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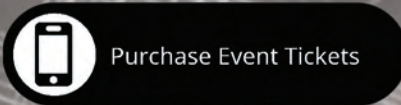
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Iron County
Fairgrounds

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on Sale

August 27, 2022
5 pm - 9 pm



PRCA Pro Rodeo
Sep. 2, 3 & 5

showcase

- 4 Opinion
- 9 Showcase
- 11 Life
- 20 Sports
- 24 Classifieds
- 26 Comics/Puzzles

Festival directors take on task of modernizing Shakespeare



IRON
COUNTY

today

U.S. Senate hopeful Evan McMullin brings campaign, commitment to southern Utah

by **Corey Baumgartner**

IRON COUNTY TODAY

Evan McMullin is a former undercover CIA officer and senior advisor to Congress. In 2017, he founded Stand Up Republic – a nonprofit focused on uniting Americans across party lines, defending our democracy, and replacing extremist politicians. He is currently a candidate for U.S. Senate in Utah running to replace Sen. Mike Lee.

Evan's commitment and capabilities to serve his country and each citizen comes from his service for both country and church.

"I served as a missionary in Brazil as a young man for the Church of Jesus Christ of Latter-day Saints, and I also served undercover for the better part of a decade in the Central Intelligence Agency after 9/11," explained Evan. "I was deeply impacted by what happened on September 11th, 2001– I was

at CIA headquarters in Langley that day and I was compelled to go undercover abroad and fight back against those who wanted to destroy America."

Spending time abroad helped Evan understand that no matter a person's background, "they want to love and be loved, a sense of purpose, freedom and opportunity for their families."

"It's one of the reasons I'm so optimistic that principled Republicans, Democrats and independents can work

together to solve our problems and strengthen our democratic republic," he shared.

Evan is also committed to a more service-minded public office.

"Whether it's in the military or in the intelligence services, or as teachers or firefighters or missionaries or other capacities. We need more service-minded people."

see **MCMULLIN** » 5

CRUNCH TIME



STORY IN LIFE

COREY BAUMGARTNER

Stalwart Rotarions provide service in the face of adversity

from Tessa Douglas

FOR IRON COUNTY TODAY

Despite a downpour that began just as their service project was starting, dedicated Cedar City Rotarians planted several new trees at the Veterans Memorial Park. The planting was to finish a xeriscaping project that began at the park last fall. The stalwart Rotarians and friends who braved the rain to ensure the project was finished were Paul Monroe, Tracy Feltner, Jeff McKee, John Westwood, ReAnne Reimschuessel, Justin Christensen, and Kelly Crane.



COURTESY CC ROTARY CLUB

Members of the Cedar City Rotary Club branched out and braved the elements to help improve the Veterans Memorial Park.

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Southern Utah University

Jennifer Heyborne named Executive Director of SUU Head Start Preschool

by Susie Knudsen

FOR IRON COUNTY TODAY

CEDAR CITY — After an extensive search, Jennifer Heyborne has been named Executive Director of Head Start Preschool at Southern Utah University (SUU). In her new position, Heyborne is responsible for leading Head Start Preschool and Early Intervention, free school readiness programs designed to offer family-centered learning, and serves as an advocate for children and parents in Iron, Washington, Beaver and Millard counties.

"We are pleased to have Jennifer fill this role and confident she will continue to inspire lifelong learning in families by promoting supportive learning environments," said Stephen Lisonbee, assistant vice president for the SUU Office of Regional Services. "She possesses the passion, skills and leadership needed to guide our preschool programs forward."

Heyborne has been serving as interim executive director since Feb. 2022 and officially started in her new role as executive director on July 15.

"I look forward to building

"We are excited to guide our learners this school year and help them reach their full potential."

Jennifer Heyborne

relationships with the children, families and communities we serve and providing a positive workplace culture within our program," said Heyborne. "We are excited to guide our learners this school year and help them reach their full potential."

Head Start Preschool is currently enrolling for the 2022-23 school year.

Priority registration will remain open until September 15. After that, students may be enrolled throughout the school year based on availability, or will be placed on a wait list. To apply, or be added to next year's wait list, visit suu.edu/headstart or call at (435) 586-6070.

Prior to serving as interim director, Heyborne worked for Head Start Preschool for five years both as an education coach, providing professional development opportunities for teachers, and as a preschool teacher. She earned a bachelor's degree in liberal studies and early childhood education from Oregon State University.

Head Start Preschool is a free, pre-kindergarten school readiness program dedicated to social-emotional enrichment of the lives of children and families in southwest Utah. The program falls within the SUU Office of Regional Services. Head Start Preschool is an equal opportunity provider.

Jennifer Heyborne,
Executive Director of
Head Start Preschool
at Southern Utah
University



SUU
Head Start
Preschool

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AGES 3-5

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Light Up The Sky
IRON County Fair
2022
Labor Day Weekend

5K Run & Walk

Monday, September 5
5K Walk - 8:30 am
5K Run - 8:45 am

Register Online

ironcountyfair.net
Click on the "events" tab
Race Day Registration Available 7:45am-8:25am

Starting line is at the entrance to the carnival.

opinion

FROM THE EDITOR

Rain delays

As a photographer for a certain local newspaper (wink, wink), I have experienced several rain delays in these past couple of weeks while photographing local sporting events—from soccer to football, and mud bog racing to the demolition derby. A couple of those deluge delays included arena-clearing nearby lightning strikes. Better to be safe than sorry!

It seems weird to be writing about rainstorms—the kind that actually leave more than spots on your windows. It seems that for so long we've been hearing more about droughts



COREY BAUMGARTNER
MANAGING EDITOR

and water-conservation than hearing or feeling “raindrops keep fallin’ on [our] head.”

We've had several government and local officials encouraging

us to do our parts to protect our precious liquid legacy, which has also included going up the ranks through fasting and prayer that rain would reign over the droughts. Whatever the combination entailed, it is working!

While the danger of drought still looms, there are blooms of hope and I wonder if those of us who pleaded for the increased precipitation will now offer a reciprocation and outpouring of gratitude for the recent downpours.

I hope we will each take a moment to enjoy the rain, despite the delays and be grateful for returning rains.

WORD OF THE WEEK

PARAMOUNT

Above others in importance or impact.

It's not just a streaming service. It's a call to action to prioritize, not just organize your life.



QUOTE OF THE WEEK

"If your compassion does not include yourself, it is incomplete."

Jack Kornfield

A Taxing Proposition

Bryan Gray is a syndicated contributor and not an employee. His opinions are solely his own and not those of the Editor or Iron County Today.

The Beatles had no sympathy for the tax collector (“The Taxman”)...The largest selling fiction author of the 20th century consistently lamented that she worried about finances due to income and property taxes...One wag said there was only one difference between a taxidermist and a tax collector – the taxidermist leaves the hide!

The Internal Revenue Service is undoubtedly the most-scorned department in the federal government. Similarly, recent county tax notices to Utah property owners have led to more cuss words than 20 years of golf.

We recognize that some taxes are miniscule. A county arts and recreation tax adds up to two cents on the purchase of a large pizza, and most of us don't balk at the cost-effective tax for libraries and mosquito abatement. A majority of

Utahns don't even complain much about the combined public school, state education, and charter school levy which comprises about 66% of most county property tax bills.

But there is a general fear of the IRS and its audits, a paranoia which right-wingers like Sen. Ted Cruz and other Republican officials are seizing as an election year ploy.

cyclops

Bryan Gray

bgray@aphagraphics.com



Granted, the Democrat's “Inflation Reduction Act” does like to reduce inflation, but according to most economists does little to increase it either. What it does do is attempt to hire some 87,000 new IRS employees (some agents, some auditors, most paperwork processors) over a period of time to make up for the 50,000 employees who have left during the past five years and

50% of current IRS staffers who are eligible for retirement. (If you have ever attempted to telephone the IRS with a question, you understand the staffing problem.)

Yet the GOP howling would make you think a sinkhole has swallowed up Mar-a-Lago! Sen. Cruz claims the agents will target everyday Americans. House Minority Leader Kevin McCarthy says the “IRS army will be coming for you.” A Georgia representative conjures up IRS agents “toting guns.” Never once, said Cruz, has any citizen ever requested that the country hire more agents to confiscate a family's money.

Look beyond this radical rhetoric. First, according to the IRS commissioner, agents will mostly be used to look at the tax returns of giant corporations and taxpayers earning over \$500,000 per year. That makes perfect sense. As a bank robber once said, he robbed banks, not small businesses, “because that's where the money is.”

see **TAXES** » 7

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MCMULLIN

« CONTINUED FROM PAGE 1

Part of that service comes from a devoted pioneer legacy within his family. He recently had the opportunity to visit the grave of Henry McMullin; the first McMullin to arrive in Utah. Since 1855, generations of the McMullin family have been born and raised here and that's why it's so important to Evan to fight for Utah's future, beginning with his legacy of leadership in Utah.

"I think our country needs Utah's leadership. Here in Utah we have many leaders who take a more principled and unifying approach to solve problems. That's the kind of leadership that Utah should have in representation, but it's also the kind of leadership and representation that the rest of the country needs. My campaign is offering that.

To accomplish such leadership, Evan's campaign focuses on five key foundations.

1) Strengthen our democracy and stand up to extremists. 2) Lower healthcare costs. 3) Reduce reckless government spending and inflation. 4) Protect our air and water. 5) Keep America safe. Each

we can accomplish and that there is an alternative to our broken politics." Speaking of Utah being the example of such cooperation and camaraderie, Evan said, "This should be the sort of thing that happens across the country regularly, where we come together as friends and neighbors and colleagues and talk about the major challenges that we face, that our states face, and that our country faces."

This is why people ask Evan about why he's running as an independent.

"The answer is actually very simple," he shares. "I want to put people first. I think we've all had that experience where we voted for somebody and they were elected and we were hopeful that they would go to Washington and represent us and solve problems

"I'm going to put people first and I'm going to work with both sides to get things done."

Evan McMullin



During Evan McMullin's campaign tour, he made stops in southern Utah, including Cedar City, to visit with local citizens.

PHOTOS COURTESY EVAN MCMULLIN



of these is laid out in greater detail on his website at EvanMcMullin.com.

Despite some who believe our country is divided, Evan believes that there is a tremendous amount of common ground between people willing to put our country's interest above party interests.

"The extremes have led us to believe there's more that divides us than unites us, and it's just not true. We have a tremendous amount of common ground even on these five priorities."

While he knows there are challenges that the current political arena presents, Evan is encouraged by the ability for all parties involved to have civil discussions and find common ground on specific issues, even some of the most difficult, polarizing issues in the country and find a way to work together to solve problems.

"In this time of such great division and extremism in our politics, it's left me so encouraged about what

that our state and our country are facing and help move the country forward and keep it strong. But then, they get there and none of that happens."

He explained that too often, the people we voted into office become more accountable to party bosses, special interest groups and extremist factions than they are to the voters who put them where they are. That's why he's running as an independent.

"I want to be independent of party bosses, of outside special interest groups, and the extremist factions that I think have far too much influence in our politics these days. I'm going to put people first and I'm going to work with both sides to get things done."

At the end of the day, with his commitment and itinerary along the campaign trail, Evan has many great supporters standing beside him.

"I am very lucky to have a wife who is similarly committed to better representing Utah and helping our country move past this period of such great division and extremism. She's an incredible woman who has been through many challenges in this life and handled them with strength and grace and she has been incredibly supportive during this campaign. We're also lucky to have five kids who have been very understanding and supportive throughout the process as well."

Evan also has a "tremendous network of friends and supporters" who know that "there's a better way forward for our country and that based on our founding ideals and a commitment to putting our country above personal or party interests, we can move forward."

For more about Evan McMullin, please visit EvanMcMullin.com.

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87°/58°
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WINDS: SW 5-10

THURSDAY
Thunderstorms
85°/56°
PRECIP: 50%
WINDS: SW 5-10

FRIDAY
Chance T-Storms
86°/57°
PRECIP: 30%
WINDS: SW 10-15

SATURDAY
Partly Cloudy
85°/57°
PRECIP: 15%
WINDS: SW 5-10

SUNDAY
Mostly Sunny
83°/58°
PRECIP: 15%
WINDS: SW 10-15

MONDAY
Mostly Sunny
81°/59°
PRECIP: 10%
WINDS: SW 5-10

TUESDAY
Mostly Sunny
84°/60°
PRECIP: 10%
WINDS: S 5-10

IRON COUNTY FORECAST

ACTIVE WEATHER RETURNING FOR THE REMAINDER OF THE WEEK, SHOWERS AND THUNDERSTORMS ARE EXPECTED TODAY THROUGH FRIDAY. MOISTURE WILL CLEAR OUT OVER THE WEEKEND WITH MOSTLY SUNNY TO PARTLY CLOUDY SKIES EXPECTED.

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public & health

Intermountain Cedar City Hospital Health Fair & SWUPHD Flu Shoot Out

It's back in person: the annual Health Fair and Flu Shoot Out at Cedar City Hospital, partnering with the Southwest Utah Public Health Department, inside Intermountain Cedar City Hospital's concourse on Saturday, September 24, 2022, from 9 a.m. to 12 p.m.

Dozens of free health screenings, giveaway items, prizes activities, and fun will all be part of the event, as well as ability to get your annual flu shot from the local health department, with low or no-cost immunizations for those who qualify. The insurances accepted by the Southwest Utah Public Health Department include Aetna, Chip, Cigna, DMBA, Educators Mutual, Healthy Premier, Medicaid, Medicare, Motivhealth, PEHP, Select Health, Tall Tree Administrators, and United Health.

Some of the health fair booths being planned for include: free pediatric dental screenings, free audiology screenings, info about Needs Beyond Medicine, information about the Iron County Behavioral Health Coalition, dietitian & nutrition booth, diabetes education booth, health insurance information from SelectHealth, naloxone kits & information on prevention of opioid use and misuse, information on local disability services, a booth to help teach better hand-hygiene called the Glitter

Buddy, information on the Simply Birth suite, information on Family Healthcare, information on foster care services, domestic violence education and prevention, information on Downwinders/RESEP, free body mass index screenings, free blood pressure screenings, information on emergency preparedness, services offered by Five County, information on mammography, information on cancer prevention & support, a free lung capacity and function test called spirometry, free prediabetes & hypertension screenings, free depression screenings, an Ask a Nurse booth, information on the Children's Justice Center, information on Prescription Drug Take Back work, free blood oxygen test called pulse oximetry, free eye/vision screenings, information on the local shelter and food pantry the Iron County Care & Share, and informa-

tion on NAMI (National Alliance on Mental Illness).

