

**INSIDE...**

YOUR  
GUIDE TO  
THE 2021  
IRON  
COUNTY  
FAIR!



WEDNESDAY, AUGUST 11, 2021

IRON  
COUNTY

**today**



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## A Drive-Thru Health Fair and Flu Shoot Out? THAT'S RIGHT!

Cedar City Hospital's first-ever Drive-Thru Health Fair and Flu Shoot Out, partnering with the Southwest Utah Public Health Department.

**SATURDAY, SEPTEMBER 18, 2021 | 9 A.M. TO 12 NOON**  
**NORTH PARKING LOT OF CEDAR CITY HOSPITAL**

(2) Goody bags will be handed out to each car, containing lots of great health information and resources.

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Quick, easy, fun experience, and provides a low contact way to enjoy the health fair and flu shoot out!



Watch for a driving map and more details, coming soon in Iron County Today!  
Call 435-868-5828 with questions.



**showcase**

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Actor, director,  
and Africanist  
Scholar to  
teach at  
SUU



IRON  
COUNTY

**today**



# North Star

## Festive event honors USF founder Fred C. Adams

**A very special event took place last Sunday evening.** It was a well-deserved celebration of the life of the Utah Shakespeare Festival Founder, Fred C. Adams. It included special musical numbers (including *Les Miserables*), video presentations, and a sharing of memories of sixty years. Watch this amazing collection of congratulations and celebrations at: [www.bard.org/northstar](http://www.bard.org/northstar) or [www.youtube.com/watch?v=w1g0aARvjDg](https://www.youtube.com/watch?v=w1g0aARvjDg).

COURTESY BARD.ORG

## Suspect arrested in attempted homicide in Cedar motel

from Sgt. Clint Pollock

CEDAR CITY POLICE DEPARTMENT

On August 4, the Cedar City Police Department were dispatched to the Motel 6 located at 1620 West 200 N, regarding a shooting. Initial information was given that a male had been shot and the suspect's whereabouts were unknown.

As officers arrived on scene, they found an adult male with a single gunshot wound. The suspect, Jaxton

### 19-YEAR-OLD'S MOTIVE BEING INVESTIGATED

Saroff, a 19-year-old male, had fled the scene in a silver vehicle. The victim was transported to the Cedar City Hospital by ambulance and later transported to Saint George Regional Hospital.

Officers started looking in the area and received information that Mr. Saroff was staying at a different

local motel. Officers negotiated with Mr. Saroff on the phone and Mr. Saroff exited the motel room and surrendered peacefully. Officers obtained a search warrant for the motel room and located the firearm used, suspected marijuana wax, suspected marijuana, and drug paraphernalia.

Mr. Saroff was arrested and booked

in the Iron County Jail for Attempted homicide, a 2nd degree felony, Aggravated Assault, a 3rd degree felony, Unlawful possession of a firearm a 3rd degree felony, Possession of Marijuana, a Class B misdemeanor, and Possession of drug paraphernalia, a Class B misdemeanor.

The motive for the shooting is unknown currently. This is still an active and ongoing investigation; we will release more information as it becomes available.

# Study shows COVID treatment effective in preventing hospitalizations

from Dr. Brandon Webb

INTERMOUNTAIN HEALTHCARE

In a new study, researchers from Intermountain Healthcare have found that treating high-risk COVID-19 patients with a monoclonal antibody treatment reduced severe illness and hospitalizations by more than 50 percent and saved many

United States, researchers say more resources are needed to fund and expand treatment for high-risk patients.

“In a real-world application, we found that these monoclonal antibodies are as effective as clinical trial results suggested,” said the study’s lead author, Brandon Webb, MD, infectious diseases physician

immune response to COVID-19, designed to stick to the virus’ “spike” protein and neutralize it.

Getting vaccinated against COVID-19 remains the most effective way to prevent severe disease and death. However, for patients who do contract COVID-19, especially those at high risk for complications, monoclonal antibodies are a vital tool, researchers say.

“It’s critical that patients be tested early in their symptoms because these treatments only work within the first seven days of symptoms onset, so access to testing is key,” Dr. Webb stressed.

“We suspected that these monoclonal antibody treatments would be safe for patients based on results from clinical trials, but we were excited to find that these treatments can be very safely delivered to a variety of patients in a real-world setting,” said Dr. Webb.

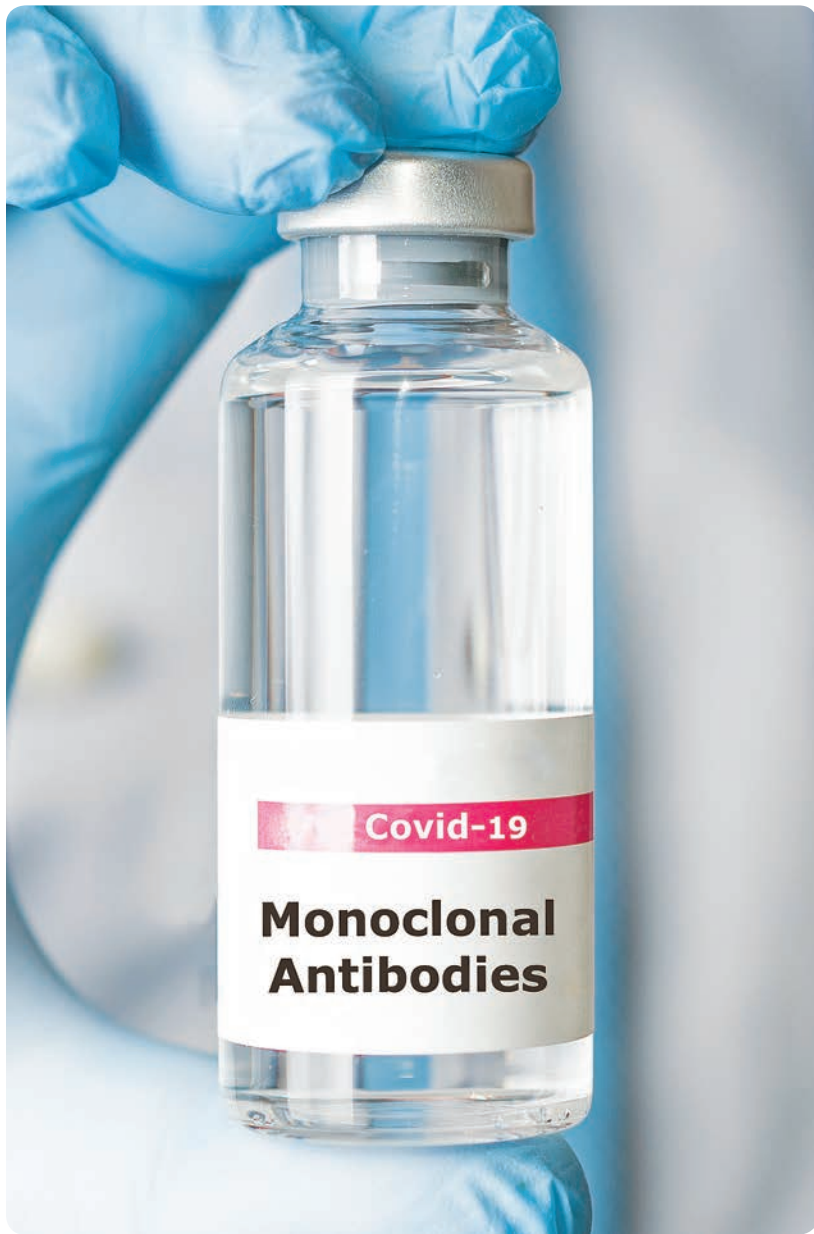
To be considered for monoclonal antibody treatment, patients must be over 18 years old, have a positive COVID-19 test, be symptomatic, and be no more than seven days from the onset of symptoms. These candidates don’t require new supplemental oxygen, and aren’t sick enough to need hospitalization.

The Utah COVID-19 Risk Score Calculator, which was validated on 20,000 patients to determine it accurately predicted who would become very sick with COVID-19, then identifies who is most at risk for severe complications, and including factors like age, gender and existing comorbidities.

Patients who test positive for COVID-19 and score high on the risk calculator are identified by Intermountain and contacted by care navigators to schedule treatment at one of 24 Intermountain infusion sites across the state. Patients may also be referred for treatment by their healthcare provider, or identified for treatment in the emergency department.

The locations of these sites mean that no patient along the I-15 corridor in Utah is more than a one-hour drive from a treatment center. For most patients, from the time they undergo COVID-19 testing to when they receive their monoclonal infusion takes about 60 hours.

For more information, visit the [CombatCOVID.org](https://www.CombatCOVID.org) website.



GETTY IMAGES

*“...we were excited to find that these treatments can be very safely delivered to a variety of patients in a real-world setting”*

Dr. Brandon Webb

patients from dying due to complications from the virus.

The key to effectively reducing severe illness, hospitalizations, and deaths, is that the treatment must be administered within seven days of symptom onset of COVID.

Given the documented success of the treatment, and in light of the major COVID Delta variant surge in the

at Intermountain Healthcare.

“Based on our findings, we recommend putting resources towards monoclonal treatment programs because they help patients avoid poor outcomes, and because they are a powerful tool to prevent overflowing hospitals.”

Monoclonal antibodies are a drug treatment created to mimic the body’s natural

## RETRACTION

A display ad published in the Classifieds section of the Aug. 4 edition of Iron County Today with the heading “Article V Convention” listed the Leavitt Group as a sponsor. This information was provided to Iron County Today in error.

The Leavitt Group is not a sponsor of the advertised event nor is it affiliated with The John Birch Society.

We apologize for this mix up and any confusion this may have caused.



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# CV football team steps up to help those affected by flooding

Football practice looked a little different for the Canyon View Falcons, last Monday night. Not one player showed up in helmets or cleats but rather, work gloves and mucking boots, as they answered head coach Chris Sawyers "call to action."

August 1st monsoon rains left more than two hundred houses in Falcon territory devastated, as 2 to 4 inches of rain filled entire basements floor to ceiling with water, and sewage. The Falcons came out in the true spirit of community, most were already covered in mud from clean-up efforts. A dozen of the young men who volunteered to help others in their community, were affected themselves by the flash flood. One such young man was on vacation in California when the flooding occurred. Even though his neighbors had started to pump out the waters from the basement, his personal belongings were a total loss. He had been up for more than twenty-four hours shoveling mud from his own home, but showed up to pay it forward in the community.

The team was divided



COURTESY PHOTO

*Falcon footballers prepare to put on a different kind of uniform as they suit up to help those in Enoch affected by the recent flooding.*

***"These boys worked their butts off...appreciate it all so much...guess we are family now."***

**Enoch Homeowner**

into groups. "You go here, they have lost everything and are totally exhausted," "You guys go to this street, there is debris that is making clean up difficult," "You guys go here they are totally exhausted." They waded through muddy water and sewage, dug

trenches, cleaned out storm drains, shoveled out basements, removed debris, took out carpet and furniture, and filled trailers and dumpsters.

One homeowner said, "Canyon View Varsity Football Team came and helped us gut it (their home), and take

out the dry wall and insulation. We are amazed, and with insurance NOT doing anything, we are beyond grateful. We lost a lot, but we are safe and in this beautiful state...Thank you all, it brings us to tears to have so many amazing people." She goes

on to explain that they are a large family with ten children, seven still at home. Referring to the football team she said, "These boys worked their butts off...appreciate it all so much...guess we are family now..."

All through the streets of Enoch you could hear "We are Canyon View Football, we are here to help!" AAAAAH CV!! (AH CV stands for the courage to show accountability, Honor, Civility, and Valor.)

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opinion

FROM THE EDITOR

# Putting unity in community

Thank you for all of the acts (public and private) of service and compassion that have been given during these difficult times during our COVID and flood-recovery. As such, while working on this week's paper, I came across some great quotes and knew I needed to share them with each of you who have, are and continue to make a difference in our Iron County communities in your own unique and caring ways.

The first quote is from Coretta Scott King, "The greatness of a community is most accurately measured by the compassionate actions of its members." The second quote comes from Margaret J. Wheatley, "There is no power for change greater than a community discovering what it cares about." And the final quote is from George Bernard Shaw, "I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live."



**COREY BAUMGARTNER**  
MANAGING EDITOR  
news@ironcountytoday.com

I add my endorsement to these wise words and congratulate and celebrate the unity of our communities. They are great because the people living within them (you) make them so every day.



@Ramireztoons

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## THOUGHT OF THE WEEK

"Try not to become a man of success, but a man of value. Look around at how people want to get more out of life than they put in. A man of value will give more than he receives. Be creative, but make sure that what you create is not a curse for mankind."

Albert Einstein

# Trust makes the world go round

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

A Noble Prize winner once said, "It is trust, not money, that makes the world go round." The acclaimed early economist Adam Smith agreed, saying trust was the one thing that separated humans from animals: "Nobody ever saw a dog make a fair and deliberate exchange of one bone for another with another dog."

Trust is the glue for an efficient and stable society. If we didn't trust the U.S. Treasury, for instance, we would demand our employer pay us in gold bricks rather than greenbacks. We trust that our pharmacist gives us the proper prescription. We trust that other drivers will stop at a red light.

Yet numerous studies today show that trust is declining in almost every aspect of American life. Some examples:

Only 10% of Republicans and 30% of Democrats say they trust the news media...In 1964, 75% of Americans said they trusted the federal government; today only 25% do...Nearly 50% of active registered voters think people from opposing political parties cannot be trusted and are "downright evil"... Trust in politics, religious leaders,

Congress, television networks, business leaders, and financial institutions are constantly declining according to pollsters (and trust in the veracity of polls is dropping as well).

Numerous studies say we don't trust our neighbors to do the "right thing." Is this because we don't really know our neighbors? My son and daughter know nothing about the people living next to them. We no longer have "Welcome Wagons" to introduce

45% of older adults and a mere 13% of millennials describe the U.S. as the world's "greatest" country, a sharp drop from previous years.

