sum

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Intermountain adjusts visitation policy at hospitals, clinics

from Lance Madigan

FOR IRON COUNTY TODAY

As new cases of COVID-19 continue to decrease in Utah and vaccinations increase, Intermountain Healthcare is adjusting and simplifying visitation policies for visitors and loved ones accompanying patients at Intermountain hospitals, clinics, and physician offices, effective June 15.

Dr. Eddie Stenehjem, Intermountain infectious diseases physician, has publicly address trends in new COVID cases in Utah, community transmission mitigation efforts, vaccination rollout efforts and reaching underserved communities, an update on COVID variants in Utah, an update on current CDC guidance, and status of the pandemic's impact on the state's healthcare community.

Updated Intermountain visitation policy includes:

» Two visitors at a time will be allowed at the hospital bedside in most situations, including post-partum care. Some Intermountain hospital units will still have additional restrictions, shared on admission, such as intensive care units for adults or units for children or newborns.

» Children ages 12 years and older will be allowed as hospital visitors.

» All visitors will still need to wear a face mask, which can be provided by the facility, and sanitize their hands per instructions given by hospital caregivers.

» Visitors for COVID-19 or suspected COVID-19 hospital patients will be allowed, regardless of vaccination or immunity status, but will need to wear personal protective equipment provided by hospital staff.

» There is no longer a general limit on the number of hospital visitors for patients who are at end-of-life. The local hospital/clinic will manage the number of visitors based on safety for the patient, visitors, and/or ability of caregivers to provide patient care.

» There is no longer a limit on the number of people who can accompany patients to Intermountain clinics or Primary Children's Hospital outpatient clinics.

For more information please visit intermountainhealthcare.org and <https://intermountainhealthcare.org/health-wellness-promotion/pandemics/covid/visitor-guidelines>.



COURTESY FIREHOUSE SUBS

A mural hanging on the wall of Cedar's Firehouse Subs honors our firefighters and Southern Utah University.

Firehouse Subs hosting two-week donation drive for Canyon Creek Services

from Erin Neves

FOR IRON COUNTY TODAY

CEDAR CITY — Starting Monday, June 14, Firehouse Subs (Cedar City Towne Center, 78 N Main St.) will host a two-week donation drive in support of Canyon Creek Services, an advocacy organization that addresses domestic violence and sexual assault across several counties, including Iron County.

Critical items needed include paper towels, toilet paper, cloth towels (bath and washcloth size), lotion and food storage bags (all sizes). Those interested in donating are asked to bring items into the restaurant during business hours, where they will be collected each day by Canyon Creek's staff.

"As Cedar City residents and business owners, we are always looking for heartfelt ways to give back to the community that has given so much to us," said Firehouse Subs franchisee Cynthia Clark. "The opportunity to assist Canyon Creek Services in the work they do is truly our pleasure, and we know our guests will also be eager to support them."

The need for Canyon Creek Services is clear; in just 2020, the organization served 770 clients. Of those, 189 were children, a 14% increase from the previous year. Over 160 individuals were housed in emergency shelter, while calls to the organization's emergency hotline increased 13%.

"We are deeply appreciative to Firehouse Subs and the Clarks for hosting this supply drive. As requests for our services continue to grow, community support is critical to the work we do," said Canyon

ORGANIZATION IN CRITICAL NEED OF ITEMS AS IT SUPPORTS DOMESTIC VIOLENCE AND SEXUAL ASSAULT VICTIMS

Creek Services Development Director ReAnne Reimschuessel. "We look forward to teaming up with Firehouse Subs and continuing to make a life-saving impact in our area."

Franchisees Cynthia and Cary Clark are deeply-entrenched in Southern Utah and, since joining the Firehouse Subs family in 2020, have consistently been leaders in fundraising activities. Across Utah,

the Firehouse Subs Public Safety Foundation has awarded over \$1 million in grants. Locally, Iron County Sheriff's Office, Cedar City Police Department and Cedar City Fire Department have received thousands in life-saving supplies.

Those who bring donations in will also receive a free chips and a medium drink with purchase of a medium sub. The donation drive wraps up on Wednesday, June 30.

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Contact: Colin

Zions Bank invites public to nominate homes for Paint-a-Thon service project

from Kallee Feuz (Nielsen)

PR OFFICER, ZIONS BANK

Zions Bank is inviting the public to nominate homes for its employees to spruce up with a fresh coat of exterior paint during its annual Paint-a-Thon service project.

Entering its 30th year, Paint-a-Thon benefits low-income elderly, disabled, and veteran residents in communities across Utah and Idaho. Typically, homes are referred to Zions Bank by city and state housing agencies, aging services, community organizations and local churches. This year, the public is invited to nominate up to 20 of the 41 homes employees will scrape, paint and landscape.

To qualify for consideration, homeowners must meet federal Department of Housing and Urban Development (HUD) income guidelines, detailed on Zions Bank's website, [Zionsbank.com/paintathon](https://www.zionsbank.com/paintathon) — which



Each year employees of Zions Bank donate their time and materials to help paint, plant, prune and spruce up homes and yards in need.

COURTESY ZIONS BANK

includes the link to the nomination form. Nominations are due by July 15, 2021.

In addition to painting, Zions employees will provide yard clean-up, pruning,

mowing, planting and minor repairs as needed by homeowners. The cost for all paint

and supplies is contributed by Zions Bank.

"We know older adults cherish the opportunity to remain in their homes as long as possible, so this is our way of helping them accomplish that goal, while at the same time beautifying our neighborhoods," said Zions Bank President and CEO Scott Anderson.

Launched in 1991, Zions Bank's Paint-a-Thon began as a volunteer project for a dozen homes along Utah's Wasatch Front. Over the past three decades, Zions Bank employees have put aside summer pastimes for a week each year — volunteering in the evenings after work and on Saturday — to paint more than 1,000 homes throughout Idaho and Utah. Not counting the dollar value of volunteer

hours through the years, the bank has donated more than \$1 million toward beautifying homes in the two states.

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public announcements

Cedar City Hospital encourages proper walker use

Over the years walkers have become more advanced and user friendly. One feature that some walkers have added is a seat where the person can sit when tired or to hold items when they are walking. Oftentimes, when a caregiver is assisting someone with a seated walker, that person sits on the seat and the caregiver pushes them as if the walker is a wheelchair. However, this is unsafe and often results in a fall and harm to both the sitter and even the pusher.

Recently, Cedar City Hospital has noticed an increase in falls and injuries due to someone being pushed while sitting on a seated walker. We ask that you help spread the word and encourage everyone to use seated walkers properly. We also ask that if you are going somewhere that will be difficult for the person in your care to walk, please plan ahead and get a wheelchair or other proper accommodations as needed so you can both stay safe.

Janelle Brown - Cedar City Hospital

Nutritionist's top tips for mindful living with food allergies

May is Food Allergy Awareness Month, and in honor of it, Dr. Vikki Petersen, Certified Clinical Nutritionist, Chiropractor and Certified Functional Medicine Practitioner, has some great insight into food allergies and information everyone should be aware of.

"It is estimated that approximately 32 million Americans, 5.6 million of whom are children, have food allergies. This means that about 10.8% of the adult population in the U.S. has some form of food allergies. Unfortunately, according to research, the incidence of food allergies is rising. The cause is considered to be several factors including pesticides, GMOs, chemical additives and environmental pollutants, all resulting in weakened immunity and unhealthy digestion. Typically, food allergies are not dangerous, resulting in mild skin or digestive issues," says Dr. Petersen.

What are the most common food allergies and symptoms to look out for?

"The most common food allergies are eight in number: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybean. Recently a ninth was added, sesame. The FDA states 90 percent of all allergic reactions stem from the above eight foods and their derivatives," says Petersen.

"Symptoms of a food allergy vary widely from mild to life-threatening. Most common are skin reactions including itching or hives, and digestive problems such as stomach aches or diarrhea. The most feared reaction is anaphylaxis where a reaction can occur within seconds or minutes of ingesting your allergen. The severe symptoms of anaphylaxis include lip swelling, nausea, vomiting, difficulty breathing or shock. It can result in death. Epinephrine is the required treatment (EpiPen)."

"The reaction can occur within seconds or minutes of exposure to an allergen. Symptoms include a skin rash, nausea, vomiting, difficulty breathing, and shock. If not treated right away, usually with Epinephrine, it can result in unconsciousness or death," Petersen says.

Here are Dr. Vikki Petersen's top 5 tips for

managing and living with food allergies for yourself or loved ones:

Tip #1: Read labels carefully

By law, the eight most common food allergens must be listed on food labels. Take the time to read labels carefully and educate yourself on the synonyms for your allergy. E.g. Casein is a dairy product. Couscous is wheat. There are many more examples. You can get good at spotting these synonyms so as to keep you and your loved ones safe.

Tip #2: Speak up and ask questions

When eating in a restaurant or at a friend's home, don't be shy about asking questions regarding food ingredients and how items are prepared. Will your food come into contact with a possible allergen? It is hard on your health to get exposed to an allergen and asking questions can save you from feeling terrible.

Tip #3: Always be prepared and have medicine on hand

Wear a medical ID bracelet and have your medication on hand if you're prone to significant reactions. For many people, this is an EpiPen. There are natural antihistamines as well, and over-the-counter medicines (anti-histamines) to treat allergic reactions, but those should only be used if your reactions are of the milder form.

Tip #4: Get a proper diagnosis

While 10% of the population suffers from food allergies, double that number of people think they have food allergies. Why is this? It can be difficult to distinguish a food allergy from a food sensitivity when you are the one suffering. Both should be taken seriously, but it is important to know the difference. Scratch testing on the skin is not highly accurate for food allergies. It's best to get an IgE blood test. Food sensitivities can create a wide array of symptoms, but not anaphylaxis, like an allergic reaction.

Lastly, what are some good resources on food allergies?

"If possible, try to find a clinician well versed in Functional Medicine who can assist you in strengthening your digestive tract and immune response. This will often prevent additional food allergies from occurring and can perhaps lessen the intensity of your response to those you do have," says Dr. Petersen.

Myra Godfrey

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.

JUNE 7

Don G McLaren
CEDAR CITY, UT
Aggravated Assault

JUNE 10

Heath B Jenkins
WESTMINSTER, SC
Assault

JUNE 8

Teri S McHale
CEDAR CITY, UT
DUI w/BAC at/over .08, Accident - Prop Damage, No Valid DL, Fail to Reg Veh, Unsafe Lane Change.

JUNE 11

Stacey Mehn
CEDAR CITY, UT
City Park - No Alcohol, Poss C/S, Drug Paraphernalia

JUNE 13

Britee Merryweather
CEDAR CITY, UT
Prob/Parole Violation

JUNE 9

William J Mangum
CEDAR CITY, UT
Intoxication, No Alcohol in City Park

Seth K Nielsen
CEDAR CITY, UT
Criminal Trespass

Michael S. Patterson
CEDAR CITY, UT
Criminal Trespass

Akira G Holland
CEDAR CITY, UT
Retail Theft

Karen A Warner
CEDAR CITY, UT
Assault

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showcase

Five talented actors cast in major roles in *The Pirates of Penzance*

from *Donn Jersey*

UTAH SHAKESPEARE FESTIVAL

Five talented actors will be taking on the major roles in *The Pirates of Penzance* when it hits

maidens) will bring to colorful life this family-friendly comedic operetta by W. S. Gilbert and Arthur Sullivan.

“As my first time at the Utah Shakespeare Festival, I am

the Festival this year as the Pirate King. Past Festival performances include Peter in *Peter and the Starcatcher* (2013), Tommy Djilas in *The Music Man* (2011), Flute in *A Midsummer Night’s Dream* (2011),

Richard R. Henry is making his debut at the Festival in the role of Major-General Stanley, a character famous for his full-speed rendition of “I Am the Very Model of a Modern Major-General.” He



Rhett Guter



Richard R. Henry



Cecilia Iole



Jalon Matthews



Marlene Montes

the stage June 25 at the Utah Shakespeare Festival. They will sing and dance their way into our hearts as the largely unsuccessful but kind-hearted pirate king, his duty-bound apprentice and his nursery maid, and a befuddled major-general and his lovely and high-spirited ward. They (and a chorus of sentimental pirates, bumbling policemen, and giggling

beyond excited to work with this incredible group of artists who all offer unique perspectives and will bring a fresh take to *The Pirates of Penzance*,” said director Cassie Abate as she began rehearsals May 10.