Everyone is invited and welcome to attend to get healthy and stay healthy. "It's the start of the fall season and with schools back in session, it's a great time to get your flu vaccination and start or restart important healthy habits," says Eric Packer, Administrator at Cedar City Hospital. "This annual free Health Fair event provides a really terrific way to kick off a school year, as well as for all ages to get free screenings and important information that help keep you and your loved ones healthy, protected, and strong."

"There are so many resources available in one spot for one Saturday morning, so come out and have some fun!" says Packer. "I attend every year and one of the things I enjoy most is getting to see entire families come out to the event. I think the Health Fair and Flu Shoot Out is something every person in our community should utilize."

Due to COVID and distancing concerns, last year's Health Fair and Flu Shoot Out was held as a drive through model, but this year, the Health Fair will once again be held inside the concourse of the hospital. As the event will once again be inside the hospital, to best protect our patients and their loved ones, please remember to wear a mask and

sanitize your hands before entering the hospital. Disposable masks will be provided at the entrance for those who need it, as well as hand sanitizer. Masking and hand sanitizing is mandatory to enter the hospital.

"We very much appreciate our community's support during the challenges that COVID brought and continue to still bring," says Packer. "Wearing a mask and sanitizing your hands are extremely important when you enter the hospital, as it helps prevent the spread of germs and protects all those who are at the hospital, including our patients, their loved ones and also our caregivers. We thank you in advance for helping support this important requirement when you come to the hospital, including for the Health fair and Flu Shoot Out."

Becki Bronson



Local healthcare workers show their "thumbs up" for people being vaxxed against COVID and the flu.

COURTESY CC HOSPITAL

The annual Cedar City Hospital Health Fair & Flu Shoot Out

partnering with the Southwest Utah Public Health Department, is back inside the hospital concourse!

SATURDAY, SEPTEMBER 24, 2022
9 a.m. to 12 p.m.

CEDAR CITY HOSPITAL CONCOURSE

Dozens of booths to provide health screenings, information, support, activities, swag bag, and more being planned for include:

Free pediatric dental screenings, free audiology screenings, Needs Beyond Medicine, Iron County Behavioral Health Coalition, dietitian & nutrition booth, diabetes education booth, SelectHealth, naloxone kits & information on prevention of opioid use and misuse, free audiology screenings, local disability services, kids hand hygiene Glitter Buddy, Simply Birth suite, Family Healthcare, foster care services, domestic violence education and prevention, information on Downwinders/RESEP, free body mass index screenings, free blood pressure screenings, emergency preparedness, Five County, information on mammography, information on cancer prevention & support, a free lung capacity and function test called spirometry, free prediabetes & hypertension screenings, free depression screenings, an Ask a Nurse booth, information on the Children's Justice Center, information on Prescription Drug Take Back work, free blood oxygen test called pulse oximetry, free eye/vision screenings, Iron County Care & Share, and information on NAMI (National Alliance on Mental Illness), and others!

- The flu vaccine is available for ages 6 months and older.
- High Dose vaccine is available for 65 years and older.
- Please wear a short sleeve shirt to receive the flu shot.
- You can save time by completing a flu intake form beforehand at swuhealth.org
- Must bring a photo ID, and bring insurance card if you have insurance.
- No charge with proof of the following insurance: Aetna, Cigna, DMBA, Educators Mutual, Healthy Premier, Medicare, PEHP, SelectHealth, Tall Tree, Administrators, United Health and Motiv Health.
- Cash price will be \$65.00 for High Dose and FluBlok, and \$25.00 for quadrivalent vaccine.

Masking and hand sanitation inside hospital required.

Questions? Call 435-868-5828

1303 N Main | Cedar City, Utah 84721



Intermountain
Cedar City Hospital

Utah democrats applaud signing of historic Inflation Reduction Act

from Ben Anderson

UTAH DEMOCRATIC PARTY

Earlier this month, President Biden officially signed the Inflation Reduction Act into law. This is a historic win for families across the country and our state.

This bill will take important action to cut costs, reduce inflation, lower the price of prescription drugs, and fight back against the climate crisis, all while bringing down the deficit.

"Republicans love to use the pain that families are feeling from inflation to score political points, but when it came time to actually do something to lower costs, reduce the deficit, and invest in American energy security, they all voted no," said Utah Democratic Party Chair Diane Lewis. "In the last year and a half, Democrats have passed bills to fight the pandemic, rebuild our roads and bridges, reduce

gun violence, honor our promises to veterans, invest in American manufacturing, and now to fight inflation and lower costs for working families. Republicans talk. Democrats get things done."

Every Republican representing Utah in Congress voted against this bill, and we're not surprised: while Democrats are fighting to cut costs and support families, Republicans have been proposing a radical agenda of tax increases on working Americans and cuts to Social Security and Medicare. They are out of step with Utahns, and that is why it is so important that we elect Democrats at every level this November.

The Utah Democratic Party is the face and voice of Democrats in the State of Utah. We believe that Utahns deserve strong, competent leadership that puts the people and democracy first.

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.

AUGUST 15

Thomas L Costa
CEDAR CITY, UT
Assault

AUGUST 16

Michael S Torres
CEDAR CITY, UT
Criminal Trespass

Lee M Lasseter
CEDAR CITY, UT
Prob/Parole Violation

AUGUST 17

Lori M Cox
LA VERKIN, UT
Poss Stolen CC

AUGUST 18

Nicasio M Liriano
CEDAR CITY, UT
Protective Order Violation

Braiden Dana
CEDAR CITY, UT
Poss Stolen Property

Gilbert Luther
CEDAR CITY, UT
DUI

Michelle R Ward
PAROWAN, UT
DRUG - Poss C/S

Britee Merryweather
CEDAR CITY, UT
Prob Violation

Michael G Sprague
PAROWAN, UT
Prob/Parole Violation

Sheldon B Tom
CEDAR CITY, UT
Assault against Police/Military

AUGUST 19

Cody S Anderson

CEDAR CITY, UT
Dog At Large

Nathan A Dittmer
CEDAR CITY, UT
DRUG - W/Intent to Dist, Paraphernalia

Keegan A Tilman
CEDAR CITY, UT
Purch/Poss/Consum by Minor, Susp/Rev Lic

AUGUST 20

Ariel Cauich-Yam
CEDAR CITY, UT
Intoxication

AUGUST 21

Gracia T Assaka
CEDAR CITY, UT
Reckless Driving

Jennifer A Fry
CEDAR CITY, UT
DRUG - Poss C/S, Paraphernalia

Brigham R Valdez
CEDAR CITY, UT
DRUG - Poss C/S, Paraphernalia

TAXES

« CONTINUED FROM PAGE 4

Secondly, anyone with a brain understands that tax collections are necessary to meet the expenditures we, through our Congressmen, approved. The IRS is no more a coercive "army" than the local cop. Policemen are needed to help us obey traffic laws; with no policemen, we would see an extreme increase in motorists running

red lights and pushing 100 mph on our highways. Similarly, without the IRS, how many Americans would pay their honest share of taxes? (Even today, studies show a majority of taxpayers "fudge a little" on their taxes. What would it be without a "tax cop"?)

And remember that a country without taxes would resemble Somalia. Without a federal income tax we wouldn't have a military and its civilian-related jobs.

Neither would we have clean water protections, highways, Social Security collections, healthcare initiatives, airports, etc. Again, you might think the federal government has its fingers in too many pies, but it's your representatives in Congress who voted for it.

The country has bills and our taxes need to pay them. For this, we need an effective and more efficient IRS. For that, you need staff. Case closed!





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To purchase tickets online visit:
<https://thegreatamericanstampederodeo.ticketleap.com/the-great-american-stampede-rodeo-2022/>

Adults Kids under 12 (4 and under FREE) Family (2 adults & 4 children) Students (with valid ID - Friday only)	\$10.00 \$6.00 \$30.00 \$8.00	PER DAY
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OUR 2022 SEASON

June 20 – October 8

ALL'S WELL THAT ENDS WELL

June 20 - September 8

SWEENEY TODD

June 21 - September 9

KING LEAR

June 22 - September 10

THE SOUND OF MUSIC

June 23 - October 8

TROUBLE IN MIND

June 24 - September 9

CLUE

June 25 - October 8

THE TEMPEST

July 12 - October 8

THURGOOD

September 14 - October 8

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Chris Mixon as Bill O'Wray *Trouble in Mind*, 2022.



showcase



Amara Webb (left) as Diana and Philip Orazio as Bertram in the Utah Shakespeare Festival's 2022 production of *All's Well That Ends Well*.

MODERNIZING
Shakespeare

PHOTO BY KARL HUGH. COPYRIGHT UTAH SHAKESPEARE FESTIVAL 2022.

FESTIVAL DIRECTORS CHOOSE TO PRESENT BARD'S WORK THROUGH CONTEMPORARY LENSES

by Liz Armstrong

UTAH SHAKESPEARE FESTIVAL

Shakespeare's first plays were performed in the 1590s. This means that his plays have been seen for over 400 years, inspiring and impacting audiences around the world for centuries. Because his plays have been performed for so long, it's understandable that updates and changes are often implemented. This year, *The Tempest* is utilizing projections to aid in the storytelling and has set the play in the 1990s, while Director Melinda Pfundstein decided to set *All's Well That Ends Well* against the backdrop of 1940s France and Italy.

Pfundstein explained that "Shakespeare's plays were written through his particular lens in the world, and were relevant in his time, meant to stir conversation, provoke thought and inquiry, entertain the senses, serve as a mirror to society, and so much more."

Even though the plays were written so long ago, the core themes remain relevant in today's society, which is why Shakespeare is still so beloved. But modernizing the plays a bit can make them even more relatable.

"We have an opportunity with

"It allows for Shakespeare to truly transcend and become the representative and inclusive author that we believe him to be. The impact is profound when an audience and the artists can see themselves in the work"

Cameron Knight

his plays to present *All's Well That Ends Well* through a contemporary lens—without making any contemporary language additions, in a way that may inspire the same outcomes

as Shakespeare's time: conversation, inquiry, thought, etc., and make his themes relevant to our current world and audience," Pfundstein said.

"His plays are repeated over and over at the Festival, and I am excited by the opportunity to breathe fresh perspective into these beloved and

The Tempest this year, agrees, adding that modernizing any Shakespeare play allows for the audience to wrestle with the story of the plays in a more immediate way.

"It allows for Shakespeare to truly transcend and become the representative and inclusive author that we believe him to be," Knight said. "The impact is profound when an audience and the artists can see themselves in the work."

Although modernizing Shakespeare is sometimes controversial, it ultimately gives audience members the opportunity to connect to the plays on an even deeper level while enjoying the fresh take directors choose to implement.

Enjoy the productions of *All's Well That Ends Well*, *The Tempest*, and more this 2022 season. The changes and creative decisions that directors have made will ensure that they are productions you have never seen before, and that is the beauty of modernizing Shakespeare.

sometimes lesser-known stories, in a way that allows my own children to see themselves and the world around them represented within," Pfundstein said.

Cameron Knight, who is directing

Don't miss August's Final Friday Artwalk in Cedar City

from Sara Penny

FOR IRON COUNTY TODAY

Jazz and a community Suzuki Strings play-in are a part of the final Final Friday Art Walk on Friday, August 26, from 5 to 8 p.m. Live music and art will extend from Artisans Gallery to the Southern Utah Museum of Art. This free public event is designed for the entire family and is sponsored by the Cedar City Arts Council.

Musicians will include MB3 Jazz, Suzuki Strings play-in, Clark Leslie, A Walk to Somewhere, Southern Utah Handbell Choir, Coyote Bluegrass, Roise Nelson, and Jon Yerby. The jazz quartet MB3 is a regional favorite and they will perform at the IG Winery.

Suzuki Strings Cedar City is inviting all string players for a play-in on the SUMA Plaza. More information at <https://www.suzukistringscedarcity.org>.

Visit Stone Path at 150 West University for two musical performances. Clark Leslie has a wonderful set of Gordan Lightfoot songs. "A Walk to Somewhere" is a new addition. This duo features guitar and vocals.

Visual artists include Sagebrush Fabric Artists, Quilt Guild, Frank & Maryliz Harris, Larry Laskowski, Hanna Dawson, Joey Favino, Kimber Gardner, and many others. Exhibits will be at the corner of 100 West Center, Johnson Center parking lot, and at Stone Path. Artisans Gallery will be open as well as the Southern Utah Museum of Art.

For updates about featured artists and musicians visit the Cedar City Art Walk Facebook page at <https://www.facebook.com/Cedar-City-Art-Walk-488202448044670>. Remember to save the date for the later Final Friday Art Walk on September 30. Come and celebrate our local artists and musicians.

Music Schedule:

JULY 29

The Green, lawn at the corner of 100 South Center

- » 5 to 6—Coyote Bluegrass
- » 6 to 7—Southern Utah Handbells
- Stone Path, 150 West Center*
- » 5 to 6—Clark Leslie
- » 6 to 7—A Walk to Somewhere Duo

SUMA Plaza, 13 S 30 W

- » 5 to 5:50—Suzuki Strings Play-in (former students are invited to come and play)
- » 5:50 to 6:45—Jon Yerby, guitar
- IG Winery, 59 W Center Street*
- » 6 to 8—MB3 Jazz Quartet



MB3 Jazz Quartet



Artist booth



Clark Leslie



Southern Utah Handbells



Quilt Guild

Cedar City Music Arts 2022-2023 season is coming!