Another explanation is the growing economic divide. Too many politicians convince us that the country's prosperity is a "zero sum game" in which one person is deprived when another person succeeds. Americans fail to see that helping a certain class of people may also allow all boats to rise. For instance, if universities educate more Black and Latino physicians leading to more access to and better health for minority citizens, all taxpayers regardless of race will be helped by lower health costs and the strengthening of Medicare.

The polls may not always give a clear picture. While a huge segment of Americans claim they don't trust banks, I don't see a mob at the teller windows withdrawing money and stuffing it in their pillows!

Yet the survey findings should be a warning. We trusted vaccines and conquered polio and smallpox. Today, an unhealthy 25% don't trust the COVID vaccine, having implications for all of us. Some 50% of conservative Republicans don't trust recent election results and a sizeable number of young voters worry that their votes won't count. Trust me – without trust, the world may still spin around, but democracy and public health will fail.



**Bryan Gray**  
COLUMNIST

people to neighborhoods. In Utah, the predominant church fills this gap, but not all neighborhoods are inclusive to non-members.

Politics has certainly shredded trust. A KSL radio program recently featured a study on how the normal "circle of friends" is now only a "triangle of friends." A main culprit is the fiery political landscape which has broken up friendships and families. Only 33% say they have a great or good deal of trust in the political competence of Americans. Trust in the country is down as well. Only



389 N 100 W, Suite 12  
Cedar City, Utah 84721  
Ph: 435-867-1865  
Fax: 435-867-1866  
IronCountyToday.com



ADMINISTRATION

**R. Gail Stahle**  
PUBLISHER  
gail@ironcountytoday.com

**Elise Obermire**  
OFFICE MANAGER  
officemanager@ironcountytoday.com

ADVERTISING

**Scott Stahle**  
SALES REPRESENTATIVE  
scott@ironcountytoday.com  
801.755.5999

**Patti Bostick**  
SALES REPRESENTATIVE  
patti@ironcountytoday.com  
435.592.1030

EDITORIAL

**Corey Baumgartner**  
MANAGING EDITOR  
news@ironcountytoday.com  
435.867.1865 Ext. 6

**Tom Zulewski**  
SPORTS REPORTER  
tominator19@yahoo.com

LAYOUT/DESIGN

**Devin Christ**  
CREATIVE DIRECTOR  
design@ironcountytoday.com

CIRCULATION

**Stephanie Millett**  
S. CEDAR CITY  
stephanie@ironcountytoday.com  
435.272.3050

CIRCULATION, CONT.

**Stormee Anderson**  
N. CEDAR CITY/ENOCH  
stormee@ironcountytoday.com  
435.592.5724

**Wendy Hanson**  
PAROWAN/PARAGONAH  
wendy@ironcountytoday.com  
435.477.9100

## opinion

### TO THE EDITOR

#### Kudos to Enoch City Mayor and Enoch City employees

We are a small community, and I was proud and amazed at how the volunteers came out in response to such an unprecedented disaster. Kindness, concern, and unselfishness were on every street. Neighbors pitched in quickly and became everyday heroes. However, behind the scenes, what we missed was how quickly the city, under the leadership of Mayor Chesnut, managed and coordinated the response efforts necessary to handle the disaster.

I know the Chesnut family professionally and personally. I have known this man who is now our Mayor, since before he was the Mayor. He is, and always will be, the smartest man in the room. He stays three steps ahead and tries to mitigate damage before it occurs. He is forward looking, and he loves this community.

Being Mayor is not a lucrative occupation. He does not do it for the money. He does it because at his core, he cares. He cares about family, community, and humanity. I know that when this disaster hit, we could not have had a better person at the helm. I have complete faith and trust in Mayor Chesnut as I have seen him wear many hats, and always he looks for the best solutions to the biggest problems.

I attended the most recent City Council meeting and was disappointed to see such finger pointing and accusations directed at the Mayor and the City. It was truly abusive and appalling to watch. It was clear that most of the people who came to the meeting, came to do a lot of yelling, and not a lot of solving. I know the Mayor has attempted to discuss raising taxes for things like drainage and flood control, or curbs and gutters, only to be shot down because no one wants to pay for it.

I went to the meeting completely naïve. I was there to understand what happened, to seek ideas on what I could do as a homeowner to shore up my own property, and to see what kinds of solutions we could work on together, side by side, door to door, if necessary, to explain and convince those who do not understand the necessity of the kind of funding that could mitigate future damage.

What happened on August 1, 2021, was unprecedented

because of the amount of rain in such a short time. It was extreme, and we all felt it. So now, let us work together for solutions. We have the smartest man in the room at our disposal and he is willing and able to work to find solutions. We should all be helping instead of criticizing!

Christie Cooper, Enoch

#### Results of vacillation regarding vaccination

As a fully-vaccinated and pro-vaccination American, I take issue with much of what Cyclops shared with your readers last week (August 4th).

While I have and continue to encourage my unvaccinated adult friends to get the vaccination, I can understand the reason so many of them do not trust the government or the CDC as they consider making this decision. The key to that is vacillation.

On Feb. 29, 2000, the U.S. surgeon general Dr. Jerome Adams tweeted that masks do not offer any benefit to the average citizen and went so far as to say, "Seriously people—stop buying masks!"

He went on to say that "They are not effective in preventing [sic] general public from catching #Coronavirus, but if healthcare providers can't get them to care for sick patients, it puts them and our communities at risk!"

Then about a month later, on Friday, April 3, 2020, the Centers for Disease Control and Prevention recommended that Americans wear "cloth face coverings fashioned from household items or made at home from common materials ... as an additional, voluntary public health measure."

Then just shortly later, WHO and other agencies... also raised concerns about the potential problems that could arise due to the wearing of a mask — for example, a false sense of security that would undermine other preventive measures or self-contamination from touching a contaminated mask.

And not long after that, the office of the Surgeon General issued a statement ...noting that back in February Dr. Jerome Adams of the CDC was following the CDC, WHO and other health organizations, which all recom-

mended against wearing masks as a way to protect the person wearing them.

In 2021, that changed, mostly. This year, we have seen a back and forth among government agencies and leaders regarding the wearing of masks, how many we should wear at one time, as well as who should and shouldn't wear them. For example, one month they are saying children do not need them and another month they instill fear in parents by saying that children should be wearing them at all times in spite of a phenomenally low rate of infection for youth.

In a CDC report published on January 22 of this year, of the 30,229 children between the ages of 5 and 24 who were hospitalized last year, only 654 died. And that is out of a total youth population of about 83 million! And fully 30.3% of the ones who died had some kind of underlying condition. Can you see why many, if not most, parents do not support the masking of their children at school?

Mr. Gray (Cyclops), you don't have to be a conspiracy-minded American to fail to trust what is coming out of not only the CDC, and government leaders, but also Dr. Fauci and others who can't seem to come up with one policy that lasts more than a month or two.

While I personally hope that most adults will get vaccinated, I believe we should not castigate those who have serious misgivings about the vaccines due to our leaders and their vacillating policies!

Joe Russo

### Want to submit a letter to the editor?

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



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#### IRON COUNTY FORECAST

A SHIFT IN OUR WINDS WILL HELP CLEAR OUT THE HAZE OVER US BY THE END OF THE WEEK. TEMPERATURES WILL ALSO BE ON THE WARMER SIDE AS WE SEE A RETURN OF HIGH PRESSURE GOING INTO THE WEEKEND. THIS WILL ALSO HELP DRAG IN MOISTURE FOR STORMS TO USE OVER THE HIGHER ELEVATIONS. THE CHANCE FOR RAIN LINGERS INTO THE NEXT WORK WEEK AS WE STILL SEE MOISTURE MOVING IN.



Get Utah's most accurate forecasts anytime at:  
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<b>WEDNESDAY</b>	Mostly Sunny <b>89°/62°</b> PRECIP: 0% WINDS: WNW 5-10
<b>THURSDAY</b>	Sunny <b>91°/64°</b> PRECIP: 0% WINDS: NW 6-12
<b>FRIDAY</b>	Sunny <b>92°/64°</b> PRECIP: 20% WINDS: SSW 5-10
<b>SATURDAY</b>	Mostly Sunny <b>91°/64°</b> PRECIP: 20% WINDS: SSW 6-12
<b>SUNDAY</b>	Mostly Sunny <b>88°/62°</b> PRECIP: 30% WINDS: SW 5-10
<b>MONDAY</b>	Partly Cloudy <b>81°/61°</b> PRECIP: 20% WINDS: SW 10-15
<b>TUESDAY</b>	Partly Cloudy <b>81°/61°</b> PRECIP: 20% WINDS: SSW 10-15

## 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.

## JULY 29

**Jose F Arvizu III**  
CEDAR CITY, UT  
Criminal Trespass

**Brissa S Gamboa-Niebla**  
CEDAR CITY, UT  
Aggressive Animal At Large

**Rachel L Haughton**  
CEDAR CITY, UT  
Aggressive Animal At Large (Unsterilized)

## JULY 31

**Malia W Layton**  
CEDAR CITY, UT  
Retail Theft

**Dalton P Weil**  
LANDER, WY  
DRUG - Poss C/S, Drug Paraphernalia

## AUGUST 1

**Joseph A Alas**  
CEDAR CITY, UT  
DRUG - Poss C/S

## AUGUST 2

**Joshua B Fanton**  
MILFORD, UT  
DRUG - Poss C/S w/ Intent to Distribute

**Kathryn H Finicum**  
HILLDALE, UT  
DRUG - Poss/Use C/S

**Donald W Fretheim**  
CEDAR CITY, UT  
DRUG - Poss C/S w/ Intent to Distribute

**Dawn H Medina**  
CEDAR CITY, UT  
Intoxication

**Justin D Simmitt**  
CEDAR CITY, UT  
Assault w/Substantial Bodily Injury

## AUGUST 3

**Cecily Higginbotham**  
CEDAR CITY, UT  
Assault

**Cynthia C Pitts**  
CEDAR CITY, UT  
Burglary

**Lucy N Goodman**  
CEDAR CITY, UT  
Unsafe Lane Change, DUI - BAC at/over .08, Open Container in Veh

**Lucinda A Olivias**  
ENOCH, UT  
DUI, Alcohol Restr. DL

**Damien S Lewis**  
CEDAR CITY, UT  
Purch/Poss/Consume by Minor

## AUGUST 4

**Dustin J Hafen**  
CEDAR CITY, UT  
DUI, No Valid DL, Accident/Prop Damage, DRUG - Poss C/S, Drug Paraphernalia

**Latisha Madison**  
MERIDIAN, MI  
Aggravated Assault

**Larry Moe**  
PAHRUMP, NV  
DUI, DRUG - Poss C/S

**Jaxton Saroff**  
CEDAR CITY, UT  
Intoxication, Attempted Homicide, Aggravated Assault w/Injury, DRUG - Poss C/S, Drug Paraphernalia, Unlawful Purch/Trans/ Poss Dangerous Weapon.

**Mark C Anderson**  
LAS VEGAS, NV  
Disorderly Conduct

## AUGUST 5

**Jerry Azule**  
CEDAR CITY, UT  
Criminal Mischief

**Teri L Brown**  
CEDAR CITY, UT  
Aggressive Animal at Large

## AUGUST 6

**Angelique P Bean**  
CEDAR CITY, UT  
DRUG - Poss C/S, Drug Paraphernalia

**Dereck J Ernest**  
CEDAR CITY, UT  
Purch/Poss/Trans/ Use of Firearm by Restricted, Reckless Endangerment

**Daniel R Hatch**  
CEDAR CITY, UT  
DRUG - Poss/Use C/S, Drug Paraphernalia

**John K Rollins-Mendez**  
CEDAR CITY, UT  
Retail Theft

**Esther E Stewart**  
CEDAR CITY, UT  
Aggravated Arson

**Marcy D Rodman**  
CEDAR CITY, UT  
Theft

## AUGUST 7

**Clinton K Miner**  
CEDAR CITY, UT  
Weapon While Under Influence

## AUGUST 8

**Juwan T Begay**  
ENOCH, UT  
DUI of Alcohol w/BAC at/over .08, Drive on Denied, Speed Ref, Purch/Poss/Consume By Minor

**Eric R Begaye**  
ENOCH, UT  
Retail Theft, Consume Alcohol by Minor

**Michael K Crawford**  
HURRICANE, UT  
Lewdness w/Prior, Intoxication, Burglary

**Tyler W Nicholson**  
CEDAR CITY, UT  
Aggravated Assault, DV - In Presence of Child

**Craig G Pacheco**  
PROVO, UT  
Intoxication, Criminal Trespass, No Alcohol in City Park

**Charles A Stade**  
DESERT SPRINGS, AZ  
Drive on Susp/Revoked DL

**Chavis D Blackhorse**  
CEDAR CITY, UT  
No Alcohol in City Park

**Michael L Dalton**  
CEDAR CITY, UT  
Retail Theft

**William Magnum**  
CEDAR CITY, UT  
Criminal Trespass, No Alcohol in City Park

**Jarvis Ruffin**  
TOOMSUBA, MS  
Assault

## AUGUST 9

**Ashley L McClellan**  
PAROWAN, UT  
DV - In Presence of Child, Criminal Mischief, DRUG - Poss C/S, Altered/Forged Prescription, Drug Paraphernalia

## Join us for at the Back to School Bash

The Cedar City Chamber of Commerce non-profit group is hosting their first annual Back to School Bash this coming Saturday from 10am - 2pm in the Cedar City Main Street Park. The purpose of the event is to increase family attachment by providing bonding opportunities and help connect families to local non-profit resources including youth and family services.

Come and enjoy a fun afternoon with FREE lunch and cotton candy (while supplies last), school supplies, activities and games, Funtime Inflatables, Live Music from the Orchestra of Southern Utah (from 12pm-1pm) and more! All Iron County families and students are invited to attend.

Are you able to donate school supplies to ensure that all Iron County students have what they need for the upcoming year? Help us "Stuff the Bus" with supplies to benefit local students in need and ensure that every child in our community has what they need to succeed.