Rhett Guter will be returning to

Peter in *The Diary of Anne Frank* (2010), *Lysimachus in Pericles* (2010) and many others. He has appeared in regional theatre across the country, received BFA and BS degrees from Southern Utah University, and is a member of Actors’ Equity Association.

has appeared off-Broadway in *Drift* at New World Stage and *Two Gentlemen of Verona the Musical* at The Public. He has worked at numerous regional theatres as well as in the national tours of *Urinetown*, *Sweet Charity*, *Man of La Mancha*, and *Jesus Christ Superstar*. He is a member of Actors’ Equity Association and the Screen Actors Guild/American

see **PIRATES** » 13





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June 22 – September 10

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June 23 – September 11

THE PIRATES OF PENZANCE

June 25 – October 9

RAGTIME

June 26 – September 11

CYMBELINE

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July 17 – October 9

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Left to right: John G. Preston (left) as Victor Franz, Andrew May as Walter Franz, and Armin Shimerman as Gregory Solomon in *The Price*, 2019; Betsy Mugavero (left) as Alice Heminges, Sarah Hollis as Elizabeth Condell, and Katie Cunningham as Rebecca Heminges in *The Book of Will*, 2019; Festival Founder Fred C. Adams, Wayne T. Carr (left) as Bassanio and Tarah Flanagan as Portia in *The Merchant of Venice*, 2018.

PIRATES

« CONTINUED FROM PAGE 11

Federation of Television and Radio Artists.

Cecilia Iole will also be debuting at the Festival, playing the role of Mabel, the Major-General's youngest ward and Frederic's love-interest. She has performed across the country in such roles as Rapunzel in *Into the Woods* at Writers Theatre (directed by Garry Griffin); Johanna in *Sweeney Todd* at Paramount Theatre; Cunegonde in *Candide* at Clarence Brown Theatre; Ariel in *The Little Mermaid*; and Cosette in *Les Misérables*.

Jalon Matthews will be appearing for his first time at the Festival as Frederic, the duty-bound apprentice pirate. He has performed as Sebastian in Disney's *The Little Mermaid* at Musical Theatre West, Seymour in *Little Shop of Horrors* at PCPA, Bobby in *Company* at University of California-Irvine, and more. He holds a BA in acting degree from Pepperdine University and an MFA in acting from the University of California-Irvine.

Marlene Montes is also new to the Festival and will be playing the role of Ruth, Frederic's confused nursery maid and the pirates' maid. She has performed at numerous theatre companies, including Arizona Theatre Company, South Coast Repertory, San Diego Repertory Theatre, Moonlight Stage Productions, Performance Riverside, Cygnet Theatre, New Village Arts, Starlight Theatre Derby Dinner Playhouse, and others. She is a member of Actors' Equity Association.

The Festival's 2021 season is June 21 to October 9. Plays will be *Pericles*, *Richard III*, *The Comedy of Errors*, *The Pirates of Penzance*, *Ragtime*, *Cymbeline*, *Intimate Apparel*, and *The Comedy of Terrors*. Tickets are available by calling 800-PLAYTIX or visiting www.bard.org.

Out of canvas? Flatten your FedEx boxes

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

Who knew that used FedEx envelopes could be the surface for large—at least 3 by 4 feet — acrylic paintings? But to our amusement, we found that to be the case. My very culturally-savvy friend Virginia and I went to the newest exhibit at SUMA of the work of St. George artist Stewart Seidman and saw paintings of vibrant color and magnetism with the FedEx logo occasionally poking through! It seems that one day Seidman found himself out of new canvas, and thought of the stack of flattened FedEx boxes in the closet that he had used as paint pallets. (True artists never throw stuff away; you could maybe use it sometime). So he painted on the flattened boxes and created a body of work that you could call his “FedEx period”, I guess. The first four we were drawn to were inspired by the jazz that he listens to while he works. Davis, Mingus, Coltrane, Brubeck thrust their instruments at us with joyful sharing. Never mind the blue FedEx letters up in the corner.



Stewart Seidman, born in 1939, grew up in Brooklyn, where he amused his friends by making drawing of things as they requested. He now resides and paints in St. George and must have huge storage capacity in his studio, because the commentary on all the paintings large paintings indicated that they were in his possession and then assembled at SUMA for this dazzling display. The style is somewhere between realism and impressionism. The works are not at

all abstract but not just recreations of a subject, either. They convey the intent of an artist to portray emotion, a feeling about the subject of a piece. You would love the painting of the Boston Red Sox batter for the sense of power and determination conveyed by his elongated figure.

Another section of the gallery was paintings (on proper canvas, this time) of places he and his wife had travelled: the Golden Gate Bridge, New York City, Sicily, Keukenhof Tulip Gardens, Tetons, Croatia—and most of them done in the last four years. He would make sketches of the things they saw, and then realize them in the studio, showing not detail, but impressions of

“True artists never throw stuff away; you could maybe use it sometime”

what he remembered. The Copenhagen Train Station, painted in 2019, shows a huge, overarching colored glass ceiling dwarfing the faceless human figures below. The feeling is one of space and permanence contrasted with the individuals below who would come and go.

And then there are his portraits. Andy Warhol, whom he met in person. Gandhi, the Dalai Lama, Mother Theresa, Muhammed Ali, and others—all recognizable but more than just photos. Why, for instance, does his Lincoln Memorial piece have a large black rifle across the President's lap?

Two things I would ask Mr. Seidman if I could interview him: Why do many of the paintings have a skeleton lying across the bottom, and what do you mean by the generally over-sized hands on the figures?

It was such an enlightening afternoon; I'm smarter than I was a week ago. You really, REALLY should go!

SUMMER PHOTO CONTEST

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

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THE BIG VIEW

by Dan Pick

FOR IRON COUNTY TODAY

It was mentioned earlier that stars can be singular or form multiple star systems. The next larger groupings are called *open clusters*, containing up to a few hundred members. Open clusters are loosely bound stars and can contain newly formed stars as well as older stars. Then there are larger groups, *globular clusters* which are older, tightly bound balls of stars which can contain 100,000 to well over a million stars. Finally, the last grouping of stars is called a *galaxy*.

Galaxies are islands in the (mostly) empty space of the universe. Separated by the

intergalactic medium—a region of space that only averages one atom per cubic meter—galaxies are the largest groupings of individual stars. The galaxy we call home is the Milky Way. It is a *spiral galaxy* about 100,000 light years across (give or take a few miles), and contains approximately 100 billion stars. A spiral

galaxy in shaped somewhat like a pinwheel, with a galactic center with arms spiraling outward.

The largest galaxy known is called IC 1101, and it is 6 million light years across. It is in the direction of the star, Arcturus. It is an elliptical galaxy—a huge *ellipsoid* (deformed sphere)—with over 100 trillion stars (give or take). On the other end of

the galactic scale are *dwarf galaxies*. These are much smaller collection of stars, only up to a few billion.

Like individual stars, galaxies form groups. Our Milky Way is a member of the *Local Group* (they need to hire a marketing firm with a name like that). Galaxies groups reminds me of a naval

battle group—a flag ship and its supporting vessels. For example, our Local Group consists of two collections of galaxies. The Milky Way is the flag ship of one group, and its support group includes the Large and Small Magellanic Clouds along with a number of dwarf galaxies. The other collection has the Andromeda Galaxy as its flag ship with its support group of smaller galaxies. The local group has about thirty member galaxies in its armada.

To take stellar organization one step further, the Local Group is a member of the Virgo Super Cluster. The Virgo Super Cluster of galaxies has at least 100 galaxy *groups*, and the entire cluster spans about 110 *million* light years. Lastly, the universe contains approximately 10 *million* super clusters.

The photo with this article is of the Markarian's Chain of galaxies, part of the Virgo Cluster of galaxies. If you were to hold your hand out toward the constellation Virgo, your thumbnail would cover up the galaxies in this photo. On my computer monitor, I can count nearly 50 galaxies. Most are either elliptical or spiral and their distance lies between 50-70 million light years away.

The number of stars and the size of the observable universe is nearly impossible to conceptualize. Standing in your backyard and observing our Milky Way Galaxy gives you a starting point to begin to contemplate the immensity of the Big View of the universe.

EXPLORING UTAH'S SKIES

The galaxies in the Markarian's Chain, part of the Virgo Cluster of galaxies are so far away that if you were to hold your hand out toward the constellation Virgo, your thumbnail would cover up the galaxies in this photo.

business

New studio offers private, personal training in Cedar

from Michelle Crompton

FOR IRON COUNTY TODAY

Forget about going to the gym. It's intimidating, crowded, impersonal and sometimes downright embarrassing for those of us that aren't into taking workout selfies in the mirror.

And...you need a trainer that really gets you. Someone that understands your body, health history, goals and individuality. There's a big difference between doing exercises with a personal trainer, and having a knowledgeable professional articulate the movement to avoid injuries while utilizing the experience gained by over 20 years in the profession with multiple certifications from world-renowned organizations. This level of expertise is hard to find, especially in a typical gym.

That's what IFS Studio is bringing to Cedar City: a private personal training gym designed specifically for you. It's the gym that is not gym—it's far more personal and focused. Having served their former community for over 15 years, the owners have decided to bring their expertise to Cedar City and share their passion for health, nutrition and fitness.

Tammy Crompton has owned and operated IFS Studio for the past 16 years and has gone through her own tumultuous health and weight loss journeys. Having experienced injuries, hyperthyroidism, high cortisol among other health challenges, she started a quest 20 years ago to find help through fitness. After working with a personal trainer, Tammy decided to become one herself—so she did, spending 6 years as a trainer and then as a fitness manager. From there, she opened her own studio to offer a space to people who were looking for something more than the

average gym and for those who didn't feel comfortable having other people watching their workouts or judging their efforts.

Tammy is assisted by Anthony McFadden, who has coached football for over 30 years and was a Head Coach in the USFFA. He specializes in myofascial release and thrives on

well as small group sessions if you have a family unit or a small network of friends with which you'd enjoy sharing your health and fitness journey.

Being fit and healthy is more than just exercise; from sports injuries to pregnancy, from knee replacement surgery therapy to diabetes or

mones and all things related to your health, IFS will develop the optimal plan to get you where you want to be, quickly, safely and healthfully.

Want to try out IFS Studio's unique approach to fitness for FREE? Every Saturday in June (12th, 19th, 26th) they will be offering StrongBoard classes at the Cedar City



PHOTOS BY TAMMY CROMPTON

Whether going to the gym is intimidating or inconvenient the IFS Studio promises a more personal and professional way to work out.

helping those professionals that are often stuck at a desk for their careers transition into a fit lifestyle suitable for enjoying activities and retirement.

Together, they bring a wealth of knowledge and experience to our community. With their new location now open at 2390 UT-56, Suite 9, they are offering one-on-one personal training and nutrition packages as

arthritis, IFS caters specifically to you, your body and your goals. There is no one-size-fits-all approach to health, and this is the foundation of IFS' motto: one client, one trainer, one goal.

From developing a nutrition plan, myofascial release program, stretching regimen and workouts to discussing sleep habits, stress hor-

Aquatic Center, 9:00AM and noon. Don't miss out on this opportunity!

Call today to schedule a free health consultation: 661-436-0259. Visit IFS Studio on the web at www.ifsstudio.com and on Instagram @ifsstudio as well as on Facebook. Sign up for their free newsletter to receive health tips, blogs, news and future deals on training packages!

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people

BIRTH

Luca Armani Yracheta

Luca Armani Yracheta, son of Alyssa Astor and Jerry Yracheta of Cedar City, was born May 20, 2021. He weighed 8 pounds 7 ounces and was 20 inches long.

He is welcomed by his big brothers Tristin, Greyson, and Jerimias. He is the grandson of Myron and Bobbie Astor of Cedar City. His great-grandparents are Arthur and Phyllis Richards of Cedar City, and also the grandson of Valerie Yracheta of La Verkin, UT. He is welcomed by many aunts, uncles, cousins, and friends. You are such a blessing to us. We love you baby Luca!