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

We sat around the table as the board of the Cedar City Music Arts Association and patted ourselves on the back—plural backs?—as we reviewed the new 2022-2023 season coming up. It isn't easy, you know, choosing and booking the concerts that make up any concert season. We must take into account several factors, the first of which is have we provided you, gentle patrons, with artists that will appeal to you, that reflect the taste of a pretty sophisticated cultural community? Does a given group's availability fit into our theater calendar? Finally, can we afford a group's sometimes hefty fee? Sometimes we can; sadly, sometimes we can't.

But when all factors line up, we issue invitations, sign contracts, and, most important, start notifying you, the most important element in the mix. We present the CCMA Concert Series for 2022-23.

After an interruption because of COVID and scheduling problems, the Utah Symphony will again open the season on September 28th. The Utah Symphony is considered one of the top orchestras in the country—really!—and they love to come here. Please, please take advantage of this opportunity to introduce your family to a truly high-class musical experience. We hope to once again offer a soiree to precede that concert.

Our Christmas concert, on December 16th, is the a cappella choral group Vocalocity. They will present a Christmas program that will be just what Santa ordered. In my book, Christmas and choral music go together like hot chocolate and cookies.

We have learned that this town loves a bluegrass concert and we will present one on January 24th, just to get us out of the winter blues. The group is Sister Sadie, an acoustic quintet that you'll love.

The Gonzalo Bergara Quartet has been named "the best thing to happen to Gypsy Jazz in the past 20 years" by a prestigious festival in France. It is an all-acoustic quartet comprised of lead guitar, violin, rhythm guitar, and upright bass. I am so excited that this famous group with an Argentinian and Parisian jazz sound will be here, HERE on March 1st.

Repertory Dance Theater, from Salt Lake City, will spend three days in our town. Their evening performance will be on March 30th, but in addition they will offer student matinees and student workshops. Our new board member, Nick Blaylock, from the dance department at SUU, is all over this one. It is fun to watch his confidence that this is going to be a memorable event for our entire community.

Finally, a husband-wife piano duo, Duo Beaux Arts, will close the season on April 20th. This will really inject a dose of class with a rare opportunity for our smallish Utah city.

Here is the amazing thing: the tickets will again be just \$100.00 for all six concerts! The Utah Symphony, Duo Beaux Arts, a first-rate dance company—just about \$17.00 per concert. Look for the information about obtaining tickets in this paper. They go on sale tomorrow!



PHOTOS COURTESY CC ARTS COUNCIL



CRASH COURSE

Fair's annual demolition derby a smashing success

by Corey Baumgartner

IRON COUNTY TODAY

As one of the premier and priming events of the Iron County Fair, the demolition derby showcased daring drivers who tested their metal and mettle against man and mud.

Despite the rains pouring down prior to the punishment, die-hard fans transformed into dry-hard fans as they awaited the raucous races and the battles of bumper-to-bumper bashing to begin.

Along with the devoted demolishing, the mini car races did some sketchy figure eights and provided some punitive punishment of their own.

With over \$32,000 in payouts, no rains would alter the evening's auto altercations. Whether it was money, or getting muddy, there was plenty of incentive to get inventive with the welder and keep the mud out of their tailpipes as they used their vehicles as sledgehammers to help execute their grudge in the sludge.

Visit www.ironcountyfair.net to stay informed on other great events coming up!



PHOTOS BY COREY BAUMGARTNER

calendar

WED, AUGUST 24

PLUTO DEMOTED DAY

BEGINNING TAI CHI FOR HEALTH (9:30AM)
@ Cedar City Senior Center (489 E 200 S). Excellent low impact movement for stress reduction and balance – Fun and Free! INFO: Maria Bailey (435) 673-3548 x103. Pre-registration not required.

CEDAR CITY SMALL BUSINESS NETWORK (9:30am) @ Pastry Pub (86 W University Blvd, Cedar City). FREE. No long-term commitment. Come connect, interact, build relationships. INFO: cedarcitysmallbusinessnetwork.com.

MIDVALLEY FARMERS MARKET (4-7PM) @ 780 Midvalley Rd (Enoch). Live music, jump house, face painting, and more. This is a Project of The PEACE Guild. INFO: Text: (760) 580-0116.

CAR SHOW – COOL AUGUST NITE (6-9PM) @ Bradshaw Chevrolet (360 N Main, Cedar City). 16th Annual event. All proceeds to benefit medical expenses for Julia Valerius' and son, BJ. For INFO about event and donations, or to pre-register vehicle call (435)-586-6595.



CHARACTER SKETCHES (WEDS, 6:30-8:30PM)
@ Cedar City Library (303 N 100 E). Weekly drawing/painting sessions using live models as characters from art, literature, books, movies, TV, video games. INFO: 435-586-6661.

IRON OFF-ROAD RALLY (24TH-27TH) SPEND the weekend enjoying guided trail rides, community entertainment, food, and more. \$40 per rider. Come experience the beauty of Iron County. INFO: (435) 586-4484 or ironof-roadrally.com.

THURS, AUGUST 25

KISS AND MAKE UP DAY

NEIGHBORHOOD SLOW ROLL (6-8PM) @ Southview Trailhead - Iron Hills Trail System (S. Shurtz Canyon Dr, Cedar City). All forms of active transportation are welcome! FREE event. Join for music, games, free swag, and a raffle! INFO: Facebook /CedarCitySlowRolls.

CEDAR CITY CHILDREN'S MUSICAL THEATRE – Beauty and the Beast (7pm) @ Heritage Center Theater (105 N 100 E, Cedar City). Tickets \$10 for general admission. \$15 for reserved seating. Available online at ccmt.org/beauty-and-the-beast. Performances are August 25, 26, 27, 29, 30 and 31.

61ST ANNUAL UTAH SHAKESPEARE FESTIVAL

(Matinee and Evening performances) in three grand theaters. FREE nightly Greenshow (summer) at 7:10 pm, backstage tours, seminars, and play orientations. Plays featured this season in repertory are: 'All's Well That Ends Well', 'King Lear', 'Sweeney Todd', 'The Sound of Music', 'Trouble in Mind', 'Clue', 'The Tempest', 'Thurgood' (Thru Oct 9) & Words Cubed (Thru August 28). Tickets and INFO: 1-800-PLAYTIX (752-9849) or visit www.bard.org.

IRON COUNTY LOCAL HOMELESS COUNCIL (3pm) @ Libertad Community (Building A) 1044 N. Hovi Hills Drive, Cedar City. A multi-agency collaboration of homeless providers, public agencies, and private entities committed to address and reduce the causes and conditions of homelessness in Iron, Beaver, and Garfield and Kane counties.

COMMUNITY LISTENING SESSION

(5:30-7pm) @ Frontier Homestead State Park Museum (635 N Main St, Cedar City). Admission FREE. the Utah Division of State History is going through a planning process and we want YOU to be a part of it. and share with us how we can better support your local history community. Light refreshments. Can't make it to the in-person event? Share your thoughts HERE: <https://history.utah.gov/strategic-plan>.

FRI, AUGUST 26

DOG DAY

WEEKEND ART IN THE PARK (9AM-5PM, Fri-Sat) @ Frontier Homestead State Park (635 N Main St, Cedar City). Admission \$4 per person. Three artists and one musician will perform/demonstrate from Memorial Day Weekend (Thru Labor Day Weekend (Sept 3rd). To participate call Jana (435) 865-1441. INFO: (435) 586-9290.

SOUTHERN UTAH BOOK ART & COLLAGE ARTISTS (July 1 thru Aug 31) @ Cedar City Library in the Park (303 N 100 E) A group exhibition of the Guild's recent work. Everyone is welcome.

FINAL FRIDAY ART WALK (5-8PM) @ various locations along Main Street and University Blvd. Visit with artists, see beautiful art pieces made using a variety of mediums, and maybe purchase a new piece to add to your collection. Free for everyone. INFO: Facebook: /CedarCityWalks or /CedarCityArts.

SOUTHWEST ASTRONOMY FESTIVAL (FRI – Sat) Programs and activities presented by Zion National Park, Pipe Spring, Grand Canyon – Parashant, and Cedar Breaks National Monument. All programs FREE and open to the public. Visitors will have the opportunity to participate in lectures, star parties, an open house at the Ashcroft Observatory, traditional storytelling, a portable planetarium, solar viewing, and more. For complete listing of the locations, times, and more details, please visit nps.gov/cebr/planyourvisit/swaf-22.htm.

SAT, AUGUST 27

LOTTERY DAY

SWEET PEA FARM BREAKFAST (8AM-NOON, Saturdays) @ Sweet Pea Farm & Orchard (136 S 600 W, Parowan). All summer long.

CEDAR CITY FARMERS MARKET (9AM-1PM) @ IFA parking lot (summer) (10am-1pm) @ inside IFA (winter) (905 S Main St, Cedar City), admission FREE. Come for the farmers, food, and artisans as well as drawings, bingo, and more! INFO: Facebook, Cedar Saturday Market, or Nancy (435) 463-3735.



FESTIVAL CITY FARMERS MARKET (9am-1pm) Summer. (10am-1pm) Winter. @ Behind I/G Winery (45 W University Blvd / Center St, Cedar City). Admission FREE. Festival City Farmers Market offers the bounty of local farmers and backyard gardeners who grow organically. Shop locally produced and grown fruit, vegetables, cheese, jam, bread, eggs, honey, farm products, and more.

BREAKFAST ON THE FARM (8:30-11AM) @ Red Acre Farm (2322 W 4375 N, Cedar City). Come enjoy the farm, hear the roosters crow, feed the animals, and eat a real farm breakfast fresh and hot off the grill! INFO: (435) 865-6792 or Facebook /RedAcreFarmCSA/.

BIG MOUNTAIN ENDURO FINALS @ BRIAN Head Resort Mountain Bike Park (329 S Hwy 143). 2-day event showcases some of the best riding in Utah. INFO: www.bigmountainenduro.com.

LABYRINTH WALK (12-2PM) @ ST JUDE'S Episcopal Church (70 N 200 W, 1 block north of W University Blvd) No Charge. Come and walk a beautiful tiled medieval style labyrinth based on the labyrinth in Chartres Cathedral, France. This meditative practice has been used for centuries to calm the mind and open the soul. INFO and/or Reservations (recommended) please call Anne (702) 539-3400 or Rev. Lee (435) 586-3623.

CEDAR CITY CHAMBER OF COMMERCE VENDOR EXTRAVAGANZA (12-7pm) @ Cedar City Main Street Park (200 N Main). Family-friendly event with live entertainment (5-7pm), prize drawings, and plenty of vendors. INFO: (435) 586-4484.

MUDFEST (5PM) @ DEERHAVEN Campground (16 miles east of Cedar City on Hwy 14). Enjoy camping, live music, and more. Music includes: God's Presence, Foolish at Best, Coal Creek Vibe, I.A.N., Lillian VanDaam, Heart Strings, Runaway Fire, and Av Kaos.

IRON COUNTY FAIR CONCERT: CHRIS

Peterson & Brenn Hill (Chris – 5pm, Brenn – 7pm) @ the Iron County Fair Grounds (54 N 300 E, Parowan). Tickets \$5 to \$13 available online, ironcountyfair.net.

SUN, AUGUST 28

BOW TIE DAY

BRISTLECONE: CARS & COFFEE (9AM-12PM) @ Bristlecone Company (67 W University Blvd/ Center St, Cedar City). Casual meet-up to connect, grab a fresh coffee, New York bagels, and enjoy some of the sweetest rides Cedar City has to offer. INFO: (435) 708-0000.

MON, AUGUST 29

SPORTS DAY

TRAVIS HUMPHREYS ART EXHIBIT (M-F 9-5pm) @ Cedar City Offices (10 N Main). FREE Admission. Enjoy over 30 original oil paintings of the local area with handmade frames. Paintings are available for purchase. INFO: (435) 586-3399 or goldriversgallery.com

LEARN TO SQUARE DANCE (6-7PM) @ CEDAR City Aquatic Center (2090 W. Royal Hunt Dr.). The Hey Cedars Square Dance Club is hosting a FREE "Taste of Square Dancing." Come try it! If you like it return September 12 for weekly classes, \$5.00 per person per week. Former dancers that would like a brush up are always welcome. Class caller is Susan Howard. INFO: Call/text Neil 909-477-9795.



TUES, AUGUST 30

FRANKENSTEIN DAY

SUMA: EXHIBITS (11AM-6PM, MON-SAT) @ SUMA (13 S 300 W, Cedar City). Exhibits include, I'm Walkin' for My Freedom, The Space Between, and Jeanne Jo. Admission is Free. INFO: suu.edu/suma.

WED, AUGUST 31

MATCHMAKER DAY

MIDVALLEY FARMERS MARKET (4-7PM) @ 780 Midvalley Rd (Enoch). Live music, jump house, face painting, and more. This is a Project of The PEACE Guild. INFO: Text: (760) 580-0116.



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We at Mountain Lighting & Design are proud to be a part of this great community! Southern Utah is a wonderful place to live, and more and more people are finding this out every day and choosing to move here.

Whether you are a long-time resident or a recent move-in, if you find yourself in the process of building a new home or upgrading the lighting in your existing home, we hope you will think of Mountain Lighting & Design. We love lights, and we have a large selection to choose from in some great looking styles and finishes! And because lighting trends are always changing, we are constantly bringing in new fixtures and ceiling fans and updating our showroom. We also offer some unique home décor items, as well, which can give your room that perfect finishing touch.

We want you to have a great experience when you visit our showroom, and we care a lot more about long-term relationships than a quick sale. So that means we will never pressure you into buying anything, but we will do our best to share our ideas, experience, and recommendations or do whatever we can to help you feel comfortable with your selections, including even onsite consultation if needed. Of course, if there are any issues after the sale, we will always try to resolve to your satisfaction.

We appreciate the support of so many of you and look forward to helping you with your next lighting project!

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For most homebuyers, their dream homes are not something they're likely to find already on the market. With a unique vision of your dream home's look, location and features, building a custom home is generally the easiest way to make that dream a reality.

To keep things moving as smoothly as possible amid what can be a complicated process, consider these tips as you embark on the journey.

Set a Realistic Budget

You'll need to start by determining how much you can spend on your house. Typically, the cost of building a home is around \$100-\$200 per square foot, according to research from HomeAdvisor. You'll also need to account for the lot price as well as design fees, taxes, permits, materials and labor. Materials and labor should make up about 75% of the total amount spent, but it's wise to build in a buffer for price changes and overages. While building your budget, consider what items and features are "must-haves" and things that should only be included if your budget allows.