For more information on the event visit <https://fb.me/e/1lcropIWt> or contact [kaleigh@canyoncreek-services.org](mailto:kaleigh@canyoncreek-services.org). To inquire about a free booth space, contact Connie Sowards at [directorfsc@gmail.com](mailto:directorfsc@gmail.com).

Kaleigh Bronson-Cook

## Canyon Creek Services introduces new website

Canyon Creek Services has a new website! Our new site not only makes it easier for survivors to access services but also provides key information regarding our prevention programming, how to support us and volunteer opportunities. The updated site has a host of new features, check it out to learn more about CCS and what you can do to help support our vision of "Communities Free of Domestic Violence and Sexual Assault". Visit us at [canyoncreek-services.org](http://canyoncreek-services.org).

Kaleigh Bronson-Cook

## Red Cross Summer Safety Tips (part 2)

It's hot...but you're not with these American Red Cross safety tips for HOT WEATHER safety:

## Water Safety

Make sure you and your family learn to swim well, know limitations and how to recognize and avoid hazards, and understand how to help prevent and respond to emergencies around water.

Adults should actively supervise children and stay within arm's

reach of young children and newer swimmers.

Fence your pool in with four-sided fencing that is at least four-feet in height and use self-closing, self-latching gates.

Always wear a U.S. Coast Guard-approved life jacket when on a boat and if in a situation beyond your skill level.

Swim as a pair near a lifeguard. Everyone, including experienced swimmers, should swim with a buddy in areas protected by lifeguards. If in a location with no lifeguards, such as a residential pool, designate a "Water Watcher" to keep a close eye and constant attention on children in and around the water.

## Beach and Swim Safety

If you plan to swim in the ocean, a lake or river, be aware that swimming in these environments is different than swimming in a pool. Be sure you have the skills for these environments.

Swim only at a beach with a lifeguard, within the designated swimming area. Obey all instructions and orders from lifeguards and ask them about local conditions.

Make sure you swim sober and that you always swim with a buddy. Know your limitations and make sure you have enough energy to swim back to shore.

Protect your neck – don't dive headfirst. Walk carefully into open waters. Watch out for and avoid aquatic life.

If you are caught in a rip current, try not to panic. Signal to those on shore that you need assistance. Swim parallel to the shore until you are out of the current. Once you are free, swim toward the shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.

## Grilling Safety

It's a great time for GRILLING but grilling fires spark more than 10,000 home fires on average each year. Here's how not to be a grilling statistic:

Always supervise a barbecue grill when in use. Don't add charcoal starter fluid when coals have already been ignited.

Never grill indoors – not in your house, camper, tent or any enclosed area.

Make sure everyone, including pets, stays away from the grill.

Keep the grill out in the open, away from the house, deck, trees; anything that could catch fire.

Use the long-handled tools especially made for cooking on the grill to keep the chef safe.

Cynthia De La Torre

“Have vaccine questions? Talk to your doctor.”

- Dr. Takiko May, Intermountain Healthcare



Are you worried about side effects of the COVID-19 vaccine? Wondering how it was developed so quickly? Your doctor can give you answers to these and other questions you might have. More than a million Utahns have been vaccinated, and we need you to get the vaccine, too.



[Coronavirus.Utah.gov/Vaccine](https://Coronavirus.Utah.gov/Vaccine)

*Dr. Darius Omar Williams will bring a "rich culture and life experience" to the educational and artistic journey of his SUU students.*



COURTESY SUU

## Professional actor, director, and Africanist Scholar to teach at SUU

by Ashley H. Palmer

SUU COLLEGE OF PERFORMING AND VISUAL ARTS

The Department of Theatre, Dance, and Arts Administration at Southern Utah University is privileged and ecstatic to welcome Dr. Darius Omar Williams as a new Assistant Professor of Theatre. He is an Actors' Equity Association professional actor, director, acting coach, playwright, poet, and Africanist scholar with over 25 years of experience in the theatre. Williams earned his Master of Arts in Theatre from Bowling Green State University, his Master of Fine Arts in Creative Writing from Antioch University Los Angeles, and earned his Ph.D. in Theatre from The Ohio State University.

Dr. Darius Omar Williams said, "I am thrilled and tremendously grateful to be joining the distinguished College of Performing and Visual Arts at

Southern Utah University. To be joining the Department of Theatre, Dance and Arts Administration, accredited by the National Association of Schools of Theatre, is an auspicious honor and I am excited to continue my artistic journey with such a rare and awesome group of colleagues. I was born and raised in Mississippi. Therefore, I bring much of that rich culture and life experience to my artistic work."

He has worked as an Actors' Equity Association professional actor in Boston for professional theatre companies including Wheelock Family Theatre, The Theater Offensive, Lyric Stage Company of Boston, Stoneham Theatre, Our Place Theatre and Cape Rep and was nominated for Best Actor by the Independent Reviewer of New England (IRNE) for his portrayal of "Afir Thomas" in the World Premiere of Letta Neely's *Hamartia Blues* produced by The Theater Offensive. He's

also artistically collaborated with veteran artists including Robbie McCauley, Akin Babatunde, Laurie Carlos, Jacqui Parker, and Renita Martin.

In addition to teaching, acting, and directing plays, Dr. Darius Omar Williams is also a poet and playwright. His play *Mississippi Born and Bred* has been workshopped and involved in New Play Development including being featured in a public reading at the National Black Theatre Festival in 2015. In 2018, Williams won Excellence in Direction for his direction of Tarell Alvin McCraney's *In the Red and Brown Water* and his play *Mississippi Born And Bred* from the Region IV Kennedy Center American College Theatre Festival. In 2017, he solely coached and mentored two of his acting students from a regional win to a national win at The Kennedy Center American

see **WILLIAMS** » 8

## Red Rock Film Fest announces new dates, passes

from Matt Marxteyn

FOR IRON COUNTY TODAY

The 15th Annual Red Rock Film Festival has announced its venues for both the Cedar City festival and its sister event the Utah Film Market (UFM) which is coming to the Dixie Convention Center in St. George August 25-28. The main Red Rock Film Festival is scheduled for the newly remodeled Cedar Fun Center October 18-24 with additional showings at the Heritage Theatre.

Formerly called the Red Film Market, the rebranded Utah Film Market will have a conference format with more seminars on the art of independent filmmaking than Red Rock plus a wide selection of film screenings.

Festival Director Matt Marxteyn said, "We opened the Market section in 2010 to allow for more films our pre-selection committee felt deserved an audience with the main Festival films being the ones we send to the Grand Jury to be judged on artistic merit."

Most of the films at the Utah Film Market will be shown out-of-competition; but last year opened a new competition for the Market films for 'Best Hook'.

"The hook," Marxteyn explained, "is the action or dialogue at the beginning of the film that hooks the audience into the story and typically is as far as film distributors will watch to see if they are at all interested in buying the film. We felt that a good idea or hook for a film deserved some attention and appropriate for an award in the Market scenario."

Last year the Market's Hook awards went to "In the Strange Pursuit of Laura Durand" (Fiction Feature), "Money Machine" (Documentary Feature), "Alina" (Fiction Short), and "Terror and Hope, The Science of Resilience" (Documentary Short). All four films also happened to be official selections in the Red Rock Film Festival.

This year, both festivals are moving towards passes only with no individual tickets sold in advance. But for Cedar City residents wanting to attend both events, UFM is offering a very special promotion in its UFM Double Feature Pass good for two feature films plus a seminar or panel discussion. Each day the Double Feature Pass (a \$28 value) increases by \$1 until it reaches \$28 or 100 are sold. Once 100 Passes are sold, Cedar residents who already purchased a pass can add a Local Pass to the Red Rock Film Festival at no charge.

St. George's UFM is also offering Cedar residents a free RRRFF Local Pass if they purchase a UFM 4-Day Pass (\$80). For either offer, Cedar City residents just put in their Iron County address when they purchase the pass online. Passes and information are available at [utahfilmmarket.eventive.org](http://utahfilmmarket.eventive.org).



COURTESY RRRFF

'The Girl Who Wore Freedom' display after screening.

# Celebrate the Arts and join the Arts Council for their Summer Social

by Sara Penny

FOR IRON COUNTY TODAY

The Cedar City Arts Council sponsors networking socials for the community three times a year to promote artists that have won mini-grants from the organization and help the public become familiar with artists that live here in Iron County. The Cedar City Arts Council's next social will be on Thursday, August 12, 7:30 pm at the Red Acre Farm, 2322 West 4375 North. This popular local farm hosts live music during their special events like Burgers and Bands. The Social is free and the public is invited.

The CCAC Socials are designed to showcase and celebrate the dynamic art community in Iron County. Our objective is to provide live music, art displays, and exciting details on the use that the recipients have made of their awarded funds.

Deb Drake will present a demonstration of the online art classes that she developed during the pandemic with the help of a CCAC mini-grant. She is the past president of the CCAC and now the Director of the Women's Business Center.

Local artist Tiffany Marchant will display some of her art work at the Social. Tiffany works mostly in oils and was at one time the featured artist in the Randall Jones theater lobby during the Shakespeare Festival. She was an organizer of the women artists' exhibit recently hung in the Cedar City city offices building.

Music will be provided by Coyote Bluegrass. Cedar City acoustic duo Bill and Loretta Westbrook's dynamic sound and musical style is uniquely their own, featuring a distinctive blend of smooth vocal harmonies and instrumental mastery, with Loretta on five-string banjo and Bill on guitar and lead vocals. While their eclectic sound, based on favorite musical genres such as folk, rock, country & blues, has evolved over the years, bluegrass music is their first love. They have been very active in the area with both folk music and original songs, and have played for the Final Friday Art Walks and the Iron County Acoustic Music Association concerts. Loretta played banjo in the musical Bright Star, and she is an accomplished jewelry artist as well.

Our Summer social will also focus on the launch of the new artistic season. Many organizations will be bringing a variety of information corresponding to their upcoming performances and events.

Membership in the Arts Council is not required for this event, but membership in the CCAC provides many benefits including over \$100 worth of discounts available from locally owned businesses in Cedar City.

Remember that mini-grant applications are due

August 31. Grants up to \$500 available for individual artists and organizations to build our local arts community. Application at <https://www.cedarcity-artsCouncil.org/support/quick-grants/>

There will be refreshments provided by Red Acre Farm. Come celebrate a few of our local artists at this fun and free event!



Coyote Bluegrass, Bill and Loretta Westbrook



Debbie Drake

but not limited to both traditional and non-traditional acting methodologies. My ultimate goal as a new member of this fine department is to join my colleagues in our collective effort to consciously and consistently insert a global perspective in the acting process including culturally specific approaches to the craft such as my own Conjuring acting technique which draws from southern Mississippi culture, the West African culture, Afrofuturistic, and Greek pantheon."

The College of Performing and Visual Arts at SUU is thrilled for Dr. Darius Omar Williams to serve as a new Assistant Professor of Theatre. We look forward to his direction of our students and the knowledge that he will share with them. For more information about the Department of Theatre, Dance, and Arts Administration at SUU, please visit [www.suu.edu/pva/ta](http://www.suu.edu/pva/ta).

# Spend a wonderful morning in the USF Seminar Grove

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

It was just as it used to be! A whole week devoted to theatre—shows at the Heritage Theater, three theaters on the USF grounds, and seminars abounding. The Simon Fest plays are preceded by twenty-minute previews giving information on the plays to follow. The Shakespeare Festival provides those as well plus the fabulous morning seminars in the seminar grove. When we used to come from out of town to see the plays, we always went to the seminars, but they are somehow harder to get to when you live in town. But we had out-of-town guests, so we did the whole package: five plays in five days and the seminars the following mornings.

I had almost forgotten what a wonderful addition the seminars are to the Festival experience. We used to sit under the trees over by the Adams Theatre and watch Ace Pilkington come late. Every day. But he was worth the wait. He was amazing to watch as he spouted facts and insights from a seemingly-endless store of knowledge. We wondered who could ever equal him. But last week we found out. Isabel Smith-Bernstein and her manager Darci Ramirez, that's who.

We learned things about the plays that we would never have known on our own. As we started to talk about Pericles, the first three audience members said: "I can't believe the Festival would present this play that makes light of such devastating social issues." Next: "In my 60 years of attending the Festival, this is the worst production I've seen, bar none." Next: "I loved the play. I was moved to tears at the end."

I knew it was going to be a great morning! Ms. Smith-Bernstein navigated the issues with tact, insight, and a fountain of explanatory material. I found myself thinking I might need to see Pericles again.

As we moved onto Richard III, she let us know that her doctoral dissertation will soon be finished. The subject: Richard III. She talked without a stutter about Richard II, Edward I, Edward II, and who had a shaky claim to the British throne because he was the second son of somebody's cousin—no, that isn't what she said at all. I couldn't follow it then and I certainly don't remember it now, but she knew what she was talking about and I will be better prepared to see Richard III again.

I have taught and played rags for decades, but it took Isabel, quoting from the book, to make me see that the typical rag piece, with its steady left-hand beat and the right-hand syncopated notes darting in and out, was a perfect metaphor for Ragtime. It is true that three societal groups were united at the end into one family, but I know how brutal society can be on mixed families. I still think the ending is the beginning of more sorrow.

And I'll leave you on your own to figure out Comedy of Terrors. What a side-splitting piece of theater that is! Go see it and you'll laugh about it for days.



## WILLIAMS

« CONTINUED FROM PAGE 7

College Theatre Festival in Washington, DC – one of the most humbling moments of his career which included Williams' first year acting student winning the national Irene Ryan Acting Scholarship and Classical Acting Award. It was his student's first time ever working a classical monologue. Williams is also Founder and Artistic Director of The Annual Mississippi Black Theatre Festival and The Darius Omar Williams Studio of Acting.