90TH BIRTHDAY
James (Jim)
Rasmussen

James (Jim) Rasmussen will be turning 90 years old on June 19, 2021. He was born in Orem, Utah in 1931; the same year as the Empire State Building, and George Washington Bridge were completed in New York.

The Star Spangled Banner was adopted as the National Anthem of the United States, the film "Dracula" starring Bela Lugosi was released, and the Model A rolled off the assembly line of the Ford Motor Company! He was a 1949 graduate of Provo High School where he was a football star and track and field record setting athlete. Jim also served in the Utah National Guard. Our family is proud of his years of service volunteering at The Happy Factory. He married Donna Jean Ellison Rasmussen in 1951. She passed away in 1997. He is married to Kathleen Royle Detrickson Rasmussen. They have spent the past 21 years living in Cedar City. His children: Bonnie, David, Debbie, DeAnn and Maureen, grandchildren and great-grandchildren would like to invite you to come and wish Jim a Happy Birthday and have a cookie with him on Saturday, June 26, 2021. We will be available at the Canyon West Park 151 South 400 East Cedar City, Utah from noon to 6:00pm. Looking forward to seeing you there.



MISSION

Elder Kett Einfeldt

Elder Kett Einfeldt returned from his LDS Mission on Friday, June 11th. Kett served July 2019 - March 2020 in the Philippines Antipolo Mission and was later re-assigned to the California Roseville Mission from July 2020 until now. He reported his mission experiences and adventures on Sunday, June 13 in the Cedar Hills Ward. His family is glad to have him home! Kett is the youngest son of Tim and Maureen Einfeldt and the brother to Megan, Blair, Arienne, Molly, Rand, Joel, Jace, Court, and Coy.



Want to submit an announcement?

There is no charge for birth, first birthday, mission, Eagle Scout, 50th anniversary (and up), wedding and 80th birthday (and up) announcements. Submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. The deadline is Friday at noon for the following week's issue. Announcements should be 100 words or less. Please call 435-867-1865 ext. 5 for pricing for all other announcements.

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Auxiliary

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

Bikers Against Child Abuse

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

DAR – Bald Eagle Chapter

2nd Tues, 4 pm, Cedar City Library, ajsball@aol.com

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

(435) 635-3603 • www.utahaa.org Helpline: John (702) 802-1332, Kara (702) 232-6829

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

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

Red Road to Sobriety • Mon, 6 pm Paiute Indian Tribe of Utah, 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 (TLC) 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

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 mjmillar@alz.org or (435) 238-4998 x8773

ARP—Addiction Recovery

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

Caregivers

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

Multiple Sclerosis

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

Nami Bridges & Family to Family

Thurs, 7 pm • SW Behavioral Health Center, 245 E 680 S, Cedar. Free • (435) 590-7749

Narcotics Anonymous

www.nasouthernutah.org • (435) 635-9603

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

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

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

Women Only • Sun, 11 am

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

Parkinson's

Please call Kristy for info about Parkinson's and activities available. (435) 559-9681

Pornography Addiction Recovery for Men

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

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

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

CLASSES/ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Awana Bible Club

7th-12th grade, Mon, 6:30 - 8:30 pm, 3 yrs-6th grade, Wed, 6:30 - 8 pm, Valley Bible Church, 4780 N Hwy 91, Cedar City • (435) 586-0253 or (435) 990-1638

Book Club

2nd Thurs, 7 pm • Cedar City Library 303 N 100 E. • June 10, "Engineering Eden" by Jordan Fisher Smith

Cedar Chest Quilters' Guild

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

Cedar Radio Control Club

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

Cedar City Toastmasters

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

Cedar Professionals

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

Color Country Winds

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

Color Country Pickleball

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

Hey Cedars Square Dance

Wed • Beginner's, 6:30 pm, Mainstream Dancers, 7-9 pm • Cedar City Senior Center, 489 E 200 S. Info: Pat (435) 233-5910

IFS Studio - Strongboard Hiit Workout

Sat (thru July) 9am & Noon • Cedar City Aquatic Center, 2090 W. Royal Hunte Dr. Kick your workout level up a notch by challenging your core and stabilization muscles. FREE class with Certified Fitness Gurus. 661-932-2657. Space limited. www.ifsstudio.com

Pickleball Group

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

Rock Club

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

Senior Game Night

Wed, 6:30-8:30pm • Cedar City Senior Center, 489 E 200 S. Come play boardgames or card games. We can have several games going at the same time and alternate different games. Please call Dixie to suggest ideas. (435) 867-1234

Senior Yoga Classes

Mon, 1-2pm • Canyon West Park behind the Senior Center • Wed, 1-2pm • Cedar City Senior Center (489 E 200 S). Easy to do. Please bring own mat. (435) 586-0832

Southern Utah Woodturners

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

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 Arthritis

Wed 9:30-10:30 am, Fri 10:45-11:45am • Cedar Senior Center, 489 E 200 S. FREE low-impact, health benefitting exercise for Seniors. Helps with coordination, balance, flexibility and more. To register - contact Maria Bailey (435) 673-3548. Space limited.

Take Action for Freedom

Wed, 7 pm • Stahli West 600 N. Airport Road, Cedar • Help preserve our Constitution, Republic, voting laws, medical freedoms, traditional education curriculum, 1st & 2nd Amendment Rights, education on CRT & Southern boarder issues/illegal immigration & local/county/state Legislature issues

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. Evening weigh-in 6:30 pm, mtg 7-8 pm • Cedar City Library, 303 N 100 E. Lose weight without buying special foods. • 586-3233 (a.m. mtg) or 867-4784 (p.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)

Weightwatchers Reimagined!

Wed, 9:30 am • Cedar Aquatic Center, 2090 W Royal Hunte Dr. Guidance, in-person motivation from members, trained guides and wellness coaches. (702) 832-0555. Evening workshops now available. www.weightwatchers.com/us/find-a-meeting)

Wellness Place

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

Zumba Classes

Tues, 11:30 – 12:30pm • Cedar City Senior Center (489 E 200 S). Have fun getting in shape. (435) 586-0832

To add your ongoing opportunity to our calendar, call 867-1865, ext.6 or email news@ironcountytoday.com

calendar

WED, JUNE 16

FUDGE DAY

CHARACTER SKETCHES "EXCELLENCE IN LIVE BROADWAY THEATRE" (Each Wed 6:30-7:30pm) Cedar City Library [303 N 100 E] (435) 586-6661. All skill levels are welcome to join. This year the theme is Award Winners. Characters in June will be drawn from Tony Award winners.

THURS, JUNE 17

GARBAGE MAN DAY

ART IN THE PARK (9AM - 5PM, THURS THRU SAT) @ Frontier Homestead State Park (635 N Main St, Cedar City). Admission \$4 per person. Three artists and one musician will perform/demonstrate inside the park each weekend until Labor Day Weekend (Sept 3rd). Artists will demonstrate and sell their art at tables within the park while musicians will perform throughout the day. To participate call Jana (435) 865-1441, Frontier Homestead (435) 586-9290.

FRI, JUNE 18

PICNIC OR PANIC DAY

AMERICAN PATRIOT FEST (FRI 4-11PM, SAT 11am - 11pm) @ Iron Springs Adventure Resort (3196 N Iron Springs Rd, Cedar City). Admission \$5 Adults, \$3 Children (13 - 18yrs), 12yrs & under FREE. Come support Law Enforcement, Military, Fire Fighters, and First responders. See patrol cars, swat cars, firetrucks, ambulances, possibly a tank and helicopter, as well as K9 demos by Iron County Sheriff's and Cedar City Police Departments. Vendors, food trucks, and concert headlined by Chris Petersen. Info: www.americanpatriot702.com.



UTAH SUMMER GAMES SUMMER BLOCK PARTY (3:30pm - 7:30pm) @ SUU (800 W 200 S, Cedar City). Food Trucks, Face Painting, Music, Games, Entertainment, Vendors, and more! Admission FREE. Info: (435) 865-8421.

UTAH SUMMER GAMES OPENING CEREMONIES (8:30pm) @ SUU - Eccles Coliseum (1150 W University Blvd, Cedar City). Tickets \$7 at America First Event Center Box Office. Info: (435) 865-8421. Parade of Athletes, Lighting of The Torch, SUU Aviation Fly-Over, Various Entertainment Acts, Headliner Act by Boogie Knights, and Fireworks!

SAT, JUNE 19

JUGGLING DAY

YOUTH SERVICE LEARNING CLUB YARD SALE (8am) @ Jones Paint and Glass (38 E 1600 N, Cedar City). Something for everyone! Free BBQ Hot Dogs, Drinks, Chips. Free raffle drawing for Disneyland tickets! All profits go directly back into the YSL program to benefit the youth.

SONS OF UTAH PIONEERS TREK - FAMILY PICNIC: Corral Canyon. (7pm) All ages, all vehicles. Petroglyphs, biking, hiking, rock climbing, photography, ATV treks. Potluck Picnic Dinner. Hot Dogs, watermelon & drinks furnished. Bring your own dishes, utensils, etc. Restroom facilities on site. Includes multiple historical sites in the vicinity of the Rush Lake Ranch. Table Rock excursion and Little Switzerland. Travel will be by highway and occasional dirt/gravel roads suitable to any vehicle, though dusty at times. Departure/return at discretion of participants.



SWEET PEA FARM & ORCHARD: FARM BREAKFAST (8-11am) @ Sweet Pea Farm & Orchard (136 S 600 W, Parowan), pricing per item ranges \$2.50 - \$7.50. Info: (435) 531-6461.

RED ACRE: SATURDAYS ON THE FARM (8AM - 8pm) @ Red Acre Farm (2322 W 4375 N, Cedar City). No entry fee to the farm. We love and appreciate the peak of interest in homesteading, growing, and raising food. We want to share with you how this small family farm does it and how we got to where we are today.

RENTWAPO-WORKS FARMERS MARKET (Saturdays 9-2pm), (4871 N Enoch Rd.) Eggs, pecans, popcorn, hand crafted items, home decor, scented bath salts, indestructible dish/pan scrubbers, baby blanket & booty ensembles, jewelry and homeopathic items. A FREE, fun and unique shopping experience for all ages. Or turn your passion into profit and have your own booth. Info - Linda 435-559-1657



FESTIVAL CITY FARMERS MARKET, (9AM TO 1PM), @ 45 W Center Street. Every Saturday rain or shine. Artwork, baked goods, crafts, custom semi-precious stone, costume jewelry, farm fresh produce, homemade brownies & candies, home style treats, homemade jams & jellies, homeopathic items and 100% real honey. Free gift for fathers.

SATURDAY FARMER'S MARKET, (9AM TO 1PM), Saturdays @ IFA, 905 S Main. Good weather outside, bad weather inside. Farmers with vegetables, fruits, eggs, honey, baked goods & breads, meats, tamales, food vendors, hand-crafted items including soaps, lotions, jewelry, clothing, home décor and gifts for all ages. For booth prices & info: (435) 559-1657.

ARTICLE V CONSTITUTIONAL CONVENTION PRESENTS "For & Against" (6:30 - 9pm) @ SUU Sterling R. Church Auditorium. Free to the public. Sponsored by Iron Dixie Committee of Rights.



SUMMER SOLSTICE EVENT (3-9PM) @ PAROWAN GAP. Includes video program, Dutch over dinner (purchase tickets in advance), guest speakers, walk to sunset cairn with summer solstice observation. Please bring own water and chairs. Info or driving directions, please call (435) 463-3735.

TICKLE ME COMEDY CLUB (7:30PM) @ COURTYARD BY MARRIOTT (1294 S Interstate Dr, Cedar City). Tickets \$20 and \$15 for Military, Student, and Seniors (ID requested at door). The first two rows of the show are VIP and are \$30. Tickets are available online at www.tickleme.comedy.com. Stand-up comedians Steven Briggs, Angie Krum, and Isaac Israel. Dinner, drinks, jokes, and laughter! Warning - this show is not for the faint of heart! Rated R Comedy.