Identify the Perfect Location

Think about where you'd like to live and research comparable lots and properties in those areas, which can give you a better idea of costs. Because the features of many dream homes require a wider footprint, you may need to build outside of city limits, which can make natural gas more difficult to access. Consider propane instead, which can do everything natural gas can and go where natural gas cannot or where it is cost prohibitive to run a natural gas line. Propane also reduces dependence on the electrical grid, and a propane standby generator can safeguard your family if there is a power outage.

"As a real estate agent and builder, I have the pleasure of helping families select their dream homes," said Matt Blashaw, residential contractor, licensed real estate agent and host of HGTV's "Build it Forward." "The homes we design and build are frequently in propane country, or off the natural gas grid. Propane makes it possible to build an afford-



COURTESY PARAGON BUILDING GROUP

able and comfortable, high-performing indoor living spaces and dynamic outdoor entertaining areas."

Keep Universal Design Principles in Mind

Many homebuyers want to ensure their space is accessible to family members and guests both now and for decades to come. As the housing market slows and mortgage rates rise, buyers may look to incorporate features that allow them to age in place. Incorporating principles of universal design - the ability of a space to be understood, accessed and used by people regardless of their age or ability - can make it possible to still enjoy your home even if mobility, vision or other challenges arise as you age.

For example, the entryway could have a ramp or sloped concrete walkway leading to a front door wide enough to accommodate a wheelchair with a barrier-free threshold. Inside, wider hallways and doorways, strategic lighting and appliances installed at lower heights are mainstays of universal design. Counters of varying heights, drop-down

cabinet racks and roll-under sinks in kitchens and zero-entry showers, slip-resistant flooring and grab bars in bathrooms offer enhanced accessibility.

Build a Team of Experts

Hiring the right people can make the process of turning your dream into reality go much smoother. Start by researching reputable builders, paying special attention to the types of homes they build to find a style that matches what you're looking for as well as price ranges for past homes they've built. Consider how long the builders have been in business and if they're licensed and insured.

Depending on your builder's capabilities, you may also need to hire an architect or designer. In addition to your real estate agent to assist with purchasing the lot and selling your previous home, you may need assistance from other professionals, such as a real estate attorney, landscape architect and propane supplier.

(Family Features)

BULLOCH DRUG

Bulloch Drug has been a downtown anchor store since the 1950s. Many other businesses have come and gone, but Bulloch Drug still is prospering on Cedar City's main street. The store has changed some over the years, but they have always strived to maintain the historical nature of both the building and the business. Through excellent customer and professional service, they have been able to build up a very loyal clientele.

Stop in and shop our beautiful Comforts of Home & Wood N' Lace for your next home decorating project or if you are social distancing visit our website at: bullochs.com.

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WHAT TO KNOW BEFORE RENOVATING

Your home is likely your most valuable asset, and you want to make sure you protect it with the right insurance. Did you know the cost to replace your home could be much more than it cost to build—and you could be on the hook for the difference?

Whether it would cost more to replace because you've made major upgrades that increased the value of your home or simply because the price of building materials and labor has increased, you'll need to come up with the additional funds or find ways to reduce costs. That's why guaranteed replacement cost

2. Installing new wood flooring. The average cost recovered for this project is 118%. Surprisingly though, it was the number one feature homeowners surveyed by Erie Insurance said they got when they bought their home but wouldn't choose again. When asked why, reasons ranged from feeling the feature was not worth the money, to being tired of it or feeling the feature is outdated now.

3. Insulation upgrade. This is a popular project if you're looking to improve energy efficiency, and at 100%, it has a high cost recovery value.



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coverage, offered by insurers like Erie Insurance, is so important. If you experience a total loss of your home, this coverage allows you to rebuild it back to its previous size and specifications at today's cost, subject to certain conditions.

To give you a better idea of the importance of insurance coverage that helps you protect the investments you make, consider the top three remodeling projects for the interior and exterior offering the best return on investment:

Interior

1. Refinishing hardwood floors. The main reasons consumers are refinishing hardwood floors is to upgrade worn-out surfaces and to improve livability, according to the 2022 Remodeling Impact Report by the National Association of REALTORS Research Group. At 147%, it also tops the list for the number one interior project for what homeowners can recover on the cost of the project if they sell the home, based on estimates from NARI Remodelers and REALTORS.

Exterior

1. Roofing. Offering a 100% return on investment, most consumers upgraded their roof due to worn-out surfaces, finishes and materials.

2. Garage door. The top reason homeowners replace their garage door is having plans to sell their home in the next two years, according to the 2022 Remodeling Impact Report. This project may be well worth the cost, offering 100% returns.

3. Fiber cement siding. With 86% recovery on the cost of the project, upgrading siding due to worn-out surfaces, finishes and materials is a solid investment.

If you've made any recent updates, talk to your insurance agent to make sure you have the proper coverage. To learn more about guaranteed replacement cost coverage, visit erieinsurance.com.

This summer, make home upgrades wisely. For peace of mind, be sure to protect the investments you make in your home. (StatePoint)

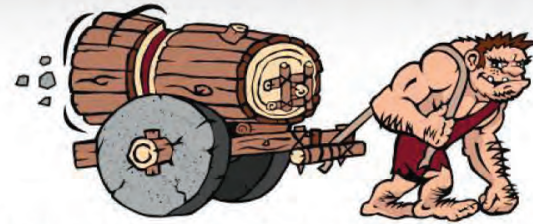
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TREE TALK

4 Tree Planting Tips

Trees are virtually everywhere you turn, from your own backyard to nearby parks and forests where you enjoy hiking. They provide shade and beauty, and some even bear fruit. Beyond all the immediate benefits, you may be surprised to discover trees are also a critical key to the future.

A compelling and ever-growing body of evidence generated by scientists, health care professionals, conservationists, humanitarians and both public and private corporations supports the critical importance of trees and their impact on the human condition. Trees filter pollutants out of the air and water and provide protection for people and communities from dangerous heat and flooding. They lower urban temperatures, reduce energy bills and sequester carbon to slow the rate of climate change.

When you plant a tree in your yard or neighborhood, that tree goes to work filtering out pollutants, intercepting stormwater and capturing carbon. With proper placement, that tree can also help lower household energy use by as much as 20%.

You can engage in the tree planting movement and make a difference by planting trees around your home and surrounding community with these tips.

Consider the Growing Region

Choosing a tree that will flourish in your growing region is fundamental to becoming a successful tree planter. Start by getting familiar with the growing conditions of your planting site, including factors like sunlight, soil condition and room to grow.

The amount of available sunlight at your planting location will determine which tree species will be



PHOTOS COURTESY OF GETTY IMAGES

successful. Most trees require full sunlight for proper growth and flowering. Some do well in (or even prefer) partial or light shade, but few perform well in dense shade.

Before you plant, get your soil tested by a lab to evaluate what's happening underground. Test results, which are usually returned in a couple of weeks, provide a complete analysis of nutrients, possible contamination and pH (alkalinity or acidity), as well as directions for correcting problems.

Be conscious of overhead or underground utilities, pavement, buildings, other trees, traffic intersections and other factors that may impact your planting space.

Shopping for a Tree

When choosing which kind of tree to plant, be conscious of details like size, flowering, color (including how colors may vary through the seasons) and your view from inside the house. While shopping, you can rely on plant labels to learn details about a tree's growth pattern, sun requirements, watering needs and soil requirements.

Two common styles of trees are container-grown

trees, which spend their entire nursery lives growing in a container, and ball-and-burlap trees, which grow in the ground until they achieve a targeted size.

A well-tended container-grown tree has been carefully monitored and moved into larger containers as the plant grows. Be wary of a tree with roots that circle or twist within the container, which may cause roots to die. For a ball-and-burlap tree, look for a firm, securely tied root ball that is large enough to support the mature tree; it should be about 10-12 inches wide for every inch of trunk diameter.

Prepare Your Planting Site

Properly preparing your planting site is one of the best things you can do to get your tree off to a strong start. Before you plant, make sure your tree is thoroughly hydrated by watering the container or root ball several hours before proceeding. When planting a tree into a lawn, remove a circle of grass at least 3 feet in diameter where the tree will go to reduce competition between turf and fine tree roots.

Start Digging

Dig a broad, shallow planting hole with gently sloping sides 3-4 times wider than the diameter of the root mass and the same depth. Mound removed soil on a tarp for easy backfilling. Loosening the soil on the sides of the hole allows roots to easily expand and establish faster, but don't disturb soil at the bottom of the hole.

Once the tree is positioned, replace the soil while firmly but gently tamping the original soil around the base of the root ball to stabilize it. Create a water-holding basin around the tree by building up a ring of soil and water to settle roots. Spread protective mulch 2-4 inches deep in a 3-foot diameter around the base of the tree, but not touching the trunk.

Find more tips to successfully plant and care for your trees at arborday.org. (Family Features)

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Photo: Gayle Vehar



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UNEXPECTED SPACES

Surprising home upgrade ideas

Not all great things come in big packages, and home upgrades are an example of the truth in this wisdom. Unexpected, smaller spaces may not get the same attention as high-traffic areas like kitchens, bathrooms and living areas, but their impact can be just as powerful.

Get inspired to make improvements to the lesser-used areas of your home with these tips from the home decorating experts at Wellborn Cabinet, Inc.:

Entryway

It's the impression that welcomes guests into your home, so even if the space is small, your entryway warrants some TLC. Focus on making it open and inviting by removing any unnecessary furnishings. Some functional storage, like a bench with integrated coat hooks, can serve a practical purpose, and if you have the space, some built-in cabinetry with an eye-catching countertop can incorporate stylish storage.

Laundry Room

Getting motivated to do chores like laundry is easy when you have

a beautiful setting for getting to work. Introducing pops of color in nontraditional places, like the cabinetry, adds a high-end elegance. Water-inspired and earthy hues like Midtown Matte Tidewater or Arcadia Chiffon Cypress are perfect for the laundry space. Both are options in Wellborn Cabinet, Inc.'s Aspire Series, which features concealed hinges with self-close functionality and matching interiors for a high-class look, even when the doors are open for business.

Closet

A cluttered closet may not be the first thing a guest notices, but it's a space you visit daily. Improving the organizational features can streamline your morning routine and put you in a more positive frame of mind to start each day. There's no right or wrong when it comes to closet design, but using cabinetry in place of open shelving and rods lends a more luxurious feel. Plan for adequate hanging and closed storage, and if space allows, be sure to plan for shoes and accessories since these items can easily contribute to a closet's disarray.



WELLBORN CABINET, INC.

Mini Bar

If you fear you don't have room for a mini bar, you may be surprised. Reimagining a larger cabinet, like the ones Wellborn Cabinet, Inc. offers in 30-, 33-, 36- and 42-inch widths, can create an instant bar out of just about any wall space where you can fit a cabinet. Install it as a coffee bar or traditional bar, or add the optional Appliance Pullout shelf for more versatility.

Pantry

Guests may not find themselves in your pantry very often, but you likely use this space every day. Transform your pantry for heightened utility in simple ways like using clear plastic bins for small boxed foods or stylish wicker baskets to hide away snacks. For a more permanent solution, take advantage of unused space on the back of the pantry door with thin shelves for items like seasoning packets and smaller canned goods.

Guest Bathroom

Swapping out a tired vanity and countertop is a relatively affordable upgrade that can completely change the style of a secondary bathroom. Be sure to also update the fixtures for a more contemporary look and, if budget allows, replace the flooring. Finish the project with a fresh coat of paint in a light, airy shade and add new textiles and a few decorative touches to complete the job.

Find more ideas for updating unexpected spaces in your home at Wellborn.com.

Hideaway Storage Spaces

One feature that enhances

virtually any space is more storage. Having convenient places to tuck away all your stuff makes rooms feel more open and inviting. Hidden storage solutions are often better because you can enjoy the functionality they add to the space without interrupting your design aesthetic.

Here are some clever ideas for keeping necessary items tucked out of sight but within easy reach:

Built-in Step Stool: If you love the look of tall cabinets but struggle to reach the top shelves, a practical addition is a hidden step ladder in a pullout caddy. Specially designed ladders that fold down extra narrow and feature nonslip rubber treads make this a handy addition you'll reach for again and again.

Paper Towel Pullout: Keep paper towels hidden but close by hiding them in a pullout cabinet such as Wellborn Cabinet Inc.'s 12-inch-wide model, which features a built-in paper towel holder and bottom shelf ideal for organizing cleaning products. There's also a space behind the paper towels that's perfect for storing sponges and other kitchen supplies.

Drawer Dividers: While you can find many after-market options to organize the insides of your drawers and cabinets, choosing organizers designed to work seamlessly with your cabinetry creates a more polished look (and saves the headaches of measuring and guesstimating the fit). Tray dividers are useful for sorting cookie sheets and baking pans, while you can find dividers in a variety of heights to match drawers below the oven or where you store your cutlery. Another option that serves a similar purpose is pegs, which keep fragile items from shifting when drawers are opened or closed.

(Family Features)

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COMFORTING COLOR

Fill your home with balance and hope

In the world of design, what's old inevitably becomes new again, and a similar pattern is inspiring today's on-trend color palettes for home decor. The latest styles reflect reviving and comforting colors influenced by heritage and romance, lending to a look that is familiar in an individualistic way.

With more people living their everyday, working lives at home, many homeowners are discovering the contentment that comes with slowing down. Often that means looking to the past to find comfort for moving forward.

Nostalgia serves as an emotional tool that delivers deep-rooted serenity and powerful healing properties. Looking to the past is often beneficial during times of uncertainty and can be an opportunity to bring styles and practices back to the present to create an appreciation of the past.

Whether living through the romance of rural lifestyles, the comfort of home or the nostalgia from far-off times, some of today's most beloved

colors."

Blending Past and Present

Striking a balance between old and new can take many forms, as these styles show:

* **Heritage Revival:** An interest in reviving the past is evident in design trends like a reemerging appreciation of antiques and vintage elements, such as oversized furniture and traditional shapes. To capture this style, your design should focus on contrasting old and new for a mix-and-match look. Ultimately, the aesthetic is a look that feels simultaneously individualistic and curated.