When asked what he was looking forward to teaching the students at SUU, he shared, "I am excited to share with these brilliant young theatre artists an array of integral skills and tools that will ultimately center, focus and ground them in their craft including



**Mike Curry, creator of the StrongBoard,** demonstrates proper execution of one of the many possible exercises.

## — ANATOMY 101 —

# Abs vs. Core

from Michelle Crompton

IFS STUDIOS

**G**etting six-pack abs is one of the most common goals for many people when they start to work out. But the six pack is just one component of your abdominal musculature; it's a good idea to learn how to differentiate between one's six pack and one's core. And we've learned some things in our 20 years of experience on how best to develop them both for your body.

### Six-Pack Vs. Core

A well-chiseled set of abs can make your physique stand out since it makes up a large portion of the front side of your torso. The six pack's main function is the movement of the body between the rib cage and pelvis. This muscle is targeted when you do exercises that make you curl your torso or lift your legs/knees up.

Now, oppositely, the core is a group of muscles and the rectus abdominis—your abs—are a part of your core. The core has many important functions, including: maintaining organ position, spinal support, stabilization, breathing assistance and balance.

### What Makes Up Our Core?

Abs, obliques, mid and lower back, and glutes are the main core muscles. When your core is engaged, it is stabilizing movement and helping you to remain in a static position. The core is often ignored because most people just focus on the superficial abdominal musculature (the six pack). Athletes who focus on their core are more stable during dynamic physical activity than those who only exercise their abs. Furthermore, having a solid core is a great way to avoid certain injuries that are due to under-developed core musculature.

This is our specialty of course, and you can train with us to strengthen your core! But if

you're looking for something to do at home, then we'd recommend an exercise known as the plank.

If done right, the plank can be a great tool to develop static strength, which in turn will help you not only have better-looking abs, but also a more stabilized and balanced core overall.

Planking is a great start to a core workout. You're close to the ground, you're in control of how long you do it and it doesn't involve any outside forces or equipment. If you're new to working out, then a 30-second plank is a great way to start so that you can build up to longer times.

Form is important: your back should be straight and you should be engaging all of your muscle groups. Do it in front of a mirror or setup your phone to film yourself so you can analyze your form and ensure you're protecting yourself from harm.

see **ABS VS. CORE** » 10

## ABS VS. CORE

« CONTINUED FROM PAGE 9

Think planking is easy? Try it here with us on a StrongBoard for a serious challenge! If you want a real core workout, the StrongBoard was specifically designed for just that. Think of your core as the foundation of your body, which helps during most movements. Diversify from the plain crunches and include other exercises that engage your entire core!

Ready for a real challenge and a serious core workout? IFS Studio is hosting a 6 Week StrongBoard Challenge Class starting August 30th. It will be held on Monday, Wednesday & Friday at 9am. Limited spots available, more class times will be added as needed. Call 661-436-0259 to reserve your spot today!



PHOTOS COURTESY IFS STUDIOS

The StrongBoard not only helps to strengthen abs, but each movement involves and improves the entire core of the body.



## ONGOING OPPORTUNITIES

### GOVERNMENT

#### Cedar City Council

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

#### Enoch City Council

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

#### Enoch Planning Commission

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

#### Iron County Commission

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

#### Iron County Democrats

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

#### Iron County Republican Women

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

#### Parowan City Council

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

### SERVICE GROUPS

#### American Legion Auxiliary

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

#### Bikers Against Child Abuse

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

#### Elks Lodge #1556

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

#### Lion's Club

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

#### Marine Corps League

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

#### Rotary Club

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

### SUPPORT GROUPS

#### AA—Alcoholics Anonymous

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

#### Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

#### Red Road to Sobriety • Mon, 6 pm

Paiute 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 [mjmiller@alz.org](mailto:mjmiller@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

### Celebrate Recovery

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

### Helproom

Fri, 2-3 pm • Free online support group for survivors of Domestic Violence, Sexual Assault. Safe space to communicate, feel supported and share perspectives on healing, recovery. Join at: [affiliate.rainn.org/helproom/canyoncreekseverities](http://affiliate.rainn.org/helproom/canyoncreekseverities).

### Multiple Sclerosis

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

### Narcotics Anonymous

[www.nasouthernutah.org](http://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.

### 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](http://www.southernutahshare.com)

### Senior Blind/Visually Impaired

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

### Southwest Parkinson's Alliance

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

### 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. Sewing projects for all abilities. Block of the Month. Make friends, improve your skills & have fun. Visitors are always welcome. Info: Ms. Ronnie Badgett. (435) 477-2243. [cedarchestquiltersguild.org](http://cedarchestquiltersguild.org)

#### Cedar Radio Control Club

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

#### Cedar City Toastmasters

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

#### Cedar Professionals

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

### 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](http://southernutahrockclub.org)

### 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 & Fri, 9:30-10:30 am • 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 • Stahl 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](http://www.weightwatchers.com/us/find-a-meeting)

### Wellness Place

583 S Main Suite #5, Cedar City. (435) 592-5308. Classes: [thewellnessplacecc.com/upcoming-classes](http://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](mailto:news@ironcountytoday.com)

## calendar

## WED, AUGUST 11

## SON AND DAUGHTER DAY

## CHARACTER SKETCHES "HUGO AWARDS"

- Dramatized works of SciFi or fantasy of the previous year." (Each Wed 6:30-7:30pm) Cedar City Library [303 N 100 E] (435) 586-6661. All skill levels welcome.

**TYME CHILDREN'S THEATER: MOANA JR (MON and Tues - 7pm) @ Aladdin Theater (27 N Main St, Parowan).** Special guests: SUU Polynesian Club. Tickets \$5. Tickets/Info: (435) 477-2075.

## THURS, AUGUST 12

## INTERNATIONAL YOUTH DAY

**ART IN THE PARK (9AM - 5PM, THURS - SAT) @ Frontier Homestead State Park (635 N Main St., Cedar City).** \$4 person. Artists demonstrate/sell their art at tables while musicians perform throughout the day. To participate call Jana (435) 865-1441, Frontier Homestead (435) 586-9290.

**LUNCH AT THE MUSEUM: RED ACRE FARM (11:30 am - 1pm) @ SUMA (13 S 300 W, Cedar City).** Join SUMA and Red Acre Farm for a pop-up lunch. Enjoy delicious seasonal goodies starting at \$5! Sit and eat with friends on the plaza or take your lunch on the go.

**EXPLORING CONSCIOUSNESS AND SPIRITUALITY (7-8:30pm) 6 week class.** Crescent Heights Clubhouse. Get together with like-minded individuals for teachings and discussion with Carla Fox, shamanic practitioner and energy healer. Info: (435-708-1440) (no text).

**CEDAR CITY ARTS COUNCIL SUMMER SOCIAL (7:30pm) @ Red Acre Farm.** CCAC Socials showcase and celebrate the dynamic art community in Iron County with live music, art displays, and refreshments provided by Red Acre Farm. Come celebrate a few of our local artists at this fun and free event! INFO: Sara Penny, CCAC Vice President, cedarcityartscouncil@gmail.com.

## FRI, AUGUST 13

## LEFTHANDERS DAY



**PAIUTE RESTORATION GATHERING CONTEST POW-WOW (Grand Entries: Fri 7pm, Sat 1pm & 7pm) @ Paiute Indian Tribe of Utah Outdoor**

Arbor (440 N Paiute Dr, Cedar City). FREE - Everyone is welcome! Festivities include Softball Tournament, Handgame Tournament, Spirit Run, Food, Vendors, and more. INFO: Patrick Charles 435-559-7529, Paiute Tribe 435-586-1112 or www.UtahPaiutes.org or Facebook: /PITUAnnualRestorationPowWow/. All vendors must be vaccinated against COVID-19. Dancers and spectators are highly encouraged to be vaccinated.

**CEDAR BREAKS STAR PARTY - (EVERY FRI, Sat, Sun, 9-11pm) @ North View Overlook (the last overlook in Cedar Breaks closest to Brian Head - Hwy 143).** Cost \$10 per person, 15yrs. and younger are free. National Parks/ Interagency America the Beautiful passes are accepted. Rangers provide telescopes and a formal program at the top of the hour, then an informal constellation tour will be given. Dress warm and bring chairs, blankets. Participants welcome to bring their own telescope and red flashlights. Info: (435) 986-7120 or www.nps.gov/cebr.

## SAT, AUGUST 14

## FREE COMIC BOOK DAY

**BEAD FOREST FREE COMIC BOOK EVENT (All Day) @ Bead Forest (41 N Main).** Come celebrate Free Comic Book Day (FCBD) and get free comics and stickers.

**VALENTINE PEAK PARK RUN (EVERY SAT, 8AM) @ Iron County Fairgrounds.** FREE, weekly, timed 5K run/jog/walk. Open to all ages and all abilities - each week we have a Tail Walker, so you will never be last. Organized by volunteers. Join us! Info/Reg: parkrun.us/valentinepeak.

**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.

**RENTWAPO-WORKS FARMERS MARKET (Saturdays 9-2pm), (4871 N Enoch Rd.)** Eggs, pecans, popcorn, hand crafted items, home decor, indestructible dish/pan scrubbers, baby blanket & booty ensembles, homeopathic items. A fun and unique shopping experience for all ages. 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.

**BACK TO SCHOOL BASH (10AM - 2PM) @ CEDAR CITY MAIN STREET PARK (200 N Main),** admission FREE. Activities include Carnival Games, School Supplies, Funtime Inflatables, and Lunch (while supplies last).



**SWEET SPOT MUSIC FESTIVAL (1-11PM) @ COBBLE CREST PARK (100 S 200 E, Kanarrville),** FREE admission. Directions/Info: Facebook or email gradientsoundevents@gmail.com.

**SECOND SATURDAYS AT SUMA (2-4PM) AT SUMA (13 S 300 W, Cedar City).** FREE admission. Formerly known as Family Day, this series of events is for families and friends in the community of all ages. Planned activities geared toward people of all ages/backgrounds.



**BURGERS, BIKES & BANDS (5:30 PM - 8PM) @ Red Acre Farms (2322 W 4375 N, Cedar City).** This event is family-friendly and fun for all ages. If you ride your bike out, (pedal or motor) we reward you with premium parking and 10% off! INFO: (435) 865-6792 or Facebook: /RedAcreFarmCSA. There is no fee to come listen to the band and you do not have to purchase food. We do ask that you NOT bring any food from off-site and tipping the band is encouraged. You're welcome to bring along blankets, lawn chairs, umbrellas, and BYOB.

**OPEN MIC NIGHT (7:30-8:30PM) @ PAROWAN PAVILION.** Bill Smith will recite his poetry and anyone who would like to share any talent is welcome. Questions, call 559-471-6443.



**WATER LANTERN FESTIVAL (8PM - 11:15PM) @ The Lake On The Hill (2090 W Royal Hunte Dr - behind Aquatic Center).** Family-friendly night with floating lanterns (8:30-9pm), dessert vendors, and an outdoor movie "Raya and the Last Dragon" (9:15-11:15pm). Bring your own chairs and blankets (the seating area is paved). Tickets \$3, includes lantern, sticker, movie. Tickets available at www.cedarcity.org/1322/Cedar-City-Lantern-Festival. INFO: (435) 865-5108.

## SUN, AUGUST 15

## RELAXATION DAY

"ALMOST EVERYTHING WILL WORK AGAIN if you unplug it for a few minutes...Including you." -Anne Lamott

## MON, AUGUST 16

## DISCOVERY DAY

**GRIFOLS GEOCASH TREASURE HUNT (JULY - AUGUST)** Community treasure hunt. Our wonderful local businesses and community are giving back and supporting our organization, Canyon Creek Services. Info: grifolsgeocash.com/

**SUMA: SPECIAL EXHIBIT - CORSET AS ART (Mon - Sat, 11am - 6pm) @ SUMA (13 South 300 West, Cedar City).** FREE admission. Held in conjunction with the Utah Shakespeare Festival (USF) and their production of Intimate Apparel. Info: www.suu.edu/suma.

**ART FOR THE BREAKS (MON - THURS 9AM - 9pm & Fri - Sat 9am - 6pm, thru August) @ Cedar City Library (303 N 100 E).** All proceeds benefit Cedar Breaks Education Programs. All pieces are priced to sell at great prices from regionally recognized artists. Info: Artisan's Gallery (435) 586-4850.

## TUES, AUGUST 17

## THRIFT SHOP DAY

**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.

## WED, AUGUST 18

## COUPLE'S DAY

## CHARACTER SKETCHES "HUGO AWARDS"

- Dramatized works of SciFi or fantasy of the previous year." (Each Wed 6:30-7:30pm) Cedar City Library [303 N 100 E] (435) 586-6661. All skill levels welcome.

## Want your event on our calendar?

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



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# “FUMBLE”

Football season is finally here! Even if you're not a football fan there are still some great lessons to be learned for the game of life from this grueling gridiron of guts and glory, for guys and girls.

While there are too many pigskin parables to cover in one rut, I'll still throw you some great ideas to help you not only evade (or endure and overcome) life's adversities, but to also find the desire to get back up after being tackled, fumbling, and still score touchdowns!

In football, there are few things less demoralizing than fumbling. One moment you're in control, confidently juking and sprinting towards the end zone and the next moment you're being tackled; the ball comes loose and is recovered by the

keep running! Also, if you're tired and worn out, or need to call a new play or a new strategy, then call a time out. And no matter the play (strategy) you do call, if you get tackled and/or tumble and fumble (make mistakes, get confused, run the wrong the wrong way or with the wrong crowd), get

*the rut*  
LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



back up, don't give up and try another play. Speaking of different plays; while trick-plays are fun to watch, you can't win with only trick-plays. That's why every practice you should learn to improve your education and execution



NORMAN ROCKWELL

NORMAN ROCKWELL

other team.

Speaking of frustrating fumbles, if you've heard of Jim Marshall (1964 Vikings #70), you're familiar with the #54 play of the Top 100 NFL plays, known as the "Wrong Way Run." Marshall skillfully recovered a fumble and ran it all the way into the endzone (66 yards—untouched) for a touchdown! The only problem, he ran into the wrong endzone. It didn't help that he couldn't hear his teammates, or the announcer yelling, "Marshall is running the wrong way!" Thankfully, he would cause a fumble of his own later in the game that would help seal the Vikings' victory over the 49ers.