SUN, JUNE 20

FATHER'S DAY

MY FATHER GAVE ME THE GREATEST GIFT anyone could give another person, he believed in me. Jim Valvano

MON, JUNE 21

TAKE YOUR CAT TO WORK DAY

SOUTHERN UTAH WATERCOLOR SOCIETY (3-5pm) Four free open paint sessions in Beginner Watercolors for ages 16-65+. All classes are at the Cedar City Library (303 N 100 E). Open to all ages 16-65. Membership NOT required. We will be teaching beginner watercolor, others can paint on their own. Because of COVID, limited to 10. Please RSVP to terirochford@gmail.com.

60TH ANNUAL UTAH SHAKESPEARE FESTIVAL (8pm, w/2pm Matinees) FREE nightly Greenshow at 7:10 pm, backstage tours, seminars, and play orientations. Plays featured this season in repertory are: 'Pericles' (June 21 - Sept 9), 'Richard III' (June 22 - Sept 10), 'The Comedy of Errors' (June

23 - Sept 1), 'The Pirates of Penzance' (June 25 - Oct 9), 'Ragtime' (June 26 - Sept 11), 'Cymbeline' (July 16 - Oct 9), 'Intimate Apparel' (July 17 - Oct 9), 'The Comedy of Terrors' (July 29 - Oct 9) & Words Cubed (August 13 - 28). For tickets and information call 1-800-PLAYTIX (752-9849) or visit www.bard.org.

TUES, JUNE 22

KISSING DAY



SUMA: SOLO EXHIBITION BY STEWART SEIDMAN (Mon - Sat, thru July 10) 11am - 6pm in Southern Utah Museum of Art (13 South 300 West, Cedar City). Admission FREE. Masks are recommended and SUMA employees are regularly sanitizing public spaces and all frequently touched surfaces. This exhibition features the work of Stewart Seidman in Observations: The art revolves around the human condition from politics to music to cultural icons. Info: www.suu.edu/suma, (435) 586-5432.

WESTERN UNWIND (6:30PM EVERY 4TH TUES). Open mic Cowboy Poetry, Western Music @ Mt. View Ranch Museum, 10 South 600 West, Parowan. Admission is free. All are welcome to participate or simply come and enjoy.

WED, JUNE 23

HYDRATION DAY

UNITED UTAH PARTY OPEN HOUSE (6:30 TO 8pm) @ Lion's Pavilion at the Cedar City Main Street Park. Come learn more about the United Utah Party. We invite all to come and learn about another option in Utah politics. We look forward to answering your questions and getting to know you better. Light refreshment will be provided.

CHARACTER SKETCHES "EXCELLENCE IN live Broadway Theatre" (Each Wed 6:30-7:30pm) Cedar City Library [303 N 100 E] (435) 586-6661. All skill levels are welcome to join. This year the theme is Award Winners. Characters in June will be drawn from Tony Award winners.

Want your event on our calendar?

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“Fathers and the Facts of Life”

There are a lot of fantastic fathers and magnificent men out there. I've had great experiences and learned many life-improving lessons from watching, working and worshipping with, building, repairing and playing sports with these great men, most of all from my own father. I've also learned that being a good man and great father is about more than just passing down genetics.

That being said, there's one father I haven't met yet. I'm looking forward to meeting him. He's the one I see when I look in the mirror each day. I've thought a lot about what I would say to him. If I may share a portion of this pre-parental soliloquy from my soul and add a few “Facts of Life” (for both fathers and children) that I want this future husband and father to learn and to become for his future family.

First, I don't have to be a father to know that fatherhood is not easy. A father doesn't need to know and do it all to be a good and great father. What makes the difference isn't always their learning and leadership, but their ability to love no matter how, what or when.

Never give up on your children. No matter the fears and failures (of the father and/or the child), never give up on or stop loving them. There is a

life-correcting, changing and reinforcing strength in knowing you are worth never being given up on.

Concerning careers and education, you will face many choices and challenges. There's a difference between quitting and giving up. One will allow you to learn the lessons and rise above all opposition to greater achievements. The other will leave you wondering and wandering through the shifting, suffocating sands of what-if and if-only.

the rut
LESS TRAVELED

COREY BAUMGARTNER
IRON COUNTY TODAY



Your children will fall down, sometimes because other people pushed them down. Don't let them stay down. Other people's decisions do not dictate or decide their destiny, their decisions do. Help them get back up and make better decisions.

There will be moments when others will deride those decisions and challenge your child's worth, work and well-being. Stand up for them. Validate their value and encourage them to keep going. If you must reprimand them, don't forget to remind them they are still loved and not alone in their struggles.



NORMAN ROCKWELL

Teach your children that sometimes someone will break their heart and they will break some hearts, too. Remind them to not let that stop them from believing in love and loving others, including themselves.

Finally (for now), life is not easy. Your children will have seasons where they feel uncomfortable,

unproductive and misunderstood, but the struggles will bring them greater strength. There's always a message in the mess that will help them live a better, happier life.

Above all the lessons I could hope this future father will learn and live is to be able to say, I love you, and then go and show it. Happy Father's Day.

EXTRA!

Kids Can Get Paid Too!

If you are 10 years or older and interested in delivering the newspaper, please contact:

South Cedar City • Stephanie Millett • 272-3050
North Cedar City/Enoch • Stormee Anderson • 592-5724
Parowan/Paragonah • Wendy Hanson • 477-9100



IRON COUNTY WATER STEWARDS

by Ashley Langston

FOR IRON COUNTY TODAY

CLEMONT ADAMS

Clemont Adams left his hometown of Cedar City during World War II, then later took his young family to Logan, Utah, where he would earn his first bachelor's degree. He returned to Iron County to earn a second bachelor's degree, and became a school teacher, principal, and the Cedar City Engineer and Water Commissioner. During his lifetime, Adams contributed volumes to local water matters.

After a long life of experience in education and city water matters, Adams was asked to compile a brief history of the water in Iron County to contribute to a book for the "Utah Centennial County History Series." He quickly came to believe that the large volume of information available should be compiled into its own book, and thus he and his family began a labor of love on the tome "A History of Water in Iron County."

Janet Seegmiller, a retired Southern Utah University Special Collections Librarian who wrote "A History of Iron County: Community Above Self" for the county history series, said when she was writing the book she was new to the county, and she reached out to Adams and asked him to compile the water section. She remembers his concern about the valley's water situation.

"He knew we would reach a crisis at some point, and we now have," she said.

"He was a good, good man, a great school teacher, and a meticulous record keeper in terms of water," she added.

Although Adams was retired from



COURTESY CICWCD

professional life at the time Harold Shirley, then Cedar City mayor, began serving on the State Water Board, Adams was very helpful to him. Shirley said Adams had an "institutional memory."

"He remembered everything," Shirley said. "Whenever we had a question we didn't have to look it up, we just had to call Clemont. He was a real valuable source for Cedar City."

Adams passed away on June 19, 2012, at the age of 90. Now, when local officials, engineers, or anyone else wants to read Cedar City's water reports throughout the years, analyze well data, or learn about the history of water development in any of Iron County's communities, the 732-page book is a go-to resource.

"It is important to look to the past in planning for the future," said Paul Monroe, Central Iron County Water Conservancy District General Manager. Today, the District's Board is determinedly moving forward with water conservation, reuse and import projects to secure the valley's water future.

"Water will remain a key factor in determining the future of Iron County," Adams said in the book.



The Iron County Water Stewards program recognizes community members for contributing to the effort to optimize every drop of water in Iron County. The Central Iron County Water Conservancy District (CICWCD) is actively engaged in education, conservation, reuse and import projects to meet the growing demands on local water supply. For every effort you make to conserve, we consider you a water steward, too. For more of the story and to Get to Know Your H2O, visit www.cicwcd.org.



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faith

“He’s My Son” (Mark Schultz)

This is one of the most powerful songs I’ve ever heard about a father’s (and mother’s) love for their child. This may even be the most important song I’ve written about in this spiritual series. Because when we truly learn and live like we’re loved by God, we truly can endure and do all things (Philippians 4:13).

While this song is about a son, it absolutely can apply to a daughter. It was written by Mark when he was a youth minister. It’s based on witnessing the struggles of a couple whose son was battling leukemia. While Mark couldn’t possibly capture the personal pain and suffering of the family, he knew he didn’t have to because He knew God knew. So, Mark listened, received and wrote this song.

There are fewer more devastating things for a father (and mother) than to realize his child is not only sick, but in a life-and-death situation. I believe there are more scars on a father’s knees and heart from such pleading prayers than from any other



occupation. While there may be no apparent comfort or immediate healing, rest assured, God is with your child not only to the end, but through all eternity. Even if your child is not facing a life-threatening disease, they still need to know they are loved and not alone.

To those who have been entrusted with children, I know it’s easy in times of trial and tragedy to worry and wonder what life would be like without them. May I challenge you to stop worrying and waiting for the what-ifs. Worry will bind and blind you to the opportunities to truly be there for and help them. Instead, be grateful for the time you do have and don’t let it waste away through worry (Matthew 6:27).

Whether you’re a father, father-to-be or want-to-be, know that you don’t have to do it all on your own. God, your Heavenly Father, will be there to help you in all things both personal and parental. And as you try your best to be strong and see them through their troubles and sorrows, there comes a time when you need more than your heart and hands...you need God’s. Not to replace yours, but to help embrace and brace them up so you can continue being there for your children.

No matter who you are and what you’re going through (been through)—even if you don’t have children—God wants you to not only remember but to know that you aren’t just anyone, you are His child. He will never forget or forsake you (Deuteronomy 31:6). Whether you are sick with a physical cancer, the cancer of an addiction, a lost childhood, a broken heart, broken home, or broken marriage, you are still a child of God. That means He is right there with you every day, every way, in every despair, darkness and brokenness. He still believes in you and loves you, no matter what! (Jeremiah 31:3)

DID JESUS REALLY EXIST?

DIFFICULT QUESTIONS & TRUTH 101.23

by Edy Meredith

FOR IRON COUNTY TODAY

In asking this question, we search for evidence not in the Bible. In the book of Hebrews 11:1, we learn, “*Now faith is the substance of things hoped for, the evidence of things not seen.*” We know that substance and evidence are important. In 1 Timothy 2:5, “*For there is one God and one Mediator between God and humanity, the Man Christ Jesus, who gave Himself a ransom for all, to be testified in due time.*” Historical non-biblical books provide testimony and fall into the two sources: classical Greco-Roman and Jewish.

Tacitus’ writings are called the most important reference to Jesus outside of the New Testament because Tacitus was reporting on Emperor Nero’s decision to blame the Christians for the fire that destroyed Rome in C.E./A.D. 64. He wrote that Nero gave the blame on a hated group who followed Christus called Christians. The Christus had suffered the ultimate penalty during the reign of Tiberius at the hands of Pontius Pilot. Although the followers of Christus believed in a superstition, that belief and the followers of Christus spread from Judea throughout the Roman empire and into Rome.

Pliny the Younger, the Roman governor of Bithynia in Asia Minor near the Black Sea, wrote to his emperor Trajan in about 112 A.D./C.E. asking for Trajan’s advice on how to conduct trials against those accused of being Christians because of the great multitude of every age, class, and gender accused held meetings at sunrise,

sang hymns to Christ, believed He was a god, bound themselves to true and faithful observance of moral law, and partook of ordinary and innocent food.

Josephus, the renowned first century Jewish historian, has two references in his Jewish Antiquities when he mentions Jesus (also in Testimonium Flavianum) calling Jesus a wise man and that He appeared to His disciples on the third day after his crucifixion restored to life. Josephus calls Jesus the so-called Christ and claims also that Jesus was condemned because He performed miracles through sorcery and misled His followers.

Lucian of Samosata was a second century Greek satirist who stated that to Lucian’s day the Christians worshipped a man who taught His followers to love one another because they are all brothers and who denied the gods of Greece.

The above are the most accepted non-biblical sources to the reality of Jesus Christ as an historical figure although there are others. In summary, Josephus and Lucian indicate that Jesus was regarded as wise; Pliny and Lucian imply that Jesus was a powerful and revered teacher who performed miraculous feats and was crucified during the reign of Pontius Pilate on the eve of Passover. They also record that His followers believed he was the Christ, the Anointed One, the Messiah. Pliny and Lucian also claim that Christians worshipped Jesus as God. Did He exist? Most importantly, who do you say that He is?