A cohesive color scheme can allow the various elements to stand on their own while working in harmony for an intentional design. For example, the HGTV Home by Sherwin-Williams 2023 Color Collection of the Year includes a combination of familiar tones that have been thoughtfully curated by design experts who borrow color and design concepts from the past



HGTV HOME BY SHERWIN-WILLIAMS

design aesthetics celebrate the past, present and future while bringing balance, hope and comfort for you and your family to embrace.

Timeless Color

Using color to evoke feelings and emotions is hardly new but combining a carefully curated color palette with other design elements can allow you to create a look that pays homage to the past while breathing new life into your living space.

Reimagining classic, familiar tones allows you to achieve a design motif that is equal parts reminiscent and refreshing.

"The Vintage Homestead Color Collection offers an effortless look that reveals the importance of being hopeful to find stability and balance," said Ashley Banbury, HGTV Home by Sherwin-Williams senior color designer. "Our 2023 Color Collection of the Year revives elements from the past that are perfectly paired with vintage, comfortable and classic

for a hopeful future and a sense of belonging. Hues like Poetry Plum and Hot Cocoa evoke warmth and depth, while moderate shades like Restrained Gold and Glamour offer fresh ways to incorporate mid-range neutrals. Meanwhile, soft tones like Natural Linen and Cool Beige offer subtle color for lighter, brighter spaces.

* **Mixing and Matching of Eras:** A new take on retro design is emerging in which eras are blended and new and old furnishing work side by side. To get this look, you'll craft a space that marries historical and contemporary design, celebrating both the old and new. To design for longevity, incorporate pieces that are ambiguous in era and stand the test of time.

* **Vintage Homestead:** Reviving design elements from the past with mixed patterns, classic shapes and vintage decor adds up to comfortable and comforting design. With this trend, prints and patterns encompass a range of styles, reinforcing how interiors connect to fashion. Mixing classic elegance with sleek vintage shapes



HGTV HOME BY SHERWIN-WILLIAMS

is refining the concept of polished comfort. To achieve the look, curate pieces in heritage shapes and patterns, along with retro accents. Be sure to incorporate vintage lighting and glass, as well.

A versatile color choice like Darkroom, the 2023 Color of the Year from HGTV Home by Sherwin-Williams, is an alluring shade that is classic enough for heritage interiors but also modernly retro for a throwback-inspired aesthetic. It's a neutral perfect for creating an eclectic yet modern look inside and out. Indoors, use it on the walls to offset more earthy brown and taupe tones in your furnishings and textiles.

Get inspired to combine the past

with the present for a comforting design that's all your own at hgtvhomebysherwinwilliams.com.

Crafting a Conservatory

Today's homeowners are also increasingly interested in biophilic design and bringing the outdoors in, which prompts a conservatory aesthetic in home design. To achieve the look, design your space to make maximum use of natural light in creative ways. Incorporate large potted trees and statement plants that blur the lines between indoors and outdoors.

(Family Features)

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INTERCAP LENDING

The only thing constant in this world is change. In my over 18 years of helping folks with homeownership in our area change is the one thing I'm used to. I hear a lot of people saying they are going to wait for a market crash before looking at their first home purchase or moving up to their next home, and while we are seeing some softening in our market a crash is not anticipated. There are some differences from the market downturn we saw in the 2008 era that are different then our current conditions. #1)

Equity. In the crash of 2008 most homes were upside in down in there equity, the average homeowner today has over 40% equity. #2) Inventory. The numbers of homes on the market does not meet the demand for the number of consumers. This is getting better but we're still along way off from the healthy balance of supply and demand. #3) Economy. While inflation is doing it's thing we still have a robust job market and very low unemployment. There are many other factors taken into account when looking at if we will have a crash our not, but these are the highlights.

If you're wondering when is a good time to get into this real estate market Keep this information in mind and consult with professionals in the industry, now may be a better time then you think.

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We understand this is an unsettling time, if you are concerned about anyone entering your home, we are happy to do any outside work until this time has passed. If you are sick at all please call us, we are happy to reschedule! We hope all is well with you and your loved ones.

We look forward to the day when this pandemic passes and hope it will come soon.

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Since 1980, Imperial Window & Door, Inc., locally owned and operated business has offered the sale, installation, replacement, and repair of doors and windows, for homes and commercial projects in Southern Utah. In addition to the installation of doors and windows for your home or business, their highly experienced technicians can install glass into most makes and models of vehicles, and do so with precision and a thorough attention to detail. If you are looking to save some money on your electric bill, fall it the perfect time to give Imperial a call to get a quote for new windows and doors.

INCREASE YOUR HOME'S VALUE

Five Practical Upgrades to Increase Style, Function

Whether you've purchased a new house or are just looking to invest in what is likely your largest asset, home improvements can make your living space more comfortable, functional and stylish.

Homebuyers are looking for practical home amenities that allow them to live, work and play - such as dedicated home offices, backyard retreats, home gyms and more - without having to worry about any potential future restrictions caused by the pandemic, according to a survey by Zolo of more than 3,300 new homeowners and potential first-time buyers in 2022.

Consider these popular upgrade ideas to create a space built for your family's needs that can also increase resale value down the line.

Home Office

At the height of the pandemic, many professionals found themselves working remotely - a trend that continued as restrictions were lifted. In fact, 46% of survey respondents listed a dedicated office space as a must-have when purchasing a new home. When creating this space, keep function and efficiency top of mind. Build your home office around a desk - either standing or traditional - then consider additions like an ergonomic chair and keyboard, soft light desk lamp, mood-boosting plants and a white board to stay organized. Don't forget to add flairs of personality like artwork, knick-knacks or photos of loved ones to make it your own.

Skylights

By improving the overall look and functionality of dark spaces, such as home offices where natural light can improve creativity and productivity, an option like skylights can increase the value of a home, and 55% of new homebuyers rated skylights as desirable or essential, according to research from the National Association of Home Builders. For rooms that need brightening, skylights can free up wall space for storage while adding abundant natural light and increasing ventilation. An option like Velux No Leak Solar-Powered Fresh Air Skylights help rid indoor air of bacteria, volatile organic compounds and carbon dioxide.

Over the long-term, high-quality skylights can also help reduce

carbon emissions and home energy consumption, saving money on household bills, according to Urban Grade. Remote-controlled models can be opened to bring fresh air inside, and with light-filtering or room-darkening shades homeowners have maximum control over the exact amount of light they want. Plus, solar-powered shades come in more than 75 colors and patterns, allowing homeowners nearly endless customization options. Learn more at whyskylights.com.

Backyard Retreat

Perfect for hosting friends, dining al fresco or simply relaxing with the backdrop of nature, 48% of survey respondents cited a backyard retreat as a must-have home amenity. Start with a deck or patio then customize your outdoor living space to meet your family's wants and needs. Weather-proof furniture can add comfort while features like outdoor kitchens, fireplaces, fans and lighting can create a connection to your indoor areas that add both style and function.

Walk-In Pantry

If you want to add a pantry in your kitchen, you're not alone. Walk-in pantries found their way onto 48% of respondents' lists of must-haves. To get started, consider your storage needs to determine the amount of space you'll require and remember to vary shelving heights to maximize space. Open shelving can also be combined with additional counter space, cabinets, pull-out organizers and other features to help match the design to the rest of your kitchen.

Home Gym

Another trend that rose in popularity amid the pandemic, home gyms can take on a variety of shapes and sizes, utilizing available space in the garage, basement, a spare bedroom or even the backyard. Providing more time to fit workouts into your schedule, home gyms can be customized with equipment most important for your lifestyle. From yoga mats, jump ropes and free weights to treadmills, ellipticals and benches and racks, your space, budget and goals can help in the creation or update of a dedicated, in-home workout space.
(Family Features)



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City Library (303 N 100 E). Weekly drawing/painting sessions using live models as characters from art, literature, books, movies, TV, video games. INFO: 435-586-6661.

THURS, SEPT 1

IRON COUNTY FAIR @ FAIR GROUNDS (54 N 300 E, Parowan). A tradition that brings together families, neighbors, friends and making new memories every year! Events include PRCA Pro Rodeo, Carnival, Car Show, Entertainment Tent, Exhibits, Carnival, Labor Day Parade, and more. INFO: ironcountyfair.net.

BIBLE STUDY CLASS (1-3PM) @ CEDAR CITY PUBLIC
Library (303 N 100 E). This Precept Upon Precept Bible Study includes a 15-week study of Romans 1-5. Workbooks \$31.50. Picked up at library, August 25 (1-3pm). Romans 1-5 explains the foundational doctrines of our faith - original sin, justification, redemption, and propitiation. Studies consist of homework, discussion, and DVD lecture by Bible teacher Wayne Barber. INFO & Registration: 435-267-2234 or 435-238-3078 and www.precept.org.

ANNUAL CEDAR CITY REGION "OLD FOLKS DINNER"
(5:30pm - Program, 6pm - Dinner) @ Cedar West Stake Center (725 S 1100 W, Cedar City). Everyone ages 65yrs and older invited to enjoy entertainment and a turkey dinner.

SUU GUIDED TOURS (9PM) @ ASHCROFT OBSERVATORY
(745 S Hillcrest Dr, Cedar City). In this tour, we will observe the Moon (bring your phone to take a great picture!) as well as Saturn and star clusters and nebulae in the heart of the Milky Way. We will also observe constellations and discuss recent developments in astronomy, including the new James Webb Space Telescope. Our guide will be Dr. Cameron Pace, Associate Professor of Physics and Ashcroft Observatory director. The Observatory is located at the end of Observatory Road.



FRI, SEPT 2

IRON COUNTY FAIR: PRCA RODEO (7PM - FRI/SAT, 2PM - Mon) @ Iron County Fair Grounds (54 N 300 E, Parowan). Come and enjoy all the excitement of a PRCA ProRodeo. Be sure to stay after the Saturday evening performance for the firework display. There will also be dances in the entertainment tent both Friday and Saturday following the rodeo.

UTAH WINE FESTIVAL (6PM - WINE/POPCORN PAIRING, 7:30 Canned Cocktails of UT) @ I/G Winery (59 W Center St, Cedar City). Tickets \$45 per event. Available online.

DIRT REBELUTION OFF-ROAD LOOP RACE @ IRON
Springs Resort (3196 Iron Springs Rd, Cedar City). Open to motorcycles, quads, & UTV's including youth races Sunday. Loop race, approximately 200 miles. INFO: www.legacyracing.net or call (702) 575-8979.

SAT, SEPT 3

THREE PEAKS OASIS LANDSLIDE FESTIVAL (11AM SAT to Sun Noon) @ Three Peaks Oasis (7000 N Lund Hwy, Cedar City). The festival includes a concert, after party, campground concert, local bands, DJs, waterslide launch, bike jump park, UTV track, competitions, jump tower, sand volleyball, camping, paddleboards, beer gardens, and more. Headliner: Tai Verdes. INFO: landslidefestival.com

MON, SEPT 5

PAROWAN LIONS CLUBS LABOR DAY BREAKFAST
(7:30am - 10am) @ 90 S Main, Parowan. \$7 Per person, or \$30 for family of 5.

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, 10 am-11:30 am • Cedar City Library, 303 N 100 E

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 Post 74

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

Bikers Against Child Abuse

2nd Thurs 7 pm • Courtyard Marriott, 1294 S Interstate Dr (Cedar Breaks Conference Room)

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

Detachment 1315, 2nd Wed, 6:30 pm Cedar City Library (303 N 100 E)

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

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

Speaking From The Heart • M - Sa, Noon

Steps and Traditions • M - Su, 7 am

Red Road to Sobriety • Mon, 6 pm Paiute Tribe, 440 N Paiute (435) 586-1112 Ext. 307

Misfits • M - F, 6 pm

Cedar Group • Tues, 8 pm

The Great Fact • T, F, Noon. True Life Center 2111 N. Main. • (702) 802-1332 or (702) 533-7856

Red Creek Group • Wed, 7 pm • 685 N 300 E, Parowan • (435) 477-8925

Women's Meeting • Sat, 10:30 am

My Story • Sat, 8 pm

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

What a Way to Start the Day • Su, W, F 7-8 am • All are welcome

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/Dementia

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

ARP—Addiction Recovery

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

Caregivers

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

Celebrate Recovery

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

Helproom

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

Multiple Sclerosis

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

Narcotics Anonymous

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

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

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

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

Fri 6 pm • KKCB 203 Cobble Creek Dr. Ste. 201 (North Room), Cedar • (435) 559-0394

Porn Addiction Recovery for Men

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

Pregnancy, Infant Loss

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

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 • Kristi 435-559-9681.

Widows Support Group

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

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Book Club

2nd Thurs, 6 pm • Cedar Library 303 N 100 E.

Boy Scout Troop 1848

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

Cedar Chest Quilters' Guild

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

Cedar City ESL

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

Cedar City Toastmasters

Thurs, 7 am • Cedar City Visitor Center, 581 North Main. Find your voice, shape your future. Be the leader & speaker you want to be. (603) 731-0116

Cedar Professionals

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

Cedar Radio Control Club

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

Color Country Winds

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

Cub Scout Pack 1848

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

DAR - Bald Eagle Chapter

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

Explorer Bible Club

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

Folk Dancing Class

1-2 pm • Cedar Senior Center (489 E 200 S). Come to your first International Folk Dancing Class! Teaching included. Easy to learn, fun, free for all ages. (626) 808-6129

Hatha Yoga

Tues 6 pm, \$10, Retro Fitness (929 S Main St, Cedar City) • Fri 7:30 pm, \$13, Cedar Yoga Space (736 N Main, Cedar City). Connect body, mind, & breath through movement & meditation. Mats provided, all levels welcome. Kirsti 435-327-1200.

Hey Cedars Square Dance Club

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

International Folk Dancing

Fri, 1-2 pm • Cedar City Senior Center (489 E 200 S). Free. All ages welcome. Teaching included. INFO: (626) 808-6129

Motivational Mondays

Mon, 6:30-7 pm • Cedar Yoga Space (736 N Main, North Entrance). New and fun way to add a positive mindset and experience Cognomovement. Leave feeling more balanced, energized, and motivated to live your best life. No mat needed. \$12 drop in/first time to studio is Free. 541-291-7856.