As a life lesson, learn to listen to the right people and make sure you're not only on the right field, but that you're running the right way. If you're running the wrong way, then turn around and

of each play so you don't have to guess, or improv your way through life, on or off the field.

Also, during difficult games (you'll have them), be persistent and patient. You don't have to score a touchdown on the first down. And stop staring at the scoreboard. The score may help determine the next best play (strategy) but not your motivation and best execution of that play.

One final thought, your greatest opponent and opposition is always yourself. You can tackle yourself or you can tackle your life one day, one play at a time. So, practice your plays and your endzone dance because that's where you're going...see you there! P.S. It took a lot of guts for Marshall to get back on the field and help the Vikings win. That's why he is still one of greatest players of his era.

# BUSINESS SPOTLIGHT

## QUICK QUACK CAR WASH

### Free car washes highlight Grand Opening in Cedar City

Quick Quack Car Wash is hosting a celebration for the opening of its first location in Cedar City, UT, located at 1341 S. Providence Center Drive (off Highway 15 at the Main Street exit, across from Home Depot and Walmart). The grand opening kicked off last Monday and concludes this Sunday. The event includes a fundraiser-benefitting a local family, a chance to win a year of free car washes, 12 days of free car washes.

The local family benefitted is the Brindley family. Donations will help the family pay for medical bills and travel expenses for their son. At eight months old, Cashdyn Brindley was diagnosed with Fusion Positive Rhabdomyosarcoma. Cashdyn went through surgery to remove the tumor behind his eye and has recently finished proton radiation treatments. He is currently receiving chemotherapy.

Quick Quack is also hosting a mustang giveaway for residents of Cedar City, St. George, and Hurricane. Customers can enter the giveaway by visiting [win.quickandwin.com](http://win.quickandwin.com) for a chance to win a 2021 Ford® Mustang EcoBoost

Convertible. The winner will be announced on January 1, 2022.

"Our mission at Quick Quack is to Change Lives for the Better," said Travis Kimball, Chief Experience Officer of Quick Quack Car Wash. "So, for every new store opening, we try to do just that by providing free car washes to our customers while encouraging donations that will benefit the selected cause."

Customers can visit anytime between 7 a.m. to 9 p.m. and receive the (Lucky Duck) Best wash for free. For a limited time, Quick Quack will also give customers the chance to sign up for any membership package for only \$9.99 for the first month.

### About Quick Quack Car Wash:

Quick Quack Car Wash is Fast. Clean. Loved... Everywhere. Quick Quack Car Wash is a fast-growing chain of exterior-only, express carwash locations in Arizona, California, Colorado, Texas, and Utah. Quick Quack is regularly recognized for its community-building efforts as well as its environmentally friendly business practices. In addition to a big yellow mascot duck named "Quackals," Quick Quack is best known for free, self-service vacuums and unlimited carwash memberships. Don't Drive Dirty!™ For more information, visit Quick Quack's website at [www.dontdrive-dirty.com](http://www.dontdrive-dirty.com).

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GETTY IMAGES

# Choosing a guardian for your children

by Jeffery J. McKenna

FOR IRON COUNTY TODAY

If you have young children, you've probably thought about who would raise them if both you and your spouse were to die. It's not an easy thing to consider. However, you can make plans now that will put your fears to rest, knowing that your children will be nurtured and cared for.

You can use your will to name the person you want to be the guardian of your children. The judge will appoint the person you nominated in your will as guardian, unless it is not in the best interests of the children for some reason. If you do not name a guardian in your will, anyone who is interested can request to be appointed. The judge then must decide, without your opinion.

Legally, you may name co-guardians, but keep in mind that co-guardians could later go separate ways. Here are some factors to consider when selecting a guardian or co-guardians:

- » Is the prospective guardian old enough? He or she must be an adult, 18 years or older.
- » Does your choice have a genuine concern for your children's welfare?
- » Is your choice physically able to handle the rigors of child rearing?
- » Does he or she have the time? The resources?
- » Does he or she have children close in age to that of your children? Is this a benefit?
- » Does the guardian share your moral beliefs?
- » Would your children have to move away from other family members?

If you're having a hard time selecting a guardian, talk with the people you're considering. They may not be willing or able to accept the responsibility. Their feelings about acting as guardian may help you decide.

When you and your child's other parent make your wills, you should name the same person as guardian. Otherwise, in the event of both your deaths, the court would be faced with wishes that

*"It's not an easy thing to consider. However, you can make plans now that will put your fears to rest, knowing that your children will be nurtured and cared for."*

conflict, and would have to make the choice. If you don't agree on one person, candid discussions with your potential guardians may help you reach an agreement.

Most people want their children to stay together. However, you may have good reasons for naming different guardians for different children. In all cases, you should keep the best interests of your children at heart. In most cases a judge would grant custody to a non-parent only if the surviving parent had abandoned the child or was found to be an unfit parent for some reason.

Most people have strong feelings about how they want their children to be raised. Your concerns may cover anything from keeping the children together to religious teachings. All of these wishes can be expressed in your will.

The decisions are difficult. In all cases, the best interests of the children come first. Selecting guardianship for your children is, in itself, a good reason to make a will. Nothing gives greater peace of mind than knowing your children will be cared for if something were to happen to you.

Jeffery J. McKenna is a shareholder at the local law firm Barney McKenna & Olmstead, serving Southern Utah residents for over 20 years. Jeff is the former President, and founding member of, the Southern Utah Estate Planning Council. Barney McKenna & Olmstead, P.C., has a satellite office with Burns Law at 415 N. Main Street, Suite 106 in Cedar City. If you have questions regarding this article, or a topic you would like addressed, please call us at 435 628-1711.

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# 65th Annual Miss Iron County Competition

from Karen Ence

DIRECTOR, MISS IRON COUNTY ORGANIZATION

The 65th Annual Miss Iron County and Miss Outstanding Teen Competition will take place this coming Saturday, August 14th at 7:00 p.m.

The current Miss Iron County, Fallon Montgomery, and Miss Iron County's Outstanding Teen, Ashtyn Giles, will be giving up their crowns and titles to two talented and well deserving young ladies.

Four young ladies will be competing for the title of Miss Iron County and will have the opportunity to serve and represent Iron County both locally and on the state level, as well as implement their service platform to the community.

In addition, Six young ladies will be competing for the opportunity to serve as Miss Iron County's Outstanding Teen where they will be able to implement their platform, serve and represent the community in local events and compete at the Miss Utah's Outstanding Competition in February.

## MISS IRON COUNTY CONTESTANTS

### Abi Lozano

Daughter of Joel and Karalina Lozano of Parowan. Abi's platform of service will concentrate on Honor Flights for our greatest generation, our WWII Veterans, and raise awareness of their great service and help to secure funds to send those veterans to Washington DC to visit the many great historical sights.



### Brittney Fails

Daughter of Travis and Tonya Fails. Brittney will concentrate her year of service on the First Responders of Iron County and bring awareness to their Mental Health after helping so many in crisis. Being a certified EMT and certified Wildland firefighter Brittney feels that she has a good insight to these issues.



### Andelin Mbaki

Daughter of Jean Claude and Merly Mbaki of Cedar City. Andelin's focus for her year of service will be S.H.I.N.E, Standing Higher In New Environments. Being an immigrant she feels the desire to help those in the minority to find equality in Iron County, and that together everyone can find a place to belong.



### Reagan Anderson

Daughter of Chad and Trisha Anderson. Reagan's platform "A Reason To Get Out of Bed" will concentrate on motivation and a sense of reality. She will address depression and the impact of social media in our lives and how it plays a part in our daily motivation.



## OUTSTANDING TEEN CONTESTANTS

### Kalee Garret

Daughter of Allen and Tonya Garrett. Platform: Never Give Up!



### Tanley McCurdy

Daughter of Ty and Janene McCurdy. Platform: S.A.D. to Glad.



### Jaeda McCurdy

Daughter of Ty and Janene McCurdy. Platform: Kindness Counts.



### Ava Lunt

Daughter of Christopher and Sherie Lunt. Platform: Unite with Each Other.



### McKinlee Urie

Daughter of Mac and Rachel Urie. Platform: Adopt a Grandparent.



### Mandolin Saunders

Daughter of Dan and Chenille Saunders. Platform: The Power of 5.



We hope to see you support these beautiful young ladies as they compete for their respective titles. Then join us Saturday, August 14, at 7pm at Canyon

View Highschool for the competition! (\$10 per person) Follow Miss Iron County on Facebook and Instagram for updates on events.

## people

### BIRTH

#### Izzee LaRee Sullivan

Izzee LaRee Sullivan was Welcomed into this world on June 23rd, 2021, at 11:45 pm by her parents Tyler and Ashlee Sullivan and her siblings, Taylee, Swayzee and Ledger Sullivan, all of Paragonah. Weighing in at 7 lbs. 6 oz. and 19 in. long, she is the granddaughter of Lance and Kelli Evans of Parowan; John and Janice Kellogg of St. George; Great-granddaughter of Laurel Matheson and Jackie Evans, both of Parowan; and Carol Sullivan of Kanab. We sure are blessed to have such a sweet little addition to our family.



### BIRTH

#### Remington Rae Hunt

Remington Rae Hunt was born on July 20, 2021, at 10:09 am. She was born at 37 weeks and weighed 5lbs. and was 16 in. long. Remi was welcomed by her parents Ruger and Kristie Hunt of Cedar City, UT. Maternal grandparents are Shane and Kristina Chuning of Cedar City, UT and paternal grandparents Kelly and Tami Hunt of Glenwood, UT. Baby Remi shares her birthday with her late great-great-grandmother Angelina T. Romero who sadly passed away on July 16, 2021, a few days before turning 84.



### 1<sup>ST</sup> BIRTHDAY

#### Ledger Sullivan

Ledger Lonnie Sullivan celebrated his 1st Birthday on July 21st. He enjoys being outside and army crawling around the house. His favorite food is pancakes and he loves playing with his sisters. He is the son of Tyler and Ashlee Sullivan of Paragonah, UT. Grandson of Lance and Kelli Evans of Parowan, UT. Janice and John Kellogg of St. George, UT. Great-grandson of Laurel Matheson and Jackie Evans, both of Parowan. And Carol Sullivan of Kanab, UT. Happy Birthday tiny boy. We love u so much!



### 50<sup>TH</sup> ANNIVERSARY

#### Art & Margaret Clark

Please join us in celebrating the 50th wedding anniversary of Art and Margaret Clark! An open house will be held Saturday, August 14, 2021 at the Panguitch Lake LDS Church from 12-3 pm. The chapel is located on highway 143, next to the Panguitch Lake General Store. No gifts please. J. Arthur Clark, and Margaret Mugleston were married on August 5, 1971 in the Salt Lake Temple. Together, they have seen backroads, ascended hilltops, fished rivers and lakes, and viewed the night sky from a myriad of locations. Along the way, they have made countless friends and blessed many lives. Art and Margaret have given a life of service both in and out of their church. They served an LDS Mission together in Barcelona, Spain from 2013-2015, and served as temple workers in the Cedar City Temple. Art is the son of James Leland & Cleo Miller Clark. Margaret is the daughter of Louis Wetzell and Maureen Kinghorn Mugleston. They are the parents of Ryan (Lori), Nica (Josh Billings), Colin (Kristen), Maren (Derek Bryan), and Dallin (McKell). They have 17 grandchildren. If you are unable to attend, please share a favorite memory or note. Send to: 1189 South 4250 West, Cedar City, UT 84720. Email: artmargaretclark@gmail.com.



## faith

## Angels (Part 2)

by *Edy Meredith*

FOR IRON COUNTY TODAY

**F**ifth, continuing with what the Bible states about angels, we come to the fact that angels are not omnipresent, that is they can only be in one place at a time. They frequently appear as messengers of God traveling from one place to another as in Luke 1:26-27, when the angel Gabriel was “sent by God to a city of Galilee named Nazareth, to a virgin betrothed...to Joseph of the House of David” to tell Mary that she was highly favored by God and would bring forth a Son who would have the title of “Son of the Highest” and “His kingdom would have no end.”

Other places in the Bible show the angels serving God and traveling from one place to another from their habitation in Heaven as shown in Daniel 10:12-20 when an unnamed angel comes to Daniel to tell him what would happen to Daniel’s people in latter days referring to “many days yet to come” with the angel “having the likeness of the sons of men.” Unlike God who is omnipresent, angels are finite creatures, limited to one place at one time. That angel also refers to Michael, a chief prince of God, and to other angels who oppose God called “the prince of Persia” and “the prince of Greece.” That some angels

### DIFFICULT QUESTIONS & TRUTH 101.30

oppose God adds another dimension to our understanding of angels.

Sixth, we don’t know how many angels exist. There are several places that refer to the number of angels, as in Deuteronomy 33:2 on Mount Sinai when God came with “ten thousands of holy ones, with flaming fire at His right hand.” We also learn in Psalm 68:17 that “the chariots of God are twenty thousand even thousands of thousands”, and when we truly worship God, we come into the presence of an “innumerable company of angels” --a number so great it cannot be counted.

Seventh, the Bible doesn’t definitively state that guardian angels exist, as in angels assigned to specific humans. The Bible does clearly state, however, that God does send angels to protect people: “He will give His angels charge over you to guard you and keep you in all your ways. In their hands they shall bear you up, lest you dash your foot against a stone” (Psalm 91:11-12). Should we consider these as our “guardian angels”? Jesus said in Matthew 18:10 that some individual people (perhaps children) have guardian angels, that is “in heaven their angels always see the face of my Father who is in heaven.” In Genesis 24:40 Abraham said to his servant, “The Lord before whom I walk will send His angel with you and prosper your way.”

There are still seven (items 8-14) more aspects of great interest about angels for us to understand. The eighth and next item next week concerns the marital status of angels. So much is yet to be learned about our Creator and His creation of angels.