“Tacitus’ writings are called the most important reference to Jesus outside of the New Testament”

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GETTY IMAGES

Using a will or trust – which is better?

by Jeffery J. McKenna

FOR IRON COUNTY TODAY

The use of a revocable trust (sometimes referred to as a “living trust” or “family trust”) to plan one’s estate has become very popular. Despite the popularity of the revocable trust, revocable trusts are not without their potential problems. In trying to decide what to use for your estate plan, you should know some basic information about a trust.

First, it is important to understand that there is no definitive answer as to whether a trust is necessary. Another estate planner explained that asking whether a revocable trust is good or bad is like asking whether a wrench is good or bad. It depends on what you are trying to accomplish. A trust is just an estate planning tool. Whether it is good or bad depends on your needs and desires.

Although there are many factors to consider in determining whether a revocable trust is right for you, here are a few of the more significant factors:

Avoiding Probate

It is true that a properly funded trust avoids probate. If the goal of the client is to avoid probate, it is critical that the trust be properly funded. To “properly fund” a trust, title to all assets and beneficiary designations for insurance policies and retirement accounts must be reviewed. A properly

funded trust avoids probate because the owner of the assets (generally termed the trustor, settlor, grantor or trustmaker in the trust document) conveys ownership from him or herself (in his or her individual capacity) to him or herself as trustee of his or her trust. Probate is avoided because for “probate purposes” the deceased person does not own assets but rather the trustee of the trust owns the

“As in all estate planning decisions, being educated about your choices is key in deciding whether a revocable trust is right for you.”

assets. *It is critical to understand that a revocable trust only avoids probate if the assets have been properly transferred to the trust.*

Out of State Property

A revocable trust is especially useful if you own real estate in another state. Real estate in another state generally requires a probate proceeding in that state. If you live in one state but own real estate in another

state, your beneficiaries may be required to commence multiple probate proceedings. This situation can be avoided through the use of a revocable trust.

Avoiding Court Appointed Conservatorship

A properly drafted trust should provide for the management of trust assets in the event the person contributing the property to the trust becomes incapacitated. This would avoid the need for a court appointed conservator for financial matters.

In conclusion, a revocable trust is an important estate planning tool. Depending on your individual situation and desires, you may decide to use a revocable trust as your principal estate planning tool. As in all estate planning decisions, being educated about your choices is key in deciding whether a revocable trust is right for you.

With a satellite office now in Panguitch, UT., Jeffery J. McKenna is a local attorney serving clients across Southern Utah. Jeff is a shareholder at the law firm of Barney McKenna and Olmstead, and is a founding member (and former President) of the Southern Utah Estate Planning Council. If you have questions regarding this article or if you have a topic you wish to have addressed in this column, you can call 435 628-1711 or email hello@bmo.law.

obituaries

Desmond Noel Mary Dominick Penny



Desmond Noel Mary Dominick Penny was born in 1950 in Limerick, Ireland and passed away peacefully after a battle with leukemia on June 11, 2021, at LDS Hospital. His was truly a life of figuring out “why” and his family and friends will miss him dearly. At a young age growing up in Ireland, he remembered reading in any free time he had, enjoying summers swimming in the Kilkee pollock holes while camping near the beach in a tent fondly nicknamed

“Frankenstein”, and reciting Shakespeare speeches on the table at his Dad’s potato store on Gerald Griffith Street. He always had a crazy-but-true story ready about his early years and it instilled a love of Ireland into his family.

Throughout his life, Des kept his love of his native country through his connection to his family there and the literature and music of this beautiful country. Des excelled in his academic studies and graduated with a B.S. in Computer Sciences and M.S. in Mathematical Physics from the University College Cork. There he was recruited by a visiting professor to finish his education at the University of Utah by gaining a PhD in Civil Engineering.

It was in the U of U Engineering Department that he met Sara Nelson who was working her way through her Journalism degree as a department secretary. They married in Cedar City shortly after graduation and moved to Cork, Ireland to begin their life together. After a year in Ireland, they moved to Beaumont, Texas where Des was a professor for Lamar University and an engineer for the Texas oil rigs. In Texas, the Pennys shined on the stage and enjoyed being a part of several community theater productions. Des played roles like Henry Higgins, Starbuck, and Ko-Ko. Right before the recession of 1983 hit Texas, Des and Sara were able to get job offers around the country and moved to Cedar City, UT to be close to grandparents, the Utah Shakespearean Festival, beautiful scenery, and a job at Southern Utah State College.

Des had a career of 34 years at SUU in the physics department and then helped found the successful engineering department. He put his heart into teaching and also enjoyed sharing his love of science with younger students in “Phun with Physics” classes over several summers. He also served a one-year sabbatical at Dickinson College in Pennsylvania. He was honored to receive the Distinguished Faculty award from SUU in 2000 and often ran into students that remembered taking his classes.

Des not only excelled in the classroom, but he truly gave his family the gift of his time. Over the summers his children remember him patiently teaching and playing games on the patio (chess and contract bridge anyone?). He shared his love of nature with many camping trips and hikes. He loved nothing better than to sit with his camping chair and feet in a mountain stream and read a good book or have a conversation figuring out a scientific concept, political debate, or family question. He had an amazing sense of humor fueled by Monty Python and his incredible memory for parodies. There was nothing as contagious as when Des started laughing and he was the kind of person you just wanted to be around.

In his retirement, his enjoyment of music grew and he loved singing and playing guitar in groups like Common Ground and at the Community Presbyterian Church. He also loved baking bread, golfing, and reading great books. He was always willing to give his time to family and friends, and his children and grandchildren will remember learning through his enthusiastic teaching and belly laughing right along with him. Sara will remember years of deep conversations, shared jokes, and traveling around the world with her very own Irishman.

Des left behind his devoted wife of 46 years, Sara Nelson Penny of Cedar City, UT, children Bridget Lee (Justin) and Brian Penny (Sandy Feirman), and grandchildren Rachel, Ian, Jocelyn, and Anderson Desmond. He also leaves behind his siblings Keiran Penny, Richard Penny (Catherine), Helen Raftery (Gerry), Brian Penny (Sinead), and brother-in-law Roice Nelson (Andrea), as well as beloved aunts, uncles, and several talented nieces and nephews. The family would like to thank his medical team, the congregation of the Community Presbyterian Church, and loyal friends who have helped to ease the burden of the last several months. We invite you to raise a glass for Des and remember to live life trying to answer the “why” and spending time doing what makes you happy with the people you love.

Memorial services will be held at the Community Presbyterian Church at 10:00 on Saturday June 19th (2279 N Wedgewood Ln, Cedar City, UT 84721). Please wear masks to the service. In lieu of flowers, donations may be directed to the SUU Engineering Sciences Scholarship. Donation link: www.suu.edu/advancement/giving.html.

“Good night, sweet prince, And flights of angels sing thee to thy rest.”

obituaries

Janet (Anderson) Davidson



Janet (Anderson) Davidson, age 72, passed away on June 9, 2021, in Cedar City, Utah after struggling with colon cancer. Jan was born on July 1, 1948, in Pocatello, Idaho to Alice (McCormick) and LeRay Anderson.

Jan had 9 brothers and sisters, and grew up in various Western states, traveling with her family on many road trips during the summer. These early road trips sparked a love of road trip adventures throughout her life. As a young woman, Jan attended Santa Ana Community College where she got her Associate degree in Library Science. After graduating, she was a research librarian at a teaching hospital in Orange County, Calif., researching new documented medical procedures found in published medical journals around the world, for the medical residents at the hospital. She was a mix of Google and WebMD, before the internet existed. On March 21, 1970, she married Jack Lee Davidson in the Los Angeles LDS Temple. Early in their marriage they took a cross country road trip, solidifying another road trip family.

Together they had three children. Later, she returned to her love of libraries, when she set up and worked at several schools and public libraries in Monterey County, Calif. She was a faithful member of The Church of Jesus Christ of Latter-day Saints, where she served in her favorite calling as an ordinance worker at three different temples in two states. She also loved serving in the Primary and Young Women's organizations. She was a quilter, seamstress, family genealogist, gardener and librarian.

She was preceded in death by both her parents. She is survived by her spouse, three children, Kristen Davidson, Buffalo, N.Y., Lorraine Davidson, Mesquite, Nev., Nathaniel Davidson, Seaside, Calif.; and three grandchildren, Dajonne, Zaiden and Ava. She will be missed by her 9 brothers and sisters, and other relatives and friends.

At her request, a Memorial Service will be held on Wednesday, June 16, 2021, at 11:00 a.m. at the Cedar City Stake Center at 155 E 400 S. Inurnment will be at the Cedar City Cemetery.

The family would like to express their deepest gratitude to the doctors and nurses, the hospice workers, and the wonderful members of the East Bench Ward for their tender loving care of Jan while she went through three rounds of intense cancer treatments over the last two years.

Online condolences can be sent to www.janetdavidson.org.

Mona Sonntag



Mona Sonntag - beloved daughter, sister, mother, relative and friend - passed away on Tuesday, June 8, 2021, at her home in Cedar City, UT, with her grandson Doug by her side, after suffering a hip breakage 1 1/2 months earlier and several years of dementia.

She was given the name Mana Jean Harvey when she was born in Flint, Michigan on January 7, 1926, to Coridon and Effie Harvey, but later she changed it to Mona. She was the youngest of five children. There was a span of 20 years between her oldest sibling Mildred and her.

Mona thought highly of her mother Effie, because of her generosity toward others, and she loved her brother Kenneth very dearly. She loved cats when she was young. Mona Jean & her niece Mona Rae loved dancing so much that they were dubbed the Jitterbug Queens.

She married Harry Sonntag, a WWII veteran, on August 11, 1945, in Saginaw, Michigan. They were married for 61 years! She lived in Flint, Clare and Mount Pleasant, Michigan; Santa Clarita, Glendale and San Dimas, California; Cedar City and St. George, Utah. Mona Jean was a hard worker. Her co-workers at Pacific Mutual Life Insurance Company (now Pacific Life) loved her dearly. When she, her husband,

her daughter and her grandson moved to Cedar City in December 1986, she was very thankful for the loving welcome that the Cedar 9th Ward provided to her family, and they have a special place in her heart. She joined her husband, daughter & grandson in being baptized into the Church of Jesus Christ of Latter-day Saints in 1987, and another of her favorite memories is serving in the church kitchen. Later in her life, she loved it when her grandson Doug took her to the older singles events, including dances.

Preceding her in death are all of her siblings, her husband, Harry Sonntag, and her only child, Cheryl Pooser. She is survived by her only grandchild, Douglas Pooser Sonntag and dog, Kiva. She will be missed by the many relatives and friends whom she is leaving behind.

Funeral services were held Monday, June 14, 2021, at 11am at the Cedar City 9th Ward building, 256 S. 900 West. A viewing was held from 9:00 until 10:30am in the Relief Society room. Interment was in the Cedar City Cemetery, under the direction of Affordable Funeral Services, 2002 North Main Street, Cedar City, Utah (435-586-3456).

Thanks and appreciation to Iron County Home Health, Zions Way Home Health and Hospice, Caring Companion Services and others who helped make Mona Jean comfortable the last years of her life.

Russel B. Dalton



Russel B. Dalton (June 21st, 1957 - June 7th, 2021), Our wonderful Husband, Dad, Grandpa, Brother, and Son passed peacefully from this life in the early morning hours of June 7th, 2021, following a long and courageous battle with Mixed Connective Tissue Disease. He never lost that fight, only surrendering when he decided it had been enough. He passed from this life wrapped in the arms of his loving wife.

His last days were spent visiting with close family and friends whom he loved so much, and giving instructions on how to fix the boat, build the sheds, fix the sprinklers, and build the deck that he had planned out. He can rest easy knowing that he did all he could to take care of his sweetheart on Earth and can now start on preparing a place in Heaven.