Rock Club

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

Senior Yoga Classes

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

Sewing Group

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

Southern Utah Woodturners

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

StrongBoard Classes

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

Tae Kwon Do Class

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

Tai Chi For Health

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

Take Action for Freedom

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

Top Bar Hive Bee Keeping

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

TOPS - Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

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

the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



“The Inventor”

What may appear as an ordinary bedroom at first glance, we know better in Rockwell's world. This is also a workshop where imagination is transformed into creation. Rockwell has always been content with content that continues to reinforce the truth that the greatest works we will ever do should be inspired by and brought life within



NORMAN ROCKWELL

the walls of our own hearths and hearts.

Do you remember the days before/after the iPhone? How about before portable PCs (laptops). Does AOL ring a bell? Anyone still have cassettes, or a cassette player—that works? This isn't to reveal anyone's age, but to revel in the revolutionary revelations waiting within the magnificent minds of mankind to create, let only conceive, such ideas with the potential to help us live better lives.

And yet, with all the ease and efficiency that technology has the potential to provide, there is a downside (perhaps even a dark side) to our dependency upon it. When we have the tendency to rely more on invention than our intuition...yes, I'm Siri-ous.

In many ways (more than intended) social media appears to be causing more social maladies. We may

have more communication, but there is often less connection. We can orchestrate and operate entire operas of experiences from behind a myriad of screen sizes. We can navigate through websites and work-spaces in real time and yet forget, or not even know how to act in real life.

Of course, this is not necessarily the inventor's fault, and more often than not, not the user's fault. Everything imagined and implemented has the ability to challenge our accountability. Airplanes, cars, computers, cellphones and weapons of any kind have the power to protect and also to destroy—depending on who is using them and for what purpose.

Yes, this world and all of its inventions, regardless of their intentions, can be a cruel and scary place. However, it can also be a wonderful and beautiful place. We need not fear technological advances, or new inventions as much as we need to fortify our focus on providing an authentic (not just realistic) foundation of responsible educating (teachers) and learning (students).

Bottom line, how are the inventions in your life helping you live a better life? Going one step further, what inventions would help you live better if they existed? It's not silly to imagine that someone reading this could be the next Wright Brothers, Thomas Edison, Steve Jobs, or Bill Gates. There are also some Picassos, Beethovens and Shakespeares out there, waiting for their moment.

And yet, you don't need to be rich and famous or invent something that changes the entire world. More often than not, if you truly explore your heart and mind (where not even Siri, Alexa, or Google can go) you will discover that you already have the ability and vision to help yourself and others around you live better lives through your words and works, no matter your age, wage or stage of life.

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Nathan Trotter
435.590.4933

*My work is my art;
your yard is
my canvas.*



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ANY HOSPITAL HAS ACCOMPLISHED THIS**

Southwest Astronomy Festival in orbit this weekend

by May Hunter

FOR IRON COUNTY TODAY

The National Park Service will host the Southwest Astronomy Festival beginning this Friday through Sunday (August 26-28). The festival will be located at several locations and will feature many programs and activities that will highlight the amazing dark night sky in and around the national monuments in Southwestern Utah and northern Arizona.

The skies are so dark because we are located more than 10,000 feet above sea level and we are far away from any light pollution. Begin your festival journey by watching the closest star, our sun, set behind the western hills. Then witness more distant stars begin showing up across the dark sky and then the star-studded gazing starts.

Beginning on Friday (August 26, 8-11pm), at Cedar Breaks National Monument (North Overlook), the tribal member of the Kaibab Band of Paiute Indians will share their interaction with the night sky with short stories and songs.

Another out of this world experience can be experienced at SUU's Ashcroft Observatory



MIKE SAEMISCH

(745 S Hillcrest Dr. Cedar City), from 8-10:30pm. At the Observatory, you can observe a number of highlights in the Milky Way, including the Lagoon Nebula and the Double cluster. The two largest planets of the Solar System, Jupiter and Saturn, will also be in view, and Saturn's ring will dazzle through the eyepiece. Additionally, the Moon will be in an attraction crescent phase that will be very favorable for viewing.

Can't make the festival? You can also go to the Ashcroft Observatory on Monday nights at 10 P.M. for viewing the stars. Check their Facebook for more information, Ashcroft Observatory.

For more information and to view the scheduling for the Southwest Astronomy Festival, visit nps.gov/cebr/planyourvisit/swaf-22.html, or the Iron County Visitor Center (581 N. Main Cedar City, Utah) and visitcedarcity.com.

Get your wheels ready for August neighborhood slow roll

from Brooke Twitchell, Events Director

FOR IRON COUNTY TODAY

The Cedar City Neighborhood Slow Roll is back for its August event this Thursday August 25, 2022, at the Southview Trailhead - Iron Hills Trail System (S. Shurtz Canyon Dr, Cedar City) from 6-8pm. All forms of active transportation are welcome.

The Cedar City Slow Rolls are FREE community events held monthly throughout spring, summer and fall. The events are designed to encourage families to get outside and experience the amazing biking trails, parks, and hiking trails that Cedar City and surrounding areas have to offer.

"The Cedar City Slow Rolls are an important part of the fabric of our community. They help connect families with other families, they make sure that children and families stay active, and they celebrate the recreation and the beautiful lifestyle we have in Cedar City," states Cedar City Councilman and neighborhood slow roll committee



COREY BAUMGARTNER

member, Scott Phillips.

Agreeing with Councilman Phillips, Matt Bollus, Cedar Bike Works board President and Neighborhood Slow Roll Committee chair said, "We are so thankful for such amazing support from our community attending the slow rolls this season. It is so great to see families spend quality time together outside walking, rolling, and riding."

If you haven't been to the Southview Trailhead, please come out for this free community event and see what a beautiful trail has been created through the cooperation of the BLM, Cedar City and local trails committees.

The Neighborhood Slow Roll Committee is made up of members from local organizations, The Cedar City Active Transportation Committee, Canyon Creek Services, Cedar City Bike Works, Southwest Utah Public Health Department, Cedar City Events, Iron County Prevention Coalition, and many local bike shops and volunteers.

Signature sponsors of all Neighborhood Slow Rolls are Iron Mountain Plumbing, Iron Trail Craft, Iron Giants high school biking team, Redrock Bicycle Co, Family Bicycle, Cedar Cycle, Grail Cycle & Skate and Cedar City Events. For more information please visit: www.facebook.com/CedarCitySlowRolls.



COURTESY QUILTS OF VALOR

QUILTS OF VALOR

(L to R) Petty Officer Rick, Major Gary and Petty Officer Scott. It was a special moment on August 10th as three honorable servicemen were presented a special gift, the Quilt of Honor. Group leader Esmeralda Carter introduced and presented each quilt. In turn, each man had an unforgettable story of courage and sacrifice to share and we are each grateful for their dedication and sacrifices.

schools

ICSD NEWS NUGGETS

by LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

South Elementary

We have had a great start to the new school year. South Elementary has 50 more students this year than we ended with last year. We would like to welcome all of our new students and teachers.

The new teachers/staff at South this year are: Annalies Payne-2nd Grade, McKenzie Almond-3rd Grade, Ashley Dickinson-4th Grade, Melissa Hunt-4th Grade, Emma Wilding-5th Grade, Liesl Arnell-Counselor, Jamie Harline- Social Worker, Melanie Otto- Nurse.

Three Peaks Elementary

Welcome back to Three Peaks Elementary after a very nice summer break! We are happy to have all of the cute students and the hardworking teachers and paraprofessionals back to school.

Three Peaks welcomes the following wonderful teachers to our faculty this year: Mindy Lister-Special Education, Ken McNulty-Special Education, Lisa Stewart- Beverley Taylor Sorenson Arts educator, and Cassie Walker-4th grade. We also have many new and returning paraprofessionals that we are very grateful for. All of our employees are highly trained and care about the education and well-being of all students at Three Peaks Elementary.

Please visit our website for more information about school events: <https://tpe.ironk12.org/>

We appreciate all of the students and parents that attended Back-to-School Night on August 11. A big thanks to all those who volunteered to help make this night possible. A special thank you to our awesome PTA! Tiffany Oliver-President, Karlee Quinones-President Elect, Annie Taylor-Treasurer, and Jeanette Miller-Secretary.

Hearing screenings will be held on August 25 for Kindergarten-3rd grade. If parents do not want their child to participate in this screening, please let the school know.

Fall pictures will be held on August 30, 2022. Please watch for ordering and payment information.

Thanks to everyone for a tremendous start to the new school year!

East Elementary

We have had a great start to the 2022-2023 school year! Our students have been doing a phenomenal job soaring with great behavior and doing their best. The beginning of the year

is such an exciting time. We're so glad to be back in session!

We would like to welcome our new faculty members this year. Mrs. Mangrum has joined us as a first-grade teacher, Mrs. Shaheen has joined our kindergarten team, and Mrs. Nankervis has come aboard as our school counselor. We're so excited to have them as part of our East Family!

School pictures will be on August 31st. All students will have their pictures taken. Look for more information coming home in your child's backpack. You may fill out the order form and send in payment with your child or order online.

Parents, as we start the new year we would like to ask for your cooperation in a few things. First, please obey safety rules when picking up your child. During school hours you will need to go to the office with picture ID. After school, please pick up your child in designated areas, don't wave your child across the street, and obey parking laws and laws regarding bus loading and unloading. Second, please help us by ensuring good attendance. We cannot teach your child if he or she is not here to learn. We can send make up work home, but your child will miss the lessons, discussions, and cooperative learning that takes place. Students who have high absence rates often struggle academically as well as socially. Please schedule appointments and vacations outside of school hours whenever possible. Finally, if you have questions or concerns, please contact your child's teacher. They are here to help and are more than willing to answer your questions or address any concerns.

Fiddlers Canyon Elementary

We have had a great first week of school, and we hope you have too! We'd like to welcome our six new teachers to the Mustang family: Ms. Angela Barrick (3rd), Mrs. Kylie Robbins (1st), Mrs. Alison Pierson (2nd), Ms. Chen Chen (1st), Mrs. Tiffany Warren (Kindergarten), and Mrs. McKayla Adams (Kindergarten). We're so glad to have you at our school!

Mark your calendars for our Welcome Back Bash on Monday, August 29 from 5:30-7:30pm at the school. There will be FREE inflatables, Tiki Shack, Soda Nerd, and lots of fun to celebrate the new school year. Bring a blanket or chairs, and get ready to chat with friends, neighbors, and teachers. We hope to see you there!

Picture day will be August 31. Watch for more information in your child's homework folder and on the Fiddlers Canyon Elementary PTA Facebook page.

family

Losing my mind: one kid at a time

Following a fall wardrobe shopping spree last week I noticed one of my two-year-old's new shirts fitting her very loosely. Handy seamstress that I sometimes am, I stripped it right off her body and proceeded to take it in at the seams and neckline.

As I was debating whether to sew the tag into the seam or cut it off I noticed that the shirt was two sizes too big and actually belonged to her older sister, whom it fit perfectly. I spent the next 20 minutes picking out every stitch I had just sewn.

Anyone who says that 'Mom Brain' is an excuse that childbearing women use for not being at the top of their game

doesn't understand the sincere frustration that accompanies this phenomenon! It's not simply forgetting to clean the house for the third week in a row (just kidding), it's totally missing the punchline of most jokes and feeling like a fool.

Pre-kid I was a fairly quick-witted conversationalist and could hold my own in any verbal sparring match. Nowadays I'm lucky to spit out a logical threat at my kids without jumbling my words and making them laugh!

On more than one occasion I have put my kids' shoes on the wrong feet and watched them walk around for an hour before realizing my mistake.

I have heard my baffled husband ask who put their shoes on and have had to swallow my pride and confess that it was their mindless mother herself!

I know that much of this phenomenon is due to sleep deprivation and the necessity

of multitasking one task too many, but that understanding does little to keep me from shaking my head at myself while walking from one room to the next, trying to remember what I intended to do three minutes earlier.

It's not uncommon for me to ask my four-year-old (and sometimes even two-year-old) what I was looking for or trying to accomplish, and they generally give me a helpful reminder.

"You were looking for your phone, Mom, and it's in your pocket."

Or, "Mom! You just passed the car wash, and you said you wanted to wash the car."

They may be the reason I'm so forgetful but they

do their part to fill the gaps in my mind!

They're also very helpful when I scramble their names, hand someone the wrong sandwich or (heaven forbid) the wrong color of dinner plate.

As a general rule I do just fine. They get to school on time with clean clothes and brushed teeth, I feed them as much nutrients as they can stand, I read to them at least 15 minutes a day and I make sure they hear "I love you" frequently.

Between the undeniably high loss of brain power they cause and the endless load of "work" that children require, one may wonder if they're worth having at all! But despite all of my mistakes, my kids love me unconditionally. Every time one of them reaches up to hold my hand or thanks me for sharing the last bite of a treat, I know I would gladly trade my sanity for them again and again!

mom's CORNER(ED)

by Weslie Stratton
CONTRIBUTOR

Five beautiful generations



Pictured are Lois Borsack, 92, with her daughter Michele Borsack, 73. Michele's daughter, Holly Orton, 49, and Holly's daughter Sunny Carver, 28. Along with Sunny's daughter Jada Carver, 7. (Back Row) Sunny, Michelle, Holly. (Front Row), Lois and Jada

COURTESY SUNNY CARVER

obituaries

Anna Marie Talbot Mellor



Our loving Mother, Grandmother, and Great Grandmother, Anna Marie Talbot Mellor, passed away on Monday, August 15, 2022, in her home in Lake Shore, Utah. She was born on November 20, 1935, in Paragonah, Utah, to James Orson Talbot and Annie Gale Talbot. Anna grew up in Paragonah and had four older siblings and four younger siblings. Mom was expected to work in her family home, bottle fruit and vegetables, and take care of her younger siblings.