## “Healing Rain” (Michael W. Smith)

**W**ith our recent anticipation for and reception of precipitation—which brought both casualty and controversy—it surely and sorely caused a trial of faith for many. While the returning rains were welcomed by many, the mayhem from the maelstrom seemed to mock the merciful downpours by causing more flooding and wreckage than filling and replenishing the aquifer. Nevertheless, many in the community chose to see an opportunity for unity and helped each other endure, overcome and become better, not bitter.

Scientifically and simplistically speaking, the reason why we had such destructive flooding is because the ground is so hard that instead of soaking in, the rain runs off and transforms into flooding—from restoring into wreckage. It’s the same with our hearts. If they have become hardened by anger, hate, fear, idleness, indifference, unforgiveness and any other sedentary sediments, it’s difficult for God’s healing rain to get where it needs to go...into our hearts.

Like our current physical drought conditions, God is not using the storms and floods to reprimand us, but more to remind us of and teach us how to not only manage our H2O supply better, but also how to take care of, fill and keep filled our spiritual aquifers. Because when our wellsprings within are depleted, it’s much easier to be defeated by the adversary’s adversity. He knows perfectly well that when our souls are dehydrated from distance, dissonance and indifference with our relationship with God, we’re weaker and more susceptible to temptation’s detours, discouragement

and depression.

That’s why God wants a different kind of flood for each of us; a flood of faith and hope flowing through our hearts, nourishing our souls with reminders of His reinforcements of strength and of His love so that we truly can endure all things (1 Corinthians 3:7) and also enjoy the journey despite the downpours and detours that adversity brings into our daily lives (James 1:2-3, Romans 15:13).

That’s why and when God sends His healing rains to replenish our dehydrated hearts and to soften the soil of our souls so He can plant seeds of hope (Jeremiah 29:11), mercy and grace (2 Peter 3:9), forgiveness (2 Chronicles 7:14), strength (Isaiah 41:12, Matthew 6:9-16) healing (Isaiah 53:4-5, Jeremiah 30:17) and of joy (Revelations 21:4).

And yet, some will not allow His tender mercies to soften and soak into their sacred soil. Nevertheless, God never gives up on his wayward and wicked children and sends His healing rains to fall on the just and unjust (Matthew 5:45) in the hopes that one day His parched prodigals will return and receive His healing rains of love, mercy and grace (Luke 15:11-32).

Then, just as neighbors and strangers came together to the aid of those in need of help during the physical flooding, when our hearts are filled—even overflowing (flooding) with the love of God—then we can go out and help others endure and overcome their spiritual flooding from weariness and hopelessness (Philemon 1:7). Let it rain and let God reign in our lives!

### GOD'S playlist

Corey Baumgartner

news@ironcountytoday.com



## Nondenominational community Bible Study

### A PRECEPT STUDY OF ISAIAH (PART 1)

from *Cheryl Disney*

FOR IRON COUNTY TODAY

A Precept Upon Precept Bible Study will be held at the Cedar City Public Library, 303 N 100 East. There will be two classes beginning on September 1, 6:30 – 8:45 pm and on September 2, 1-3 pm. They will each include a 14-week study of Isaiah, Part 1, “Know God deeply, live differently.”

Workbooks are \$31.00 and may be picked up on August 26. Also at that time, there will be an orientation of inductive Bible study for new students. Lesson 1 will be discussed in class the first week.

In Isaiah (Part 1), we’ll meet the Holy One of Israel, and learn how He deals with those who claim Him as God but don’t honor Him as

God in the way that they live. And we’ll find the destiny of nations, the future of all mankind ... including ours.

Precept Upon Precept studies take a straight-forward investigative approach to Bible study. The inductive method will lead attendees to discover truth for themselves by using three skills; observation, interpretation and application. These studies consist of homework, discussion, and DVD lecture by Bible teacher Pete Delaney.

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## WANTED: Church Pianist

from *Community  
Presbyterian Church*

FOR IRON COUNTY TODAY

Community Presbyterian Church in Cedar City is seeking a part time pianist to provide musical accompaniment for our 10 a.m. Sunday services. This is a part-time paid and shared position. The individual will be asked to play two Sundays per month as well as for the occasional special service. If interested, please contact Jody in the church office 435-586-8891.

# obituaries

## Rose Fudge Barney



Rose Fudge Barney, age 86, passed away peacefully in her home on August 4, 2021, due to congestive heart failure. She was born on October 10, 1934 in South Shields, England to Daisy and George Fudge.

When Rose was five years old, England was pulled into a World War that would forever impact Rose's life and personality. Through faith and dedication to the Gospel, her life was spared countless times, and her stories of courage, faith, and endurance will be cherished by her family and friends

for generations to come.

Growing up, Rose was an active member of The Church of Jesus Christ of Latter-day Saints. When Rose was 14, she and her mother made the long journey to America so that they could come to Utah and be close to the Church. Rose proudly served in many church callings, including 1st Counselor in the Relief Society, Drama Director, Young Women's Teacher, and as a member of the Stake Sunday School Board. She also supported her husband in his multiple callings.

She met her husband, Bob Barney, in Salt Lake City through a blind date, and they were married on August 19, 1955 and were later sealed for Time and Eternity in the Manti, Utah temple. They made their home first in Sandy, Utah and then in Washington, Utah before settling permanently in Cedar City.

Rose was a woman who had many passions. She came from a musical family and as a child would sing and dance while her father and older brother George played instruments. She carried a love of music throughout her life and could often be found singing while doing her housework. She was particularly fond of waltzes. She had an unforgettable soprano singing voice and was a member of a double quartet when she lived in Washington.

Flowers, especially irises and roses, were another of Rose's passions, and she was determined to turn the desert into a garden. She loved beautiful things and yearned for the gardens of England that she had left behind so long before. She had a generous heart and blessed many people with the irises she freely gave away.

Rose had an open, inquisitive personality, always thirsting for new ideas, which she found by watching and reading mysteries, though she often read the endings first because she couldn't wait to find out the mysteries. She also loved learning about history and unique cultures, especially those of Egypt and Hawaii.

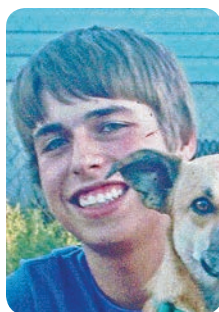
Though Rose was self-contained and largely content to be at home, she enjoyed spending time with her grandchildren. Her summers when her grandchildren were off school were filled with many hours of her sharing her favorite movies and stories with them. Later in life, her enjoyment came simply from talking to her children, grandchildren, and great-grandchildren. She was passionate about sharing her experiences in life with others. Most importantly, she loved her family and worked hard to care for them and instill in them the values that carried her throughout her life.

Rose is survived by three children – Jill (Tracy) Belliston, Joyce (David) Pace, and Robert Barney; five grandchildren – David (Kristen) Belliston, Nichole (Ryan) Taylor, Steve (Ashlan) Belliston, Mike (Carissa) Belliston, and Mandi Olsen; and eleven great-grandchildren. She is preceded in death by her parents, George and Daisy, and her brother George.

As per Rose's wishes, there will be small service for immediate family members only. Interment will be held at the Enoch City Cemetery Under the direction of Heartlight Affordable Funeral Services.

Online condolences can be sent to her memorial page at [www.affordablefuneralservices.com](http://www.affordablefuneralservices.com).

## Alex Michael Foreman



Alex Michael Foreman, age 26, passed away unexpectedly on August 2, 2021, at his home in Cedar City, Utah. He was born on August 30, 1994, in Cedar City, Utah to Joseph and Julie Jackson Foreman. He had a great love for his dog Rocky, who was his best friend.

Alex loved the mountains, camping, and fishing and just being in nature.

He is survived by his father Joseph Foreman, Mother Julie Jackson Foreman, sister Ashley Foreman and brother Aaron Foreman. He is also

survived by his grandmother Diana Lee Jackson and many aunts and uncles. Our hearts are breaking, but we know we will see you again.

Online condolences can be sent to his memorial page at [www.affordablefuneralservices.com](http://www.affordablefuneralservices.com).

## Chuck Birdsong



Chuck Birdsong, beloved family member and friend passed away August 2, 2021.

Chuck is the son of Douglas Dean Birdsong, Catherine M Saurett, and stepson of Wayne M Roberts.

After graduating Milford High School in 1973, Chuck honorably served in the US Army. After discharge, he attended SUSC (SUU) and ultimately landed a position with a civil contractor to the US armed forces, where he stayed throughout his career.

In retirement, Chuck struck fortune by working at 2 locations he loved most: The Canyon Breeze Golf Course and the Cedar Bowling Center. It was at these two businesses where Chuck made many friends and "adopted" many as family, as they did him.

Chuck earned local legend status with achievements such as hitting the Trifecta on Canyon Breeze Golf Course where he hit a hole-in-one on EACH of the Par 3's, THREE separate times!

As a Senior Olympian, Chuck earned several medals in bowling. It wasn't unusual for Chuck to step up with a bowling ball in hand, and throw a 300 game!

He happily mentored those who asked for skill guidance. He even provided many with equipment so they could take up the sport.

Chuck is survived by many, yet not enough. His generosity of spirit, dry wit, smile with twinkle in his eye and crinkles at the corners - they've always been there and always will be. We're going to miss you my dad, my brother, my uncle, my sweetheart!

Many thanks to all who've helped Chuck and family during this time, especially Nick Jones & The Cedar Bowling Center and the Sue Byers family.

GO Utes!

There was a viewing held at Heartlight Affordable Funeral Services (2002 North Main Street, Cedar City Utah) on Sunday August 8th from Noon to 2:00 pm, followed by a Pot Luck lunch and celebration of life from 2:00 to 4:00 pm at the Cedar Bowling Center (421 E N Hwy 91 Cedar City Utah) where stories and memories of Chuck were shared.

Online condolences can be sent to his memorial page at [www.affordablefuneralservices.com](http://www.affordablefuneralservices.com)

## Brice Lynn Paul



Our wonderful husband, father, grandfather, great-grandfather, brother and friend, Brice Lynn Paul, passed away on July 31, 2021. He was born on August 4, 1952, in Blackfoot, Idaho to Homer William and Edna Matilda Hansen Paul. He was a proud graduate of Blackfoot High School of 1970. He married his eternal sweetheart Linda Mae Stutz on July 23, 1982, in Midvale, Utah.

Brice was an active member of the Church of Jesus Christ of Latter-day Saints serving in many capacities. He loved traveling, and he and Linda have traveled to many amazing places in the world.

Brice loved helping people in his profession as a Memorial Counselor and in his everyday life. It didn't matter if it was family or someone on the street. He loved his family dearly and would stop at anything to help or show love to them. His love for the gospel and his Savior was where he found great joy. There was not a more loving and caring man around. Known by many, loved by all.

Brice is survived by his loving wife Linda Mae Paul of Cedar City, UT. His children; Michael Shane (Jill) Ashby of Herriman, UT, Stephen Wells (Marcia Garcia) Ashby of Cedar City, UT, Jeff Dennis Ashby of Cedar City, UT, John William (Crystal) Paul of Lake Havasu City, AZ and Janet Lynn Ashby of Reno, NV. Also, his sister Sheryl Lee Paul of Blackfoot, ID. He was the proud grandfather of 14 grandchildren and 9 great-great grandchildren.

He is preceded in death by his parents Homer and Edna Paul and his brother Steve Dale Paul.

Funeral services were held on Friday, August 6, 2021, at noon at Southern Utah Mortuary, 190 N 300 W, Cedar City, UT 84720. A viewing was held prior to the services from 9:30-11:30 am at the Mortuary. On Saturday, August 7, 2021, a viewing was held at noon at Memorial Estates Mountain View, 3115 Bengal Blvd, Salt Lake City, UT 84121. Graveside services were then held at 1:00 pm at Memorial Estates Mountain View under the direction of Southern Utah Mortuary. Online condolences can be made at [www.sumortuary.com](http://www.sumortuary.com).

Livestreaming of the funeral service was available to watch from his obituary page at [www.sumortuary.com](http://www.sumortuary.com).

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# CV, Cedar soccer open with mixed success

by Tom Zulewski

IRON COUNTY TODAY

The Canyon View Falcons and Cedar Lady Reds opened their girls soccer seasons last week with mixed results during two separate road tournaments.

Both teams opened on a high note

as Canyon View shut out Juab, 2-0 on Aug. 5. Hallie Newman and Harmony Lopez scored the goals for the Falcons and Newman added an assist. Niky Johnson came through with the clean sheet in goal.

Cedar had an offensive explosion in its opener, scoring seven times in the second half and beating Taylorsville,

8-1. Keana Tolman, Amanda Brown and Rylan Tebbs all scored twice for the Reds in the win.

On Aug. 6, both teams fell in shutout losses. Canyon View was blanked 3-0 by Payson, and Brighton shut down Cedar in an 8-0 defeat. The Falcons rebounded to shut out Uintah, 5-0 on Aug. 6 to finish the week with

a 2-1 record. Bethanee Vargas and Brooke Davie scored twice in the win and Davie added an assist.

Cedar played its home opener against Parowan on Tuesday, which was too late for press deadline. Canyon View plays at Dixie tonight, and both teams will face each other in the Falcons' home opener Friday.

## RETURN TO THE RANKS

NEW REGION, MORE OPTIMISM FOR FALCONS FOOTBALL



Beginning their new season in the 3A South Division, the Canyon View Falcons are ready to soar into success.

TOM ZULEWSKI

by Tom Zulewski

IRON COUNTY TODAY

Canyon View football coach Chris Sawyers knew his Falcons team belonged in a brand-new 3A South. After four years away, CV has returned to the ranks thanks to the latest two-year realignment.

With the new region comes a new set of challenges for the Falcons that begin with Friday's opener on the road at Ogden. For Sawyers, the preparation hasn't changed the level of confidence in the team.

"We have a lot more belief that we can compete and play at the highest level," Sawyers said. "It definitely helps with numbers, but we gotta do

*"We have a lot more belief that we can compete and play at the highest level,"*

**Chris Sawyers, Canyon View head coach**

the right things and execute."