Russ has been a fighter from the very beginning. Born June 21st, 1957, in Panguitch, Utah to Ward and Mary Dalton. His parents were told that their new little premature son may not survive. So, with instructions to keep him warm, His mother took him home and made a little bed near the stove for him. The family of eight watched and waited to see if their new little guy would pull through. Every morning his siblings would kiss him goodbye as they left for school in case he didn't make it until the end of the day. Of course, if they had known who they were dealing with, they would have known not to worry. Russ continued to thrive and turned into a rough and tumble little boy that loved to help his dad work on the farm, go with his mom to work in the diner, and ride his bike through the streets of his rural hometown in Circleville with many close friends.

Russ learned many valuable lessons from his Dad and his Older Brothers about how to fix and build anything and everything from cars to farm equipment. He carried this knowledge throughout his life and became renowned for his amazing abilities and sharp mind. There was nothing he couldn't fix. If he didn't know how to accomplish something, you can bet he would figure it out.

His formal education began at Piute Elementary school and commenced until, as he loved to tell us, his school burnt down to the ground partway through his elementary education. All of the children had to meet in a one room gymnasium as they rebuilt the school. From there he attended Piute High School where he loved to play basketball. There are many interesting stories from Russ's high school days (many of which he denies). If you can catch one of his old friends you may be able to hear some of the "rumors." Suffice it to say that Russ was a daredevil and a good friend who will be deeply missed by many. He graduated from high school in 1975 and went on to attend SUU. He only attended for one year before realizing that he already possessed the skills he needed to make him successful in life. So he went out into the workforce where he was always recognized for his excellent work ethic and incredible abilities.

It was about this time that he drove through Parowan, Utah while on a job and spotted, as he would say, the most beautiful girl he had ever seen. He inquired about the girl working at the Dairy freeze and discovered that she was a bit too young at that time (him being 5 years her senior). Later he would say that it's a good thing he didn't ask her out at that time because Roy would have "kicked his butt." Unfortunately for Russ, the next time he saw Paula she was already married and expecting a baby. As fate would have it, however, they were meant to be together. Just a few years later, Russ and Paula would get a second chance when they were set up on a blind date by some close friends and family. They were married on December 14th, 1985, in Cedar City, Utah. This would also be the day that he became a Daddy to his first daughter, Brittany. Two years later they would welcome a son, Brendan, into the world. Shortly thereafter they became an eternal family and were sealed for time and all eternity in the St. George LDS temple on May 4th, 1988. What a comfort it has been to know that this life is not the end, and that Heavenly Father has a plan for Russ and his family that includes them being together forever. Two children soon followed, a girl, Jaci and a son, Landon, that

would complete their family.

Russ worked so incredibly hard to take care of the people he loved. No matter the pain he was in, he got up every day and went to work. His determination and grit continues to be an example and a standard by which to live for all of his posterity.

Russ and his family moved from Cedar, to Yuma, to Richfield, to Santaquin, to Spanish Fork, and then finally back to Cedar where they settled into their final home. Here they made many lifelong friends that they are so grateful for. Russ was an active member of the Church of Jesus Christ of Latter-day Saints where he served in many capacities from Scout Master to Bishopric. His service wasn't limited to church callings, however. He was a very generous man who gave much of his time and his many talents to neighbors, friends, family, and strangers. Everyone who knew him could tell you of a time that he served them in some way. He would quite literally give the shirt off his back to anyone who was in need. Many didn't realize the struggles he went through every day as he pushed on without complaint or thought for Himself.

When his mother aged to the point where she could no longer live on her own, Russ built an addition onto his home. Complete with an accessible bathroom and all of the comforts he could provide, and moved her into his home to care for her until her passing only 2 years ago.

His many hobbies are too numerous to list, but a few that he truly loved were flying planes and building his beloved chopper motorcycle from the ground up. His last weeks were spent building a shop in his backyard and planting rose bushes. He got to visit his favorite store (The Home Depot) several days before leaving this world. On top of it all he was a fantastic landscaper and gardener and always kept his yard looking so beautiful with the help of his beloved wife.

Throughout his life he always dreamt of being "his own boss." He achieved this dream in 2007 with the opening of Western Powder Coating. He built this into a successful business into which he poured his blood, sweat, and tears. He worked almost every day until his retirement in 2020, amazing us all with his determination and ability to work through his pain. Our only regret for him is that he didn't get more time to rest and enjoy his time off.

Russel's illness took many things from him including his physical abilities, quality of life, and years that we wish he would have had, but it never took his incredible mind, his dignity, or the love he had for His family.

He leaves behind the love of His life and eternal companion, Paula Jean Dalton. His four devoted children, Brittany (Whitney) Houston, Brendan Russel Dalton, Jaci (Dustin) Gillies, and Landon Roy Dalton. His Brothers, Howard (Connie) Dalton, and Ross (Leslie) Dalton, and his sister Louise Coates. As well as 13 grandchildren and many nieces, nephews, and other loving family members.

He is preceded in death by both of his parents, Ward and Mary Dalton; his brother Roland (Maurine) Dalton; his sister Kathleen (Wayne) James; as well as his father in law William "Roy" (Jackie) Benson and brother in law Doug (Louise) Coates.

We know that the gathering on the other side of the veil was a wonderful and long awaited reunion. Russel will be deeply and profoundly missed. His passing has left an ache in our hearts that will only subside when we are wrapped in his embrace once again. We can only imagine that he is organizing all of the tools in heaven as he prepares to build his sweetheart the most incredible mansion, finally free from the body that held him back from doing all of the things that he wanted to do. We look forward to the day when we are all together once again.

His family would like to thank all of those who have expressed their sympathy and given service in this difficult time. You have all been truly wonderful and an example of Christlike love. Please continue to pray for Paula as she navigates this earthly journey without her companion by her side. We would also like to thank Southern Utah Mortuary, Mandy Hatch with Applegate Home Health and Hospice, Dr. Ryan Workman, Jamie Cox, and many other doctors throughout the years for the beautiful and heartfelt care that was provided to our beloved Russel.

Viewings and funeral services were held June 11th and 12th in Cedar City, Utah. Russel was interred in the Cedar City Cemetery June 12th, 2021 surrounded by family and friends.

Want to submit an obituary?

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

LOOKING BACK



It was an historic season for the SUU T-Birds with their first Big Sky Regular Season Championship in program history. They were 12-2 in conference play and also went undefeated (14-0) at home.

PHOTOS COURTESY SUU ATHLETICS

Southern Utah Athletics 2020-21 Season Recap

by Kyle Birnbrauer

SUU ATHLETICS STRATEGIC COMMUNICATION

As the 2020-21 athletic season approached, no one knew just exactly how it would look. Fall seasons were being moved to the spring, non-conference games and tournaments were being canceled, and official start dates were being pushed back further and further. The COVID-19 pandemic had turned the college sports world on its head and athletic departments, coaches, and athletes had to roll with the punches.

Southern Utah University finally opened the 2020-21 season on October 17th when the men's and women's cross country teams competed for the first time in nearly a year. As more sports joined in and were able to open their seasons, it was clear that the Thunderbirds were more than equipped to handle the challenges they faced.

Despite the constant COVID testing, cancellations, postponements, and shortened seasons, Southern Utah Athletics put together one of their most successful seasons in recent memory.

The Thunderbirds won three Big Sky Championships (two team and one individual) and sent two teams and 12 individuals to compete for various NCAA championships. They put 42 athletes on All-Conference teams, won two conference Coach of the Year awards, and five conference

individual player awards. T-Bird teams went a combined 42-14 (.750) when competing at home, making Cedar City one of the most difficult places for opponents to play at.

Southern Utah finished in the top-five on both sides of the Big Sky All-Sport Trophy standings, with the men finishing in second place and the women finishing in fifth place.

Each individual team broke records, set new standards, and proved that they have what it takes to compete with anyone in the country.



Men's Basketball

The men's basketball team won their first Big Sky Conference Regular Season Championship in

program history, as they finished the season 12-2 in conference play. Their .857 winning percentage against Big Sky teams blew out their previous high of .450 from the season before and their overall winning percentage of .864 was the highest in Southern Utah's Division I history. They also went undefeated (14-0) at home for the first time since 2000-01.

Head coach Todd Simon was named Big Sky Coach of the Year, NABC Co-Coach of the Year for District 6, and was awarded the 2021 Jim Phelan Award, an award presented annually to the nation's top Division I coach.

Tevian Jones was named to both the NABC All-District First Team and Big Sky All-Conference First Team, making him the first Thunderbird to ever do so. Jones was the Big Sky's fourth-highest leading scorer, averaging 17.1 points per game through the course of the year. He also clocked 600 minutes on the season, scored a team-high 377 points, had 91 rebounds, 27 assists and 15 steals.

John Knight III and Maizen Fausett were both named to the Big Sky All-Conference Second Team and Dre Marin was named to the Honorable Mention team. It marked just the second time in program history that the Thunderbirds put multiple student-athletes on the Big Sky All-Conference teams.

Utah Summer Games • Week 2



Week 2 of the Summer Games featured a range of events with throwing, riding and shooting. Whether it was pins, pigeons, or pebbles (the big kind) every athlete's aim was to compete at their highest level from the alleys to the mountaintops.

PHOTOS BY COREY BAUMGARTNER



Capture a great photo at the Utah Summer Games?

Send it to us! news@ironcountytoday.com

Big Sky reaches rights agreement with ESPN

by Kyle Birnbrauer

SUU ATHLETICS STRATEGIC COMM.

FARMINGTON — The Big Sky Conference and ESPN have announced a new multi-year, multi-platform media rights agreement, adding hundreds of Big Sky live events to ESPN's college sports portfolio. More than 600 Big Sky events in both men's and women's sports will stream on ESPN+ and the ESPN App.

"This landmark agreement for the Big Sky and our membership rightfully aligns the nation's preeminent FCS conference with the strongest media brand in sports," Big Sky Commissioner Tom Wistrick said. "We are absolutely thrilled to join the ESPN family and deliver an elevated viewing experience with hundreds of Big Sky contests on ESPN+ each year. In addition, the numerous linear opportunities on ESPN networks now available to us is unprecedented among our peers, and yet another way that we will enhance the brand of the Big Sky."

For Southern Utah, this means fans will be able to catch every Thunderbird home game and every Big Sky matchup (home and away) on ESPN+. There will also be a chance for the T-Birds to appear on ESPNU as the channel will televise two football games each year, in addition to one regular season men's basketball game and the championship games for the Big Sky Men's and Women's Basketball Tournaments slated for ESPN networks.

"The Big Sky Conference consistently delivers compelling storylines and high-caliber competition across all 16 of its sports, and we're thrilled to have the opportunity to further highlight the student-athletes and member institutions as we showcase hundreds of matchups each year across our ESPN platforms," said Dan Margulis, ESPN senior director, programming and acquisitions.

The first event on ESPN networks as part of the new deal is the Big Sky Conference's annual Football Kickoff, which will stream live on ESPN+ on Monday, July 26.

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

SUU RECAP

« CONTINUED FROM PAGE 23

The 2020-21 edition of the Thunderbirds finished the regular season with the best scoring offense in the Big Sky, averaging 84.2 points per game. They also had the highest scoring margin (+15.8), rebounding margin (+9.0), and finished first in the league in defensive rebounds (28.5) and three-point field goals per game (8.9).

The Thunderbirds entered the Big Sky Conference Championship Tournament as the No. 1 seed, but saw their season come to an end in the semifinals, falling to Montana State in overtime.



Men's Cross Country

The men's cross country team claimed their second Big Sky Conference Championship in program history, knocking off the eventual 2020-21 National Champions Northern Arizona at the Big Sky Winter Cross Country Championships.

Head coach Eric Houle was named Big Sky Men's Cross Country Coach of the Year for the second time in his career, after leading his team to the conference title. Stefan Rasmuson, Aidan Reed, Nate Osterstock, and Christian Ricketts all earned All-Conference honors as well.

Santiago Gaitan was named Big Sky Freshman of the Year, after finishing as the top freshman at the conference championship race.

The win gave the Thunderbirds a chance to compete at the NCAA National Championship for the sixth time in the last seven seasons, where they finished in ninth place, their highest finish in program history.