She was sealed to Arnold H. Mellor on September 14, 1957, in the Utah St. George Temple. Together they raised five children, Brad, Michael, Marie, Jim, and Richard. As an active member of The Church of Jesus Christ of Latter-day Saints, Mom's testimony never wavered. She loved her Savior, Jesus Christ, and was faithful in all her endeavors. She served in many church callings over the years.

Anna served as a temple ordinance worker in the Provo Temple for many years and then served in the Payson Temple. She loved the temple and the people she was able to serve over the years. She was greatly missed when her health did not allow her to continue serving there. Anna and Arnold served a full-time proselyting mission in the Minneapolis, Minnesota Mission. There they served the people of Wilmar, Minnesota, with love and compassion. Mom was often taking young women to church activities and making sure they knew they were loved. They also served three missions in the Martin's Cove Visitor Center, Wyoming. Anna loved Martin's Cove. She felt connected to her ancestors who had traveled to Utah in the Martin Handcart Company at this sacred location. She also served at the Provo MTC as a shift leader for English as a second language.

Anna was an active member of the Daughters of Utah Pioneers. She served as the Camp Lake Shore Captain from 2012-2016 and Vice-Captain for over six years. She was proud of her pioneer heritage, and it was very important for her to support this organization.

Anna attended schools in Paragonah and Parowan, Utah, and college in Cedar City, Utah. This is where she met the loved of her life, Arnold. She worked as a secretary for U.S. Steel. She moved with Arnold to San Antonio, Texas, then to Rio Grande Valley, Texas, Big Springs, Texas, Wichita, Kansas, and Lincoln, Nebraska, while he served as a pilot in the United States Airforce. They returned to Utah to raise their family and lived in Provo, American Fork, and Lake Shore. Anna was a homemaker for many years when her children were young. When she returned to the workforce, she worked as a legal secretary in Spanish Fork for many years and then as a postal worker for the U.S. Postal Service in Provo, Utah. She retired from the Postal Service in 2000.

Anna paid particular attention to the details of her loved ones' lives. She knew everything about her children, nieces and nephews, grandchildren, and great-grandchildren's lives. She always made everyone feel welcome in her home. Lake Shore was the stopping point for many weary travelers on their way to another destination. Mom would welcome you in for a meal and an overnight stay.

She is survived by her husband, Arnold H. Mellor, and her children, Brad (Tara) Mellor, Mike (Tiffany) Mellor, Marie (Brady) Prothero, Jim Mellor, and Richard Mellor. She is also survived by her siblings, Ardell (Julie) Talbot, Neil (Barbara) Talbot, and Judy (Carl) Henrie. She has 13 grandchildren and 26 great-grandchildren. She was preceded in death by her parents, Orson and Annie Talbot, her sister Beth Fairbanks, and her brothers, Brent, Gordon, Bob, Jim, and her twin granddaughters, Laurel and Stephanie Mellor.

Funeral Services will be held at the Lake Shore Chapel on Saturday, August 20, 2022, at 11:00 am. There will be a viewing on Friday 6:00 - 8:00 pm at Walker Mortuary in Spanish Fork, Utah, and on Saturday morning from 9:30 am to 10:30 am at the Lake Shore Church Relief Society room.

Evelyn Matheson Hill



Evelyn Matheson Hill, 85, passed away peacefully in her home on August 19, 2022. She was born October 18, 1936 in Cedar City, Utah to Francis Webster Matheson and Bernice Armstrong. She was a member of the Church of Jesus Christ of Latter-day Saints. She married her sweetheart Ralph Earl Hill in the Idaho Falls temple for time and all eternity on March 30, 1956.

Oh, how the heavens must have rang out as they were, at last, reunited for all eternity. She was an amazing mother, beloved wife, wonderful sister and good friend to many.

She was survived by her children; Rosalee, Kathleen Bishop, Lorina (James) White, Kevin (Julie), Ivan (Micki Jo), Charlotte (William) Davidson, Elvina (Paul) Maynes, Daniel, Renee (Jim) Page, as well as 29 grandchildren and 23 great-grandchildren. Her siblings; Leland (Linda), Dorian (Maureen), Richard (Kathy), Kendall (Beverly), Diane (Steve) Nelson. She was preceded in death by her Husband Ralph Earl Hill, Son Vaughn, Baby

daughter Angel, Son-in-law David Bishop, and granddaughter Elizabeth Davidson.

She was loved by many. We will miss her sweet smile and wonderful laugh, but rejoice in knowing we will see her again. Funeral services will be 11:00 a.m. Saturday, August 27, 2022 at the Firth Stake Center, 825 N 675 E in Basalt. Those who would like to participate in the funeral service remotely are invited to view the service on a live broadcast at <https://zoom.us/j/93059093006>. The family will receive friends from 9:30 till 10:30 a.m. prior to the services at the church. Burial will be in the Grove City Cemetery in Blackfoot under the direction of Nalder Funeral Home. Condolences may be sent to the family at www.nalderfuneralhome.com.

Michael "Mohawk Mike" Leigh Medina



Michael "Mohawk Mike" Leigh Medina was born 2 months premature on June 17, 1981 in Southern California. He was raised in Cedar City, his gypsy soul had him live his adult life in CA, UT, CO, WA, OR and HI. Mike worked a number of different jobs but always dreamed of owning/operating a food truck.

He passed away way too soon on June 26, 2022 in WA. Michael loved helping others, he frequently volunteered at food pantries, helping the homeless, and would do anything

for a friend or a friend of a friend. Even when he had almost nothing, he still shared what he had with those in need. He also loved going to concerts, hiking, gardening, skateboarding, snowboarding, cooking and various types of art.

Michael made his wishes to be cremated known and threatened to haunt us if we buried him in UT. A private memorial was held in Parowan on July 9, 2022. He is survived by his parents Mike Medina and Sharon Medina, sister Brittany and nephew Zane Grimshaw, sister/best friend Caitlin Medina (husband Brandon and niece Kacie Herron), cousin Nicole (husband Ian, children Stella and Hunter), cousin Danielle (husband Tyler) Uncles Leigh, Tom, Pete and numerous friends through thick and thin.

In lieu of flowers, you can honor our favorite scallywag by donating to a food pantry or an animal shelter. His family and friends miss him greatly. Until we see you again Homie.

There is a charge of \$50 for obituaries to be published. Submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. A single submission may include up to two photos. The deadline for submission is Monday at noon.

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obituaries

Paul Kay Julander



Paul Kay Julander was born on August 11, 1945, in Monroe Utah to Paul Garn and Golda Johnson Julander. He passed away on August 15, 2022, in Panguitch Utah.

He grew up and attended school in Monroe Utah until 1960 when his family moved to Panguitch. After attending Panguitch High for 2 years he went back to Monroe for his senior year. He took automotive classes at Sevier Valley Tech while finishing high school at South Sevier High. He graduated in 1963, after which he went to CSU (SUU). He earned his Associates Degree in Automotive Service Technology and in 1969 he graduated with his Bachelors Degree in Industrial Technology.



Paul went to work for his dad at the sawmill in Panguitch on his 16th birthday. He worked there part time until the summer of 1966, when he started working as a mechanic at Farnsworth Chevrolet. He worked there during the summers while he attended college and went to work there full

time after he graduated. He worked there for Farnsworth's until the business changed hands, then he continued there while it was Griffith's Chevrolet. In 1981, he started Paul's Auto Repair in that same location on North Main in Panguitch. He worked there, with his family, until the minute that he died.

He married Laura Goulding, his eternal sweetheart, on June 20, 1970, in Panguitch, Utah. They had three children and made their home in Panguitch. They have loved living in their little piece of heaven where Paul spent a lot of time tinkering in their house and yard over the years. They were sealed in the St. George Temple on August 1, 1992.

Paul was a faithful member of The Church of Jesus Christ of Latter-day Saints. Throughout the years he served willingly in a number of callings, including Cub Master and secretary of the Young Men's Quorum. His longest, most recent, and favorite calling was in the branch presidency in the Panguitch Jail. He served there for just short of 22 years. He touched many hearts and was appreciated for his service in the church as well as in the small community of Panguitch.

Paul Kay was preceded in death by his parents, Paul and Golda Julander. He is survived by his wife of 52 years, Laura Goulding; and his children: Robert (Kim) Julander, Panguitch; David (Jenny) Julander, Enoch; Susan Julander, Enoch; 11 grandchildren and 4 8/9 great-grandchildren; siblings: Carol (George) Greenalgh, Murray; Lynn (Bernadine) Julander, Monroe; and Janice (John) Schena, Richfield.

Funeral services were held Tuesday, August 23, 2022, at noon in the Panguitch 3rd Ward Chapel, 550 South 100 West. Friends were invited to call at the ward chapel Monday evening from 6-7 p.m. or Tuesday morning from 10:00 - 11:30 a.m. Burial was in the Panguitch City Cemetery. Funeral Directors: Magleby Mortuary, Richfield, Salina and Manti. Online guestbook at www.maglebymortuary.com.

Stanley Bryan Easley



Stanley Bryan Easley, age 53, passed away after a courageous five-year battle with cancer on 20 August 2022, at home in Enoch, Utah. He was born 10 April 1969 in Irving, Texas to Kenneth and Cherril (Dennis) Easley.

Stan graduated from Texas A&M University, with a bachelor's degree in Chemistry. He worked as a chemist for the EPA, NASA and finished his career at AMPAC, in Cedar City, UT. As well as having a successful career, he followed his passion and became a respected

member of the Shooting Community.

Stan was preceded-in-death by both his paternal and maternal grandparents. He is survived by his wife Cassie (Akins) Easley; his son, Brian Easley; his three step-sons Garrett (Lore) Griffin; Sutton Snyder; Weston (Ashtin) Snyder, their daughters Skarlette and Evarett; his sister Dena (Abel) Laurel, their sons Nathan and Brandon; and his parents. He will be greatly missed by many other relatives and friends.

The family is extremely grateful to Dr. Rhodes, David Cowley and the wonderful nurses, that came to be friends at the Cedar City Cancer Center.

There will be a Time of Remembrance for Stan at Grace Christian Church in Parowan on 31 August 2022 at 4:30 PM.

Kent C. Parke



St. George, Utah – Kent Clarence Parke returned to his eternal home August 11, 2022. He was born April 5, 1943, to goodly parents. His father, Keith Hatch Parke, owned a sporting goods store and his mother, Sarah Kathryn McCarty Parke, was a school secretary. He had a twin brother Keith Arthur Parke who was 30 minutes older. He lived an idyllic childhood in Long Beach, California until his father was killed in a horrific car crash, which also killed his father's friend and badly

injured Kent and his brother. Kent really never recovered from his father's death and there was an element of sadness deep inside of him. His mother eventually married Jacob Lybbert and after graduating from Jordan High School the family moved to Cardston, Alberta, Canada to live on a ranch.

Kent served a highly successful mission to the Northern Indian Mission located in Rapid City, South Dakota. He grew to love the Indian people and their culture. After returning home from his mission, he attended Brigham Young University. It was at the first football game of the season in the new Cougar Stadium that he met the love of his life. It was love at first sight when he laid eyes on Lynn Webb, the red-headed beauty from Manchester, England. Kent and Lynn were married December 15, 1966, by Spencer W. Kimball in the Salt Lake Temple. Kent graduated from Brigham Young University in 1968 with a contract to teach Indian Seminary, Home Study, Early Morning and Institute on the same reservation he spent the "best 2 years of his life."

Four children were born during the seven years he spent on the reservation, Jon (Angie), Catharine, Richard (Jordan), and Steven (Deborah). He was transferred to Cedar City, Utah by the seminary program in 1975 and taught seminary at Cedar City High School for three years. He was recruited by LDS Family Services to administer the Indian Student Placement Program in Southern Utah until the program ended. Four more children were born, Bryan (deceased), Jeffrey (Robin), Keith (Paige) and Ryan (Trina). Kent had the opportunity to obtain his Master of Social Work degree while working for the LDS church and enjoyed working with adoptions and did marriage and family counseling. He was transferred to St. George, Utah in 1996. He retired from LDS Social Services in 2002 but not from social work. He acquired an international adoption agency and placed over 1,000 children from Haiti, China and Ethiopia with families across the country. He had a private counseling practice and was working with groups of men and women arrested for domestic violence until 3 weeks prior to his passing.

Kent was very active in the LDS church, his main goal since baptism was that he wanted to live a life that would enable him to live with his Heavenly Father in "never ending happiness." He was a Branch President, District President, Elders Quorum Presidency, High Priest Group Leader, Teacher, Scoutmaster, Ward and Stake Missionary, High Councilor, Bishop and Temple Ordinance Worker. However, his favorite position was that of a teacher. He loved to work with the youth of the church.

Kent also had another goal of never being poor, so along with his profession he also had many side businesses. He purchased a wild-rice processing plant when he lived in Minnesota and sold wild-rice to upscale restaurants in San Francisco and Los Angeles. He sold Jotul wood stoves, trampolines, jewelry, and pool tables when he moved to Utah. He loved the Sacred Grove, church history, attending the temple, drag racing, BYU football, In & Out Burger, cruises, peanut M&Ms, the Beach boys, the Beatles, the Eagles and Queen music probably in that order.

He acquired his "high school dream car" later in life, the '32 Chevrolet. He was proud of all of his children and loved them very much and adored his 20 grandchildren.

Kent was preceded in death by his parents, his twin brother Keith and his son Bryan. He is survived by his wife Lynn, their seven children and 20 grandchildren.

Funeral services were held Saturday, August 20, 2022, at 10:00 a.m. in the Bloomington Hills 6th Ward Chapel, 750 East Ft. Pierce Drive North, St. George, Utah. Visitations were held Friday evening from 6:00 p.m. to 7:00 p.m. at Metcalf Mortuary, 288 West St. George Blvd. and on Saturday prior to the service, from 9:00 a.m. to 9:45 a.m. at the church. Interment followed at 2:00 p.m. in the Cedar City Cemetery, 685 North Main Street, Cedar City, Utah.

Live streaming webcast available at the following ZOOM link: <https://zoom.us/j/96869526705?pwd=b0RmV2E5U0RsbjRT2UeGpxeVxUT09>

Many thanks to the Bloomington Hills 6th Ward members and Relief Society.