CV starts its home schedule with the first of three in a row, facing cross-town rival Cedar on Aug. 27, and the Falcons begin play in its new region with defending state champion Juab on Sept. 17.

"We're blessed to be on the road for two weeks, but then we're home for a while. I don't know how much better that can be," Sawyers said. "It'll really get difficult when they go to school for the first time."

Likely leading the way at the quarterback position for CV will be senior Jake Garrett. Sawyers believes the competition for starting jobs at all positions will prove to be a good thing.

"Competition brings out the best in everyone, and that's going to be a real positive for all our guys, especially Jake," Sawyers said. "We have general ideas of where we're headed, but we've tried on purpose to build up as much competition at every position as we possibly could. It's good for the kids to

have to earn something because the satisfaction is a lot greater."

The offensive line is likely to be a strength group for Canyon View, which Sawyers described as "big and physical" with a lot of returning experience.

"We have a lot of seniors who've gotten a lot of time in the past," he said. "They're ready to go, and it's a beautiful thing to have happen for us."

Dallin Jones, Daniel Serna, Cooper McMullin, Dayne Hudson and Gavin Foster are among the examples looking to bust open holes for the running game and for Garrett to throw the football. Sawyers is looking

see **CV FOOTBALL** » 19

# Bauman signs contract extension through 2024

by Kyle Birnbrauer

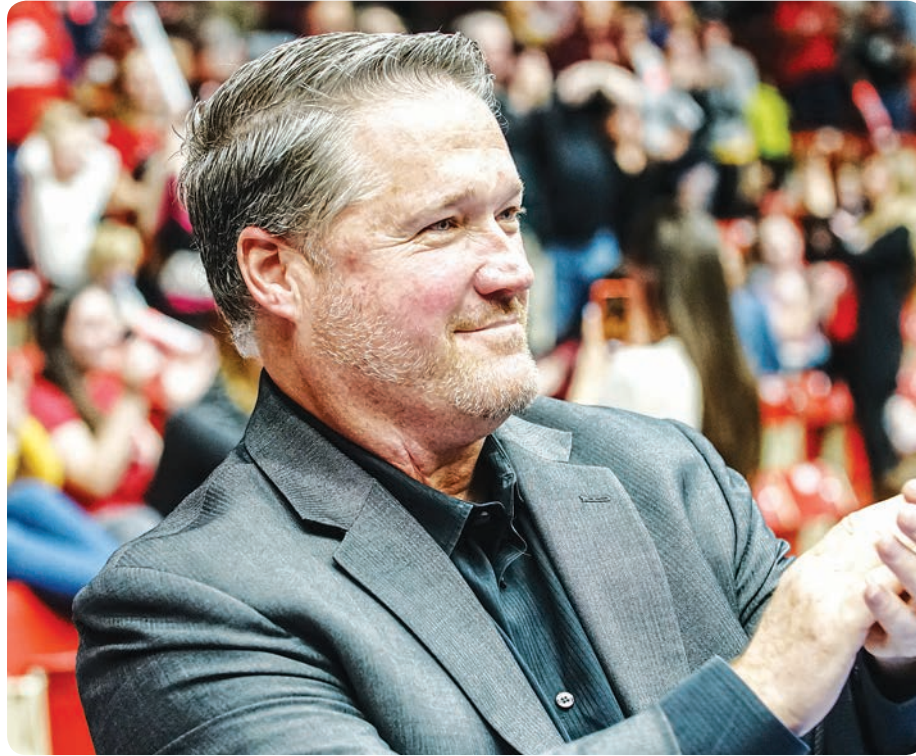
SUU ATHLETICS STRATEGIC COMMUNICATION

Southern Utah University and Director of Athletics Debbie Corum have announced that head gymnastics coach Scotty Bauman has signed a contract extension that runs through the 2024 season.

"It seems that every year another school tries to steal Coach Bauman away from us so it is with a thankful heart that we are able to announce that he has agreed to extend his contract with SUU," Corum said. "I think everyone knows how valuable he is not only to the gymnastics team but to our department overall. His loyalty to this community is appreciated by all and we are thankful that he and Stephanie will continue to be part of the T-Bird family for many years to come."

Bauman's Flippin' Birds are coming off of a 2021 season in which they 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



SUU ATHLETICS

**SUU gymnastics head coach Scotty Bauman signed a new contract** and recommitted his talents to the progress and success of T-Birds through the 2024 season.

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.

"It is an honor to coach at Southern Utah University. We strive to build a culture where hard work, accountability, and respect for each other are the guiding principles for our success," Bauman said. "It is a pleasure to walk into our amazing gymnastics facility every day and work with such incredible people. I want to thank Debbie Corum and the Board of Trustees for showing continued faith in myself and our program."

The 2021 season was Bauman's 30th season at the helm of the Thunderbird Gymnastics program. He has turned the Flippin' Birds into a perennial Top-25 team and regular NCAA Regional Championship participants during his time leading the T-Birds.

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# Falcons bring helping hands to Enoch

## RANDOM thoughts

Tom Zulewski  
IRON COUNTY TODAY



As their cross-town counterparts did one week earlier, the Canyon View Falcons called off football practice Aug. 2 and traveled around Enoch to help families and their homes affected by another powerful monsoon rain that left flooding throughout the area. From helmets and shoulder pads, the team switched to work clothes, shovels and wheelbarrows for the day to do whatever they could to ease the burdens being faced with cleanup.

After we lamented in this space last week about the mean-spirited attitudes expressed over Team USA gymnast Simone Biles' decision to exit from three events, this local development restores some faith in the goodness of our humanity in general. When people are going through difficult times or situations, it's better in the end for everyone when help is offered, whether through good deeds of community service, support through hard work, or just the simple act of saying, "You're going to be just fine. Keep going."

With a clear head and a full competitive heart, Biles returned to the gymnastics competition last Monday at the Tokyo Olympics and grabbed the bronze medal in the balance beam. It's not gold, but it's still really good, especially after the emotional challenges brought on from her decision to step aside from three events.

When athletes focus on themselves and tune out the cacophony of noise that dominates our social media these days, anything really is possible. For a football team to step away from the game for a day and take time to serve a community affected by nature's wrath, it opens hearts that much more toward things that are really important in the long run.

» **I have to admit I didn't watch much of NBC's Olympic coverage from Tokyo**, but there were some highlights that came out pretty intriguing in the end. The gold-medal handball match between France and Denmark was an absolute fight to the finish.

France led throughout much of the match that featured two 30-minute halves, but a turnover was needed on Denmark's final possession to secure the gold with a 25-23 victory.

It made me long a little bit for ESPN—is that still everyone's main sports network?—when they aired things like Australian Rules football. Now we get the occasional cornhole match on television. Even darts is more entertaining.

» **If you're wondering where our summer vacation went**, check our area high schools. Sports are in full swing with actual games that count and school doesn't start until Monday.

For those who were able to get in a full vacation that allowed for travel out of the area, that's worth a salute. In our overscheduled lives still ruled by a pandemic, any moment of relaxation and in-person contact with friends is a moment to treasure.

» **A fund-raising softball game between local law enforcement and people in recovery** is happening this Friday at the Bicentennial Park

diamonds starting at 6 p.m. Proceeds will benefit an organization called Hooked on Life, and the public is invited.

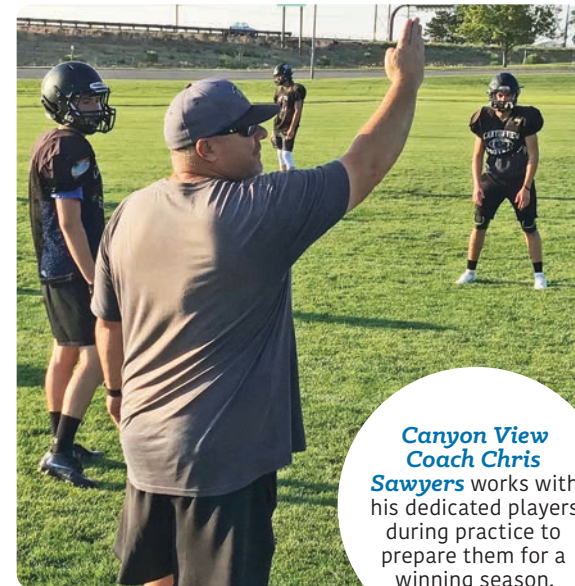
For more information or to donate, log on to [wearehookedonlife.com](http://wearehookedonlife.com).

» **With the Labor Day weekend PRCA rodeo stop in Parowan less than a month away**, the Wright family – brothers Stetson and Ryder, specifically – continues to rule the roost in its respective events. Through last weekend, Stetson Wright's lead in the all-around over Tuf Cooper is more than \$100,000, and he could very easily earn two more gold buckles when the Wrangler National Finals Rodeo returns to Las Vegas in December. In saddle bronc, Stetson trails Ryder -- who is looking for his second consecutive gold buckle -- by \$11,000 and is \$45,000 behind bull riding leader Sage Kimzey, who has won almost \$174,000 on the season.

With 10 nights worth of payouts still to come in Vegas, the race is far from over. Eight seconds of success will make all the difference.

*"This local development restores some faith in the goodness of our humanity in general."*

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



Canyon View Coach Chris Sawyers works with his dedicated players during practice to prepare them for a winning season.

TOM ZULEWSKI

## CV FOOTBALL

« CONTINUED FROM PAGE 17

to Adrian Ward as a prime candidate to get a big chunk of the rushing work.

"He played a lot after Week 3 last year," Sawyers said of Ward. "You don't coach what he has. You try to accentuate, but you don't coach what he's blessed with. You say 'Hey, man, do your thing.' I just gotta get him the ball in space."

The rest of CV's 3A South schedule will feature road games at Manti, Carbon and Richfield to go with a home game against North Sanpete on Oct. 8.

## TOM'S SPORTS TRIVIA

*This week's dozen is going topical – a full collection of just about anything (sports-related, of course). Watch your step when answering and please remember... no wagering.*

1. Which comedian faced off against a bear as "Semi-Pro" basketball player Jackie Moon?

- A. Daniel Stern
- B. Ben Stiller
- C. Will Ferrell
- D. Robin Williams

2. Before taking his talent from Oklahoma City to Golden State, who got "Thunderstruck" and lost said talent to a kid in a 2012 film that was a box-office flop?

- A. Kevin Durant
- B. Russell Westbrook
- C. James Harden
- D. Chris Paul

3. What's the last name of Reggie and Cheryl, a brother-sister duo who are both in the Basketball Hall of Fame?

- A. Martin
- B. Miller
- C. March
- D. Miley

4. Robin Roberts was one of the guest hosts on "Jeopardy" last month and is a co-host on "Good Morning America." What small school gave Roberts a college basketball scholarship before she came to TV?

- A. LSU
- B. Louisiana Tech
- C. SE Louisiana
- D. Alabama

5. Whose Baseball Hall of Fame plaque has the words "greatest drawing card in the history of baseball" inscribed on it?

- A. Bill Mazerowski
- B. Babe Ruth
- C. Bob Feller
- D. Barry Bonds

6. Which magazine had Eddie Mathews on the cover of its first issue in 1954 and included a fold-out sheet of baseball cards?

- A. Sporting News
- B. Baseball Digest
- C. Sports Illustrated
- D. Golf Digest

7. Who ended his career with 2,297 RBIs – tops on the all-time list – played with the Braves in both Milwaukee and Atlanta, and passed away earlier in 2021?

- A. Warren Spahn
- B. Johnny Bench
- C. Pete Rose
- D. Hank Aaron

8. It's a lesser-known part of a baseball stats book, but what does WAR stand for?

- A. Walks after runs
- B. Wins above replacement
- C. Wheels along roads
- D. Wins after relaxation

9. By changing the last four letters of "touchdown," what's the term you get for when a kickoff isn't returned from the end zone?

- A. Touchpike
- B. Touchback
- C. Touchpunt
- D. Touchbins

10. Which Ohio city celebrates McKinley Day in January and

the Pro Football Hall of Fame enshrinement day every August?

- A. Cleveland
- B. Canton
- C. Cincinnati
- D. Columbus

11. Howard Cosell interviewed a member of the Beatles in the "Monday Night Football" booth in December of 1974. Six years later, Cosell announced his murder. Which Beatle was it?

- A. George Harrison
- B. Paul McCartney
- C. Ringo Starr
- D. John Lennon

12. When Alabama beat this team to win the 2013 NCAA football title, one newspaper called the win "a four-leaf clobber." Which school did the Crimson Tide beat to earn that headline?

- A. Notre Dame
- B. Boston College
- C. Florida State
- D. Ohio State

## LAST WEEK'S ANSWERS

1. B: San Diego Padres
2. A: San Francisco Giants
3. A: Chicago White Sox. Kimbrel had been with the Cubs since 2019.
4. D: Los Angeles Dodgers
5. A: Joey Gallo. Gallo had been with the Texas Rangers prior to the trade.
6. B: John Means. Means threw his no-hitter against the Seattle Mariners in May.
7. C: St. Louis Cardinals.
8. A: Danny Duffy.
9. B: New York Mets.
10. B: Cleveland Indians.
11. A: Cincinnati Reds.
12. B: Roger Maris.

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## SERVICES

**GIL'S MOBILE WELDING. I'LL COME TO YOUR HOME/BUSI-** ness. Repair fencing, gates, wrought-iron, utilities trailers, farm equipment, cosmetic repair small/big household metal items. Fair pricing/free estimates. Don't toss it, I'll weld/fix it. 435-383-3259.

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**CARING COMPANION SERVICES: PROVIDES CARE AND COM-** panionship for seniors in need, including transportation, shopping, meal preparation, and medication reminders. References available. Call: Linda Peterson (435) 233-6802.

**JIMMIE NIC'S HANDYMAN SERVICE. LICENCED, INSURED, DE-** pendable. Good Rates! Quality Work! 435-238-3012.

**LT'S HANDYMAN & MASONRY SERVICE: BRICK, BLOCKS,** Stone, Carpentry, Painting, Trash Removal, Yard work, etc. All your household needs! 435-212-4555 or 435-572-5721.