Ricketts finished in 31st place individually at nationals, earning All-American honors for the first time in his career.



Women's Cross Country

The women's cross country team opened their delayed 2020-21 season with a bang, taking second place at the Oklahoma State Invitational behind only the eventual 2020-21 National Champions BYU.

The Thunderbirds finished in fourth place at the Big Sky Conference Championship race, their fifth top-four finish in the conference over the last five seasons.

Alison Pray finished the race in third place with a time of 17:19.7, earning her All-Conference honors and a trip to the NCAA National Championship as an individual.

Pray finished the National Championship race in 50th place with a time of 21:04.4.



Women's Basketball

The women's basketball team finished their 2020-21 season 11-9 overall and 6-5 in Big Sky play. Their .545 winning percentage against Big Sky teams was good enough for fifth place and earned them their first bye in the Big Sky Conference Championship Tournament since the 2013-14 season. It also marked the first time in program history that the T-Birds finished Big Sky play over .500 in back-to-back seasons.

The Thunderbirds finished the season with the best rebounding margin (+9.2) and the best free throw percentage (.783) in the Big Sky. They were also second in blocked shots (4.50 per game) and third in scoring margin (+4.3).

Liz Graves and Cherita Daugherty both earned Big Sky All-Conference honors, with Graves being named to the Second Team and Daugherty being named to the Honorable Mention team.

Graves finished the regular season second in the Big Sky in scoring, averaging 16.9 points per game. She was also second in the conference in rebounding (9.2 rpg) and third in field goal percentage (.485). The senior also scored 34 points in a loss to BYU to set the highest single-game mark in the Big Sky for the season and the sixth-highest single-game total in SUU history.

Daugherty finished the regular season second on the team and 18th in the Big Sky in scoring, averaging 11.8 points per game. She was also eighth in the Big Sky in free throw percentage (.821) and eighth in assists, averaging 2.9 per game.

The Thunderbirds took on Northern Colorado in the quarterfinals of the Big Sky Tournament, finishing their season with a narrow 59-63 loss to the Bears.



PHOTOS COURTESY SUU ATHLETICS

Gymnastics

The Flippin' Birds earned their eighth-straight trip to the NCAA Regional Championship in 2021, finishing the regular season as the No. 21-ranked team in the country. They also set a new program record for team meet score, scoring a 197.275 inside the America First Event Center against Utah State.

The Thunderbirds were ranked as high as No. 15 on two separate occasions throughout the season, which was their highest ranking since the 2017 season.

Aubri Schwartze was named the 2021 Mountain Rim Gymnastics Conference Freshman of the Year at the end of the season. She finished 2021 ranked No. 4 on beam, No. 6 on floor, and No. 17 on bars in the conference. Schwartze also earned All-Conference Second Team honors on beam and floor.

Four other Thunderbirds earned MRGC All-Conference honors. Morgan Alfaro was named Co-Vault Specialist of the Year with Utah State's Mikaela Meyer and also earned MRGC First Team honors on the event. Karley McClain earned MRGC First Team honors on both floor and the all-around and she was also named to the MRGC Beam Second Team. Rachel Smith was named to the MRGC Vault Second Team and Shylen Murakami was named to the MRGC Bars Second Team.

The Flippin' Birds wrapped up their season with a third place finish in session one of the NCAA Regional Championship Semifinals. The Flippin' Birds scored a 195.975, their highest score at the regional championship since 2015.

The sporting comeback continues

As we mentioned in this space last week, sports have been welcoming fans back to watch, but everything's been hit-and-miss. At Sonoma Raceway last weekend, tickets were sold to 33 percent of the track's capacity, estimated at around 16,000.

Sunday's men's singles final at the French Open had fans, but all were wearing masks. They were loud throughout, and that was a great thing, especially with how Novak Djokovic came back from two sets down to win his 19th Grand Slam title.

Closer to home, the news is getting a whole lot better. Not only are the Utah Summer Games back in action with two full weeks complete, but Las Vegas Motor Speedway has announced the September race weekend will have no capacity restrictions. Fans will be allowed again for all three races, and that's another valuable sign of nature's continued healing from this god-awful pandemic.

Tickets for the Sept. 24 Camping World Truck Series race (title sponsor TBD), the XFINITY Series Alcoso Uniforms 302 on Sept. 25 and the Cup Series South Point 400 on Sept. 26 are available now by calling 800-644-4444 or logging on to lvms.com.

Something worth noting: While all three races at LVMS will happen under the lights (7 p.m. Utah time Friday, 5:30 p.m. Saturday and 5 p.m. Sunday), the Las Vegas Raiders will also be at home to play the Miami Dolphins on Sunday in a 2 p.m. kickoff before the Cup race. It'll make for interesting travel on Interstate 15,

but that's not a huge deal mainly because we've all been stuck at home watching on TV and coordinating Zoom meetings with friends over the last 15 months. Traffic jams, as crazy as it sounds, will probably be a welcome sight for a lot of us.

It's about time we made progress on that front, and even as Utah still struggles to get vaccines into arms – some sources have said less than 50 percent of the people 12 and older have gotten at least one dose – it's not nearly good enough to restore full confidence. I still have masks on hand, just in case.

On the Summer Games front, no team from Iron County – Cedar, Canyon View or Parowan – came through to earn a varsity medal at the high-school basketball tournament played Friday and Saturday. Here were the medalists from each division that participated:

» **VARSITY BOYS:** Panguitch defeated Enterprise to win the gold medal, while Providence Hall beat Henderson (Nev.) to win bronze.

» **VARSITY GIRLS:** Richfield beat Pine View to win gold and Beaver defeated Snow Canyon to grab the bronze medal.

RANDOM thoughts

TOM ZULEWSKI
IRON COUNTY TODAY



» **JV BOYS:** Parowan beat Enterprise in the gold-medal game, and Pine View defeated Panguitch to take home the bronze.

» **JV GIRLS:** Northridge defeated Richfield for the gold medal while Hurricane got past Beaver to earn the bronze.

While winning a medal was a goal missed, Cedar girls hoops head coach Corry Nielsen said the Summer Games is a chance to tweak and rebuild team chemistry in preparation for the new season come December. With the changes to Cedar's roster after two straight 4A state titles, any chances to grow and get better aren't worth missing out on.

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

SUU RECAP 2

« CONTINUED FROM PAGE 25



Volleyball

The volleyball team finished their 2021 spring season with a 9-8 overall record, giving them the highest winning percentage in program history (.529). It was just the second time that the Thunderbirds finished a season with a winning record with the only other time coming in 2010 when they finished 16-15.

They also finished Big Sky play with a winning record for the first time since joining the conference in 2012.

The T-Birds won their first Big Sky Conference Championship Tournament game in program history, upsetting No.3-seeded Montana State in the first round.

Stacey Hone earned Big Sky All-Conference Second Team honors and became just the second Thunderbird to ever be named to a BSC All-Conference team in back-to-back seasons. She finished the regular season eighth in the Big Sky in points, averaging 3.45 per set for a total of 183 points. She was also second on the team in kills per set, averaging 2.75 per set and a total of 146 kills.

Hone was also a contributor on the defensive side of the ball, leading the team in total blocks with 43 and averaging .81 blocks per set.

The Thunderbirds took on Northern Colorado in the semifinals of the Big Sky Tournament, but fell to the Bears 0-3.

Our recap of the SUU Athletic season will conclude next week with a look back at soccer, football, golf and track & field.

TOM'S SPORTS TRIVIA

Among the highlights of the sports week, Major League Baseball found itself in the middle of another brewing scandal when New York Yankees pitcher Gerrit Cole was asked about the use of a foreign substance in relation to his pitching. That story drives us to this week's dozen as we look at past cheating in sports history. Enjoy and remember...no wagering.

1. After the Cole press conference was held June 8, which Minnesota Twins player wondered openly if the Yankees pitcher was hiding usage of grip aids, according to an ESPN story?

- A. Byron Buxton
- B. Nelson Cruz
- C. Josh Donaldson
- D. Miguel Sano

2. The 1988 movie "Eight Men Out" told the story of the 1919 Chicago White Sox scandal that led to eight players being banned from baseball for fixing that year's World Series. Who played Shoeless Joe Jackson in the film?

- A. Charlie Sheen
- B. D.B. Sweeney
- C. John Cusack
- D. Christopher Lloyd

3. Shoeless Joe was portrayed a bit differently in the 1989 film "Field of Dreams." Who played Jackson as a ghost who takes over an Iowa cornfield with some friends for a game of baseball?

- A. Ray Liotta
- B. Kevin Costner
- C. Burt Lancaster
- D. Timothy Busfield

4. When he faced a Congressional committee in testimony over his alleged steroid use in 2008, Roger Clemens claimed which New York Yankees teammate "misremembered" him?

- A. Bernie Williams
- B. Jorge Posada
- C. Andy Pettitte
- D. Dwight Gooden

5. In March, 2005, who claimed under oath before Congress he never took steroids, but was

suspended by Major League Baseball in August for 10 days for a positive steroids test?

- A. Sammy Sosa
- B. Rafael Palmeiro
- C. Mark McGwire
- D. Barry Bonds

6. Which Big East men's basketball program had several players implicated in a point-shaving scandal during the 1978-79 season?

- A. Georgetown
- B. Villanova
- C. Syracuse
- D. Boston College

7. The NBA wasn't immune to betting scandals when which referee was sentenced to 15 months in prison in 2008 for betting on NBA games?

- A. Tim Donaghy
- B. Ed Rush
- C. Jack Madden
- D. Hue Hollins

8. On May 3, defenseman Tom Wilson was penalized, but not suspended, for punching a New York Rangers player in the helmet while he was down on the ice during an NHL playoff game. Which team does Wilson play for?

- A. Philadelphia Flyers
- B. Boston Bruins
- C. Toronto Maple Leafs
- D. Washington Capitals

9. Which NFL team was involved in the "Bountygate" scandal in 2012, where defensive players were paid extra for big plays that resulted in injuries that knocked opponents out of games?

- A. Baltimore Ravens
- B. Tennessee Titans
- C. New Orleans Saints
- D. Chicago Bears

10. NASCAR had a cheating scandal of its own in 2013 when three teams were found to have manipulated the end of a race at Richmond to help two drivers qualify for the Chase for the Sprint Cup. Joey Logano was one.

Who was the other?

- A. Dale Earnhardt Jr.
- B. Martin Truex Jr.
- C. Greg Biffle
- D. Ryan Newman

11. In the 2002 Winter Olympics at Salt Lake City, two sets of gold medals were awarded in pairs figure skating – the second going to Jamie Sale and David Pelletier – when allegations over collusion by the judges came to light. What country did Sale and Pelletier represent?

- A. Austria
- B. France
- C. Canada
- D. United States

12. Which Division I school was stripped of its 2013 NCAA men's basketball title over a sex scandal involving a madam, an assistant coach, several players and prospective recruits?

- A. North Carolina
- B. Louisville
- C. Georgia Tech
- D. Tennessee

LAST WEEK'S ANSWERS

1. B: 44
2. C: Rickey Henderson. Henderson went on to finish his career with 1,406 stolen bases over a 24-year career that ended in 2003.
3. B: Robert Parish. Parish was a member of the Chicago Bulls when they won their sixth NBA championship
4. D: Chris Chelios. Chelios was with the Detroit Red Wings when they won their fourth Cup in 11 seasons in 2008.
5. C: Ken Rosewall.
6. C: Italy
7. B: Seattle Storm
8. A: Albert Pujols. At 41, Pujols is just 54 days older than Rich Hill, who is with the Tampa Bay Rays.
9. B: Los Angeles Lakers. Malone got one final shot at a championship ring, but the Lakers lost to the Detroit Pistons in the 2004 NBA Finals.
10. D: Harry Gant.
11. B: Jamie Moyer. The Phillies won the World Series in 2008.
12. B: 49.

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 Robert E. Bromley, Katherine A. Ross, Richard A. Jensen and Leonard M. Correa

Published June 16 & 23, 2021
Iron County Today • ICT #0398

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 Robert Craig Ashdown and Heather Roundy the owners of 18.43 acres of property as follows:

(Parcel #- D-0633-0000-0000)

BEGINNING N00°01'18"W ALONG THE SECTION LINE 250.96 FEET FROM THE SOUTHEAST CORNER OF SECTION 22, TOWNSHIP 35 SOUTH, RANGE 11 WEST, S.L.B.&M; RUNNING THENCE S89°53'04"W 710.60 FEET; THENCE N02°41'37"W 494.34 FEET; RUNNING THENCE N88°11'45"E ALONG THE SOUTH LINE OF HAWTHORN SUBDIVISION, PHASE 2, 734.00 FEET TO THE EAST LINE OF SAID SECTION 22; RUNNING THENCE S00°01'18"E ALONG SAID EAST LINE 515.47 FEET TO THE POINT OF BEGINNING AND CONTAINING 8.37 ACRES.

PARCEL 2 (Parcel #- D-0650-0001-0000)

BEGINNING N00°01'18"W ALONG THE SECTION LINE 250.96 FEET AND S89°43'00"E 168.30 FEET FROM THE SOUTHWEST CORNER OF SECTION 23, TOWNSHIP 35 SOUTH, RANGE 11 WEST, S.L.B.&M; RUNNING THENCE N00°01'18"W 517.05 FEET; THENCE N89°44'50"E 667.87 FEET; RUNNING THENCE S01°43'34"E 523.61 FEET; RUNNING THENCE N89°43'00"W 683.45 FEET TO THE POINT OF BEGINNING AND CONTAINING 8.07 ACRES.

PARCEL 3 (Parcel #- D-0649-0001-0000)

BEGINNING N00°01'18"W ALONG THE SECTION LINE 250.96 FEET FROM THE SOUTHWEST CORNER OF SECTION 23, TOWNSHIP 35 SOUTH, RANGE 11 WEST, S.L.B.&M; RUNNING THENCE N00°01'18"W ALONG THE SECTION LINE 515.47 FEET; THENCE N89°44'50"E 168.30 FEET; RUNNING THENCE S00°01'18"E 517.05 FEET; RUNNING THENCE N89°43'00"W 168.30 FEET TO THE POINT OF BEGINNING AND CONTAINING 1.99 ACRES.

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 May 21, 2021. 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 June 7, 2021. 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 June 21, 2021. 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 June 9, 16 & 23, 2021
Iron County Today • ICT #0397

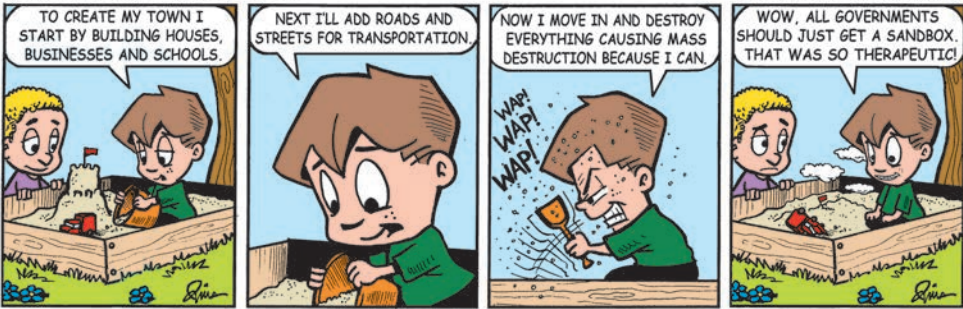
NOTICE OF PUBLIC HEARING

Notice is hereby given that the Enoch City Planning Commission will hold a public hearing on June 22, 2021 at 5:30pm at the Enoch City Office, 900 E. Midvalley Road, Enoch, UT. The public hearing is regarding a zone change for property owned by Peter & Megan Stead, Parcel # A-0916-0002-0003 from Community Commercial (C-C) to Single Family Residential (R-1-18). For more information call the Enoch City Recorder at 435-586-1119 or see the website. <http://www.cityofenoch.org/ordinancespublic-notices.html>

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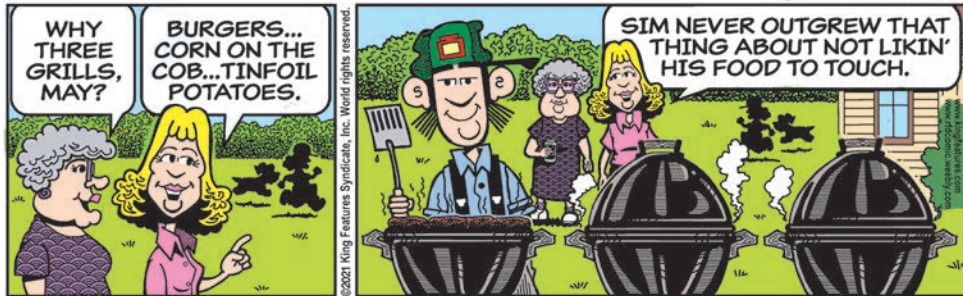
Amber Waves

by Dave T. Phipps



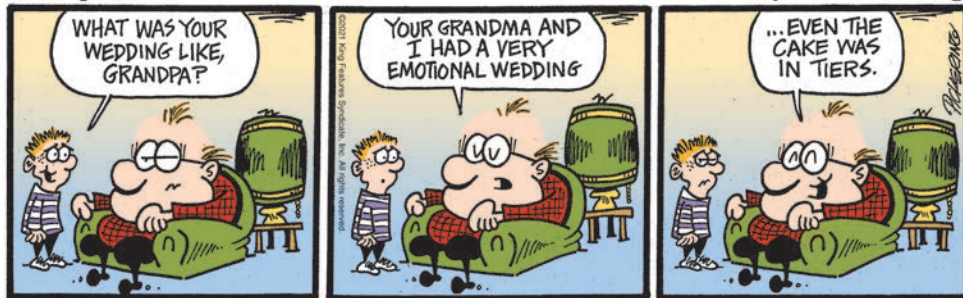
R.F.D.

by Mike Marland



The Spats

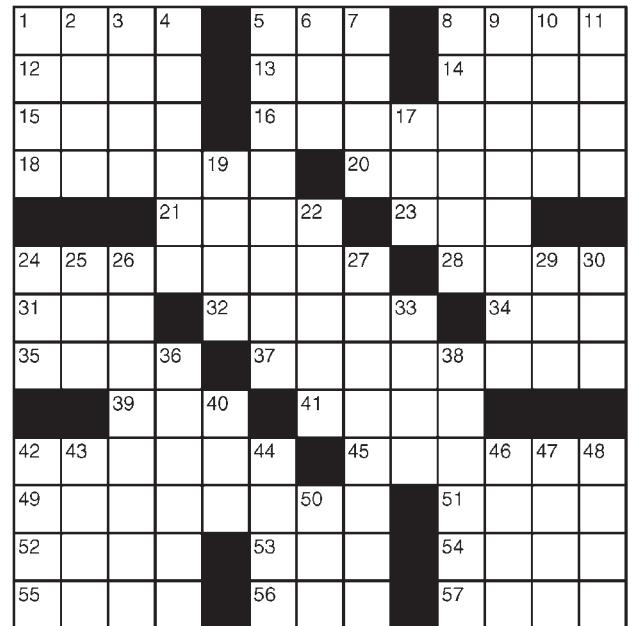
by Jeff Pickering



King Crossword

ACROSS

- 1 Egyptian deity
- 5 Piercing tool
- 8 Probability
- 12 Lion's share
- 13 Hot tub
- 14 Stench
- 15 Unoriginal one
- 16 Home to the Buccaneers
- 18 Pizza topping
- 20 Wine container
- 21 Off-white
- 23 Dict. info
- 24 Spoofs
- 28 Pharmaceutical
- 31 Playwright Levin
- 32 Leg bone
- 34 Mentalist's gift
- 35 Rhett's last word
- 37 Mildew cause
- 39 Scratch
- 41 Valentine flower
- 42 Molds
- 45 Foliage
- 49 Marshmallow toaster
- 51 Carousel, for one
- 52 "I cannot tell —"
- 53 Pair



- 54 Aspiring atty.'s exam
- 55 Fork setting
- 56 Still, in verse
- 57 Orange veggies

DOWN

- 1 Apple computer
- 2 Former frosh
- 3 "Got it"
- 4 Meryl of film
- 5 Space rock
- 6 New Deal agcy.
- 7 Gentle soul
- 8 Gave a speech
- 9 Owing nothing
- 10 Transaction
- 11 Terrier type
- 17 Group of seals
- 19 Highlander
- 22 Release a deadbolt
- 24 Cover
- 25 Altar constellation
- 26 Abba-inspired hit musical
- 27 Buck
- 29 Constitution letters
- 30 Family docs
- 33 Church section
- 36 Caught some z's
- 38 Almost
- 40 Ump
- 42 "Lion King" villain
- 43 Saintry ring
- 44 Faction
- 46 Travel permit
- 47 Dutch cheese
- 48 Collections
- 50 Regret

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Weekly SUDOKU

by Linda Thistle

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

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.

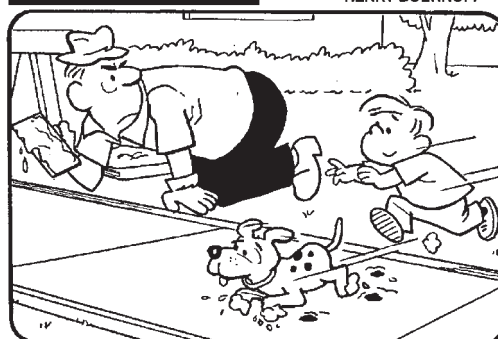
DIFFICULTY THIS WEEK: ♦

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

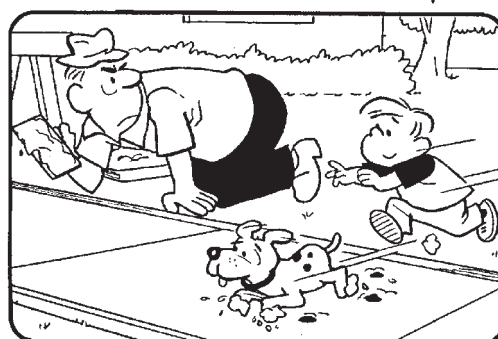
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Collar is different. 2. Spot is missing. 3. Tail is shorter. 4. Glove is removed. 5. Dmp is missing. 6. Shirt is different.

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Trivia test

by Fifi Rodriguez

1. U.S. PRESIDENTS: Who was the first president to sign into law a declaration of war?
2. TELEVISION: What was the name of the federal agent in the 1990s drama "Twin Peaks"?
3. GEOGRAPHY: What is the smallest country in South America?
4. GENERAL KNOWLEDGE: What is the color maroon?
5. INVENTIONS: When was the can opener invented?
6. MOVIES: What was Andy Dufresne's profession before he was sent to prison in 1994's "The Shawshank Redemption"?
7. U.S. STATES: Which state was the last one to be admitted to the union?
8. FAMOUS QUOTES: Who wrote this about summer, "Live in the sunshine. Swim in the sea. Drink in the wild air"?
9. HISTORY: In what year were the first slaves from Africa brought on a ship to the American colonies?
10. GEOLOGY: What kind of rock is coal?

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

Answer

Weekly SUDOKU

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

Solution time: 22 mins.

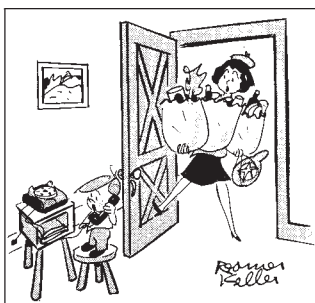
Answers

King Crossword

SCRAMBLERS
solution
1. Detach 2. Still; 3. Ingest; 4. Scored
Today's Word
LOADED

- 1. James Madison, War of 1812
- 2. Agent Dale Cooper
- 3. Surname
- 4. Dark brownish red
- 5. 1858 — almost 50 years after canned food was invented
- 6. Banker
- 7. Hawaii
- 8. Ralph Waldo Emerson
- 9. 1619
- 10. Sedimentary

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"I gotta hang up now and help Mom. She's coming in _____."

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!

Sever

CHATED

Pole

TILTS

Devour

SETING

Tallied

DECORS

TODAY'S WORD