Arrangements entrusted to the care of Metcalf Mortuary, (435) 673-4221. Please visit our website at www.metcalfmortuary.com for condolences, complete obituary and funeral listings.

Hilda Amesquita Padron



Hilda Amesquita Padron passed away peacefully at her home, surrounded by her family on August 14, 2022. Hilda was born on October 7, 1934, to Isaac Amesquita and Marianna Cruz in Oxnard, California.

Hilda graduated High School. She married Antonio Padron on November 9, 1953, in New Haven, California.

She went on to become a mother and home maker and later served as a special educator in public schools for the developmentally disabled. They have 6 children Henry, Kathy, Betty Ann, Rosemarie, Tony and Isaac. Antonio passed away on May 3, 2021.

Hilda is survived by her children; Henry (Janet) Padron, Kathy Padron, Betty Ann (Dennis) Dresbach, Rosemarie Padron, Antonio Padron Jr. and Isaac (Cristina) Padron. Along with 17 grandchildren, 29 great-grandchildren and 2 great-great-grandchildren; siblings Sam Amesquita, Able (Connie) Amesquita and Elizabeth Amesquita. She is preceded in death by her husband Antonio Padron Sr.

Funeral services were held at the Grace Christian church of Parowan. The funeral was held Monday August 22, 2022, at 2:00 p.m. with a viewing previous to that at 1:00 p.m. Interment was in the Paragonah Cemetery under the direction of Southern Utah Mortuary. Online condolences may be left at www.mortuary.org.

James Richard Mortensen



Beloved husband, father, brother and grandfather James Richard Mortensen passed away at his home in Cedar City on August 16, 2022, at the age of 89.

He was born Santiago Ricardo Mortensen on Feb. 7, 1933, in Colonia Juarez, Chihuahua, Mexico, a descendant of the settlers of the 19th Century Latter-day Saint colonies in Mexico. He later anglicized his name to James Richard. Jim was the seventh of ten children born to Jesse William and Maria Clara Aldaz Mortensen. The family divided their time between El Paso, Texas, and

Mexico where they had a dairy farm. Jim attended El Paso schools. His mother died when he was 9, and at 14 he moved to Salt Lake City to be raised by his older brother.

There at church he met Jonita Bernards who he would later marry. He graduated from Granite High School and joined the United States Air Force where he was trained in electronics. He served two years in the Philippines supporting the operations of U.S. aircraft in the Korean War.

Jim and Jonita were married in 1954 in the Salt Lake Temple. He left the Air Force one year later as a staff sergeant, but maintained a life-long passion for aircraft and the Air Force. He graduated from the University of Utah in 1959 with a degree in electrical engineering and accepted a job with Hughes Aircraft in Inglewood, California. After two years, he moved to Thousand Oaks, California and began work for Litton Industries where he trained Litton customers in the use of airplane guidance and control systems.

The Mortensens raised their eight children in Thousand Oaks. Jim retired from Litton in 1998 and they moved to Tehachapi, California, where they intended to stay. Then, on a whim, they moved to Cedar City in 2013 and never looked back.

Jim was a lifelong member of the Church of Jesus Christ of Latter-day Saints. He served in two bishoprics and on stake high councils for 10 years. Together, Jim and Jonita served two years as missionaries at Moorpark College in Thousand Oaks, working with students in the Institute Program. The church responsibilities he loved most were anything that allowed him to use his analytical skills and attention to detail. In retirement he enjoyed woodworking, genealogy and the continual learning opportunities that his computer provided.

Jim is survived by his wife Jonita, five siblings (Elvia Baird, Lisa Davis, Rey Mortensen, George Mortensen and Robert Mortensen), eight children (Jeanie Besamo, Debbie Gamble, Kathi Welch, James Mortensen Jr., Rochelle Mortensen, Jon Mortensen, Lea Schuler and Carrie Lundell) 43 grandchildren, 75 great-grandchildren and five great-great-grandchildren.

Services, under the direction of Southern Utah Mortuary, will be held Saturday, Aug. 27 at the Cedar View Chapel of Church of Jesus Christ of Latter-day Saints, 1925 W. 320 S., Cedar City. Visitation will be at noon followed by a funeral at 1 p.m. Burial will be in the Cedar City Cemetery. Online condolences may be left at mortuary.org.

As the first person in his family to graduate from college, our Air Force veteran, engineer, and determined father was a trailblazer who has inspired and paved the way for future generations to follow in their educational pursuits. In lieu of flowers, the family has set up an endowed scholarship in his honor. Join us in supporting this scholarship for a "First Generation" Engineering student through Venmo: @MortensenScholarship.

faith

"HIS HAND IN MINE"

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

Am I Good Enough?

by L. Brent Jones

Sometimes I judge myself too harsh,
When my abilities I see.
Or, because of wrong things I have done,
I doubt my destiny.

Am I good enough to do this task?
A voice whispers in my head.
And surprisingly I answer,
With a negative instead.

I'm always harder on myself,
When talents come along.
And I tend to minimize my own,
Even when I know I'm wrong.

I know there's something lacking,
In my confidence within.
When I hide from opportunities,
That I know that I could win.

When it comes to talents, work or sports,
My doubts will hold me back.
As I compare myself with others,
It's courage that I lack.

Courage to just be myself,
As I'm trying to succeed.
Comparing me to only me,
Letting improvement be my creed.

And try to be a better man today,
Than I was yesterday.
And tomorrow I will grow again,
And I'll improve from day to day.

Now if this pertains to earthly goals,
Then Heaven's are the same.
And if I keep moving forward,
I can't place any blame.

My goal is a celestial one,
And I shouldn't have to guess.
When it comes to being good enough,
The answer should be, "Yes!"

For God made me equal to the task,
And He has faith in me.
So, all I need to do is try,
And I'll reach eternity.

"Caroline" (Seventh Day Slumber)

Where do I begin? My first thought is of Timothy, who "fought the good fight." He found a way to fight the good fight and finish the race (2 Timothy 4:7), but what about each of us? We live in a different world than Timothy, right? True, but isn't Jesus is the same yesterday, today and forever (Hebrews 13:8)? Yes, His love and His words still apply (Romans 15:4). Which means no matter what obstacles and oppositions we face today, He will also help us fight and finish to the end.

Where do you find such seemingly impossible strength to finish your race (Luke 1:37)? From the One who counsels

you to "be not dismayed" (fear not) and promises to strengthen, help and uphold you with His right-

teous hand (Isaiah 41:10). It is through our choices we make—the voices and vices we forsake, or partake—that give us the faith and fortitude to reach out and take His right-teous, outstretched hand.

Thus, to all the "Caroline's" out there in the world and every child of God, He is pleading with you to not give up. If you have given up, then look up and reach up for His outstretched hand. Even if all you can do today is believe He is reaching out to you and reach upwards to Him with mustard seed-sized faith (Luke 17:6) that is enough to begin the miracle of mercy, of healing, forgiveness, rescuing and restoring (Joel 2:25). And as you turn your eyes and heart away from the world that defies and tries to destroy you, seeking first the kingdom of God (Matthew 6:33), you will see He has not forsaken you, but is still with you always and all ways.

And when you're feeling all alone and you can't go on—or that you've gone too far, let Him remind you that He not only gave you life, He can restore

it—no matter who or what took it from you. He will meet you right where you are, right now and help you and your life to be beautiful again. You may not be able to believe in such a miracle, or see it through your tears and fears, but it's there. It's real and really yours. You are still His child. He still believes in you and loves you, no matter what (Romans 8:35-39).

Today, may His peace pick you back up, buoy you up and bring you hope (John 14:27). He is still and always your refuge from the storm (Psalm 62:5-8). He will heal your wounded heart (Psalm 147:3), and wipe away every tear (Revelation 21:4) and bring you peace—even beauty

GOD'S playlist

Corey Baumgartner

news@ironcountytoday.com



for ashes (Isaiah 61:3)...no matter how difficult your trials and tribulations (John 16:33). Believe that He is the Rewarder (Hebrews 11:6) and Comforter (Matthew 5:4). No matter what you are suffering and striving to endure, be strong and courageous (Joshua 1:9) and may you know that you are not alone (Deuteronomy 31:6).

"It is through our choices we make—the voices and vices we forsake, or partake—that give us the faith and fortitude to reach out and take His righteous, outstretched hand."

people

CELEBRATION OF LIFE

Anita Murillo

Anita Murillo would have been 100 years old on August 13th. In celebration of this amazing woman her family and friends gathered for a weekend of love, laughter, and great food. There were 45 in attendance traveling from Atlanta, Texas, California, Washington, Arizona, Nevada, and Utah. Gen Phelps and family would like to thank friends for their time, support, equipment, and donations. This celebration was possible because of the love "Nita" gave to everyone in her life.



WEDDING

Ashley & Scott



Ashley Brown and Scott Brown were married in the Draper temple on August 19, 2022. Ashley is the daughter of Scott and Leah Brown of Cedar City, Utah. Scott is the son of Terry and Jaylene Bowers of Saratoga Springs, UT. The couple will reside in Riverton, Utah.

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

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sports

SCORES + RECAPS FROM IRON COUNTY COMPETITION

WASPS STING REDS



Juab

37



Cedar

20

Juab 7 7 10 13 - 37
Cedar 14 0 6 0 - 20

Q1 - C - Villa-Rowe 2 run (Hernandez kick), 9:31
J - Nielsen 96 run (Richards kick), 9:16
C - Elliott 9 run (Hernandez kick), :42

Q2 - J - Robinson 9 pass from Jackson (Richards kick), 3:02

Q3 - C - York 22 interception return (kick failed), 11:05
J - FG Richards 22, 1:05
J - Ingram 11 run (Richards kick), :04

Q4 - J - Park 30 pass from Jackson (kick failed), 5:03
J - Garrett 48 run (Richards kick), 3:40

JUAB PULLS AWAY IN SECOND HALF

by Tom Zulewski

IRON COUNTY TODAY

The Cedar Reds played Juab on even terms in the opening half. Once the second half got started, the Wasps proved why they reached the 3A state semifinals a season ago.

Alex Jackson threw two touchdown passes and Gunner Nielsen added a 96-yard scoring run as Juab pulled away over the final two quarters and beat Cedar, 37-20 on Aug. 19 to improve to 2-0 on the season. The game was tied 14-14 at the half, but the Reds (0-2) scored on its first possession of the third quarter

as Ammon York found the end zone with a 22-yard interception return.

It would be all Wasps after that as they scored 10 points in the final 1:05 of the period, highlighted by an 11-yard run from Chase Ingram. Jackson added a 30-yard touchdown pass to Payton Park, and Joseph Garrett added a 48-yard run. The scoring plays came 1:24 apart in the fourth quarter to secure the victory.

Cedar will host Canyon View in the rivalry game Friday, looking for its first win of the season and third straight over the Falcons.



Cedar's quarterback Koden Lunt fought hard through the air and on the ground to help keep the Reds in sight of the victory.



PHOTOS BY COREY BAUMGARTNER

Rams routed by Wolves in football season opener

by Tom Zulewski

IRON COUNTY TODAY

James Crowley ran for two touchdowns and quarterback

Kannin Boswell added a scoring run of his own as North Sevier beat the Parowan Rams, 33-6, on Aug. 19. The Rams fell in its season opener and avoided the shutout on a Justin

DeGroff touchdown pass midway through the fourth quarter.

The host Wolves (2-0) broke away from a scoreless first quarter, taking a 19-0 halftime lead and

scoring single touchdowns in the final two quarters.

Parowan will travel to Grand for this week's game Friday starting at 7 p.m.

Falcons rout Patriots, remain unbeaten

JAXON JENSEN
TOSSES 4 TDS

by Tom Zulewski
IRON COUNTY TODAY

Jaxon Jensen threw four touchdown passes – three to Nick Macias – and Canyon View broke the game open in the second quarter on the way to a 54-14 rout over the visiting Providence Hall Patriots on Aug. 19. CV improved to 2-0 on the season.

After the two teams exchanged touchdowns less than a minute apart in the



Canyon View

54



Providence Hall

14

Providence Hall7070-14

Canyon View7141914-54

Q1 – CV – Macias 9 pass from Jensen (Slack kick), 6:16

PH – Starks 3 run (Silva kick), 5:18

Q2 – CV – Macias 22 pass from Jensen (Slack kick), 6:04

CV – Buehler 35 pass from Barnes (Slack kick), 2:23

Q3 – CV – Macias 23 pass from Jensen (kick failed), 11:38

PH – Barlow 67 pass from Silva (Barlow kick), 7:51

CV – Roundy 4 run (run failed), 6:14

CV – Hunter blocked punt return (Slack kick), 4:23

Q4 – CV – Jensen 1 run (Slack kick), 11:55

CV – Nelson 33 pass from Jensen (Slack kick), 8:54

opening quarter, Jensen found Macias for a 22-yard score midway through the second to break the tie and send the Falcons on their way to an easy win. CV stretched the lead to 40-14 after three quarters and Jensen added a 1-yard run in the fourth to go with a 33-yard TD toss to Drew Nelson.

The Falcon defense did its part in the scoring parade in the second half, getting a Jake Hunter blocked punt return. CV will look for its third straight win overall and to break a three-game losing streak to Cedar as they travel to face the Reds on Friday at 7 p.m.

At top, Canyon View's Trenton Ludlow elevates above the difficult defense, while Andrew Barnes attempts to break free from his Patriots tackler.

SCOREBOARD

SCORES

Region 10 Football

8/19 Juab 37, Cedar 20
Dixie 17, Riverton 13
Crimson Cliffs 35, Spanish Fork 7
Desert Hills 31, Cedar Valley 28, OT
Moapa 26, Hurricane 22
Arbor View 7, Snow Canyon 0

3A South Football

8/19 Cyn. View 54, Providence Hall 14
Juab 37, Cedar 20
North Sanpete 28, Emery 14
Manti 35, Delta 13
Richfield 44, Cottonwood 6
Carbon 31, Grand 13

1A South Football

8/19 North Sevier 33, Parowan 6
Enterprise 21, South Sevier 14
Milford 58, Gunnison 26
Kanab 18, Millard