**RETIRED MEDICAL VETEREN AND EXPERICED SENIOR CARE-** giver has openings on Mon/Wed/Fri for someone in need of assistance of ADL, transportation, etc. References provided. Call Heidi 435-522-0925 Iron County Only

**LANDSCAPE DESIGN - K&L DESIGN L.L.C. PROVIDES DESIGNS** that compliment your home and your sense of taste and style. Our landscape designs are presented as scaled Masterplans printed on 24"x36" paper developed from onsite surveys, architectural plans, Google Earth, and site visits. Changes to existing plan can be made as the project progresses. We can help you plan and design for buildings, hardscaping, accent pieces, water features, fire pits, patios and greenscape areas. We work with local professionals that can complete your projects. Kyle Timm 801-671-9337 Kyle@KandLDesign.net PO Box 901495 Sandy, Utah 84090

**THE HOUSESMITH BY JOE WILLIAMS CONSTRUCTION & RE-** modeling. Interior trim doors, tile, painting, drywall, roofing, etc. Licensed and insured. High expectations High-end results. 435-383-1370.

## WANTED

**BOULDERS WANTED!! 1FT TO 6FT DIAMETER FOR LAND-** scaping project at a residence near the Black Ridge exit. Call Mr. Stockwell 702-419-2675

**Antojitos Mexican Market**  
 435-708-0180  
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 SENVIOS DE DINEROS  
 583 S. MAIN ST UNIT 1. CEDAR CITY UT. 84720  
**NOW OPEN - \$1 OFF ANTOJITOS FLOAT**

## ARTICLE V CONVENTION FOR AND AGAINST

SHOULD THE CONSTITUTION BE  
CHANGED OR AMENDED?

**Date:** August 18, 2021

**Time:** 6:30 to 9 PM

**Place:** Southern Utah University (SUU)  
Sterling R. Church Auditorium  
300 W and University Blvd., Cedar City

### GUEST SPEAKERS:

**Bill Pressgrove:**

Presenting For a Constitutional Convention

**Robert Brown:**

Presenting Against a Constitutional Convention

Questions and Answers will be at the  
end of the presentation.

**For More Information Contact:**

Ken: 435-817-1404 Steve: 435-592-9237

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**SDP**  
**SMITH DIESEL PERFORMANCE**  
 Cummins • Powerstroke • Duramax  
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**EVEN CAMPING**  
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**MERRELL**  
 74 N. Main, Cedar City • 586-6161 • cardonshoes@gmail.com  
 Next to Firehouse Subs • Mon-Fri 9:30am-6pm

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 Cedar City's ONLY Full-Service Window Cleaning & Blind Company  
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 COMPLETE HOME OF WINDOW FURNISHINGS  
 Minimum of \$600. With coupon. Exp. 8/31/21  
 Shutters • Blinds • Shades  
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 Call or stop in our store. We will treat you right.  
**Festival Abbey Carpet & Floor**  
 America's choice in floor fashions since 1958.  
 Carpet • L.V.T. • Tile  
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 ALL TREE SOLUTIONS  
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**24 HOUR EMERGENCY TREE SERVICE**  
**FREE ESTIMATES!**  
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**435.867.1865 x.1**  
 IRON COUNTY **today**

**legal notices**

**PUBLIC NOTICE**  
 The Cedar City Police Department announces the disposal of found and unclaimed property in accordance with UCA 77-24a-5 and UCA 45-1-101. The Cedar City Police department has in its possession: mountain style, BMX, road and children's bicycles; scooters and hoverboards; hand/power tools and tool boxes; luggage and bags w/personal property; MP3 style players, video games, computers, and other electronics and computing devices; cell phones; keys; jewelry, coins and currency; home, sports and other collectibles; shoes, clothing and bedding; wallets, purses, backpacks; sporting, golf, skiing and camping equipment; firearms, holsters, gun cases and knives; strollers; camera equipment. All unclaimed found property or other unclaimed property will be disposed of in accordance to state law and city policy after September 17, 2021.  
**Published August 4, 11 & 18, 2021**  
**Iron County Today • ICT #0429**

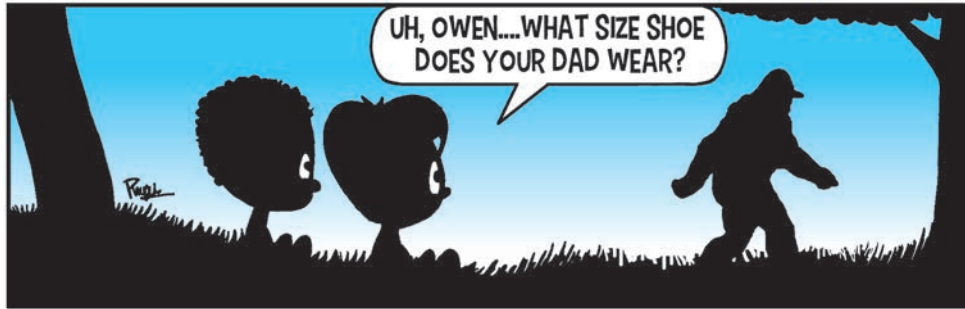
**NOTICE OF ORDINANCES PASSED**  
 Notice is hereby given that the Enoch City Council passed two (2) ordinances at a regular meeting of the Enoch City Council held on August 4, 2021.  
 Ordinance No. 2021-08040-A approved the annexation of property owned by Earl & Joy Gibson, Donald and Janet Cheryl Smith and Enoch City.  
 Ordinance No. 2021-08-04-B amended the Enoch Zoning Ordinance by changing the zoning of property owned by the Grimshaw Family Trust from Single Family Residential R-1-18 to Single Family Residential R-1-11.  
 For more information call the City Recorder at 435-586-1119 or view changes on the City website at <http://www.cityofenoch.org/ordinancespublic-notices.html>  
**Published August 11, 2021**  
**Iron County Today • ICT #0431**

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**NOTICE OF TRUSTEE'S SALE**  
 NOTICE IS HEREBY GIVEN that the following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States at the time of the sale, at entrance to the IRON COUNTY COURTHOUSE located at 40 N. 100 E., Cedar City, UT on Monday, September 13, 2021 at 1:00 p.m., for the purpose of foreclosing on a Trust Deed with Assignment of Rents originally executed by Adam Trammell and Makaela Trammell, as Trustors, and Barbara Lynn Bandringa, trustee of the Bandringa Family Trust, dated August 28, 2020, as Beneficiary. The Trust Deed with Assignment of Rents is dated October 6, 2020 and recorded on October 13, 2020, as Entry No. 00754418, Book 1547, Page 1838, in the official records of the Recorder of Iron County, State of Utah, and includes property more particularly described as follows:  
**Parcel: E-1592-0002-0057**  
 Address: 4610 N. 2650 W., Beryl, UT  
 Legal: LOTS 42 & 44, ESCALANT VALLEY RANCHOS UNIT 11.  
 A Substitution of Trustee was recorded on April 26, 2021 as Entry 00767633, Book 1547, Pages 943-944 and a Notice of Default was recorded on April 26, 2021 as Entry 00767634, Book 1547, Pages 945-946 in the official records of the Recorder of Iron County, State of Utah.  
 The Substitute Trustee has elected to sell or cause to be sold all rights, title and interest of the Trustor in and to the real property described in the aforementioned Trust Deed in order to satisfy such obligations in favor of the Beneficiary.  
 Bidders must tender to the Substitute Trustee a deposit of five thousand dollars (\$5,000.00), at the time of sale and the balance of the purchase price is due by 12:00 p.m. MST on the first business day following the sale. The deposit is non-refundable and retained as damage if balance is not paid within 24 hours of sale. Both the deposit and the balance must be paid to J. David Westwood, Trustee, in the form of a wire transfer, cashier's check or certified funds. Cash payments, personal checks or trust checks are not accepted.  
 The Substitute Trustee shall sell the above property at the time of the sale without warranty, express or implied subject to all encumbrances of record. Anyone having questions or desiring information regarding the property to be sold should contact the undersigned. Hours of office operation: 9:00 a.m. to 5:00 p.m., Monday through Friday, except legal holidays. This is an attempt to collect a debt. Any information obtained will be used to collect this debt.  
 /s/ J. David Westwood  
 J. David Westwood  
 WESTWOOD LAW, P.C.  
 98 W. Harding Ave.  
 Cedar City, UT 84720  
 (435) 267-2145  
**Published August 11, 18 & 25, 2021**  
**Iron County Today • ICT #0430**

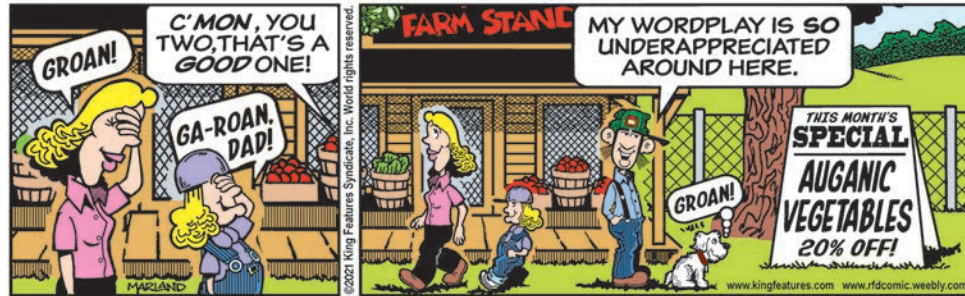
**CHECK US OUT ONLINE...**  
[ironcountytoday.com](http://ironcountytoday.com) + 





R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

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.

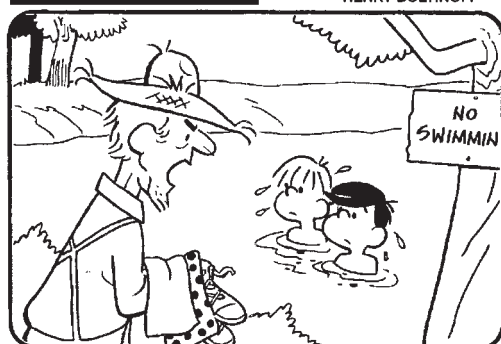
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

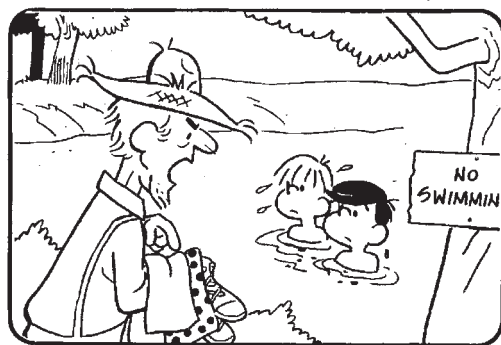
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Suspenders are different. 2. Shoelace is missing. 3. Sign is lower. 4. Drop of water is missing. 5. Hand is showing. 6. Leaves are added.

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!

- Stew
- SHAH
- Concede
- IDELY
- Berate
- CLODS
- Remove
- TEELED

TODAY'S WORD



"A what? Who you kidding, dear?  
Rivers don't have \_\_\_\_\_."

King Crossword

ACROSS

- 1 Scepter
- 4 Israeli airline
- 8 Staffer
- 12 Brit. record label
- 13 The Big Easy acronym
- 14 Not worth debating
- 15 Picnic crasher
- 16 Bird with yellow plumage
- 18 Popular take-out entree
- 20 Use a shovel
- 21 Golden Fleece ship
- 24 Atkinson of "Mr. Bean"
- 28 Wood pigeon
- 32 Long tale
- 33 Mil. morale booster
- 34 Gladden
- 36 Decay
- 37 Lost traction
- 39 Pink wading bird
- 41 King of Judea
- 43 Faux pas
- 44 Belly
- 46 Tribal emblem
- 50 Coastal diving bird
- 55 Chopper
- 56 - mater
- 57 Bassoon's kin
- 58 Director

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16				17				
18			19				20					
			21		22	23		24		25	26	27
28	29	30					31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45			46		47	48	49
50	51	52					53	54				
56					57					58		
59					60						61	

- Burton
- 59 Longings
- 60 See to
- 61 Packed away
- 11 Ordinal suffix
- 17 Fragrant tree
- 19 Abrupt turn
- 22 Michelle Wie's game
- 23 Cameo shapes
- 25 Tip off
- 26 Awestruck
- 27 Peacekeeping org.
- 28 Hurry
- 29 Capri, for one
- 30 Pinot -
- 31 And others (Lat.)
- 35 Sent forth
- 38 Doctrines
- 40 Wall St. debut
- 42 Pair
- 45 Jog
- 47 "Toodle-oo!"
- 48 Way out
- 49 Viral web phenomenon
- 50 Low isle
- 51 Flamenco cheer
- 52 LBJ's successor
- 53 Copper head?
- 54 "Smoking or -?"

DOWN

- 1 Harvest
- 2 Hotel chain
- 3 Bubblehead
- 4 Fencer's cry
- 5 Brit's restroom
- 6 100 percent
- 7 "Shane" star
- 8 Juan's pals
- 9 Charged bit
- 10 Medico

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Trivia test by Fifi Rodriguez

- LITERATURE: Which book series featured a character named Samwise Gamgee?
- TELEVISION: What was the name of Fred's boss on the animated TV show "The Flintstones"?
- GENERAL KNOWLEDGE: How many cards are in a modern tarot deck?
- GEOGRAPHY: What is Canada's largest island?
- MOVIES: Which 1990s movie features a character nicknamed "The Dude"?
- FOOD & DRINK: In which country did tequila originate?
- ADVERTISING: Which website is advertised in commercials that feature the character Captain Obvious?
- SCIENCE: What kind of tree produces acorns?
- HISTORY: When did the United States' first commercial radio station go on the air?
- U.S. STATES: What is the state capital of Missouri?

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

Answer

Weekly SUDOKU

Y	E	N	S					
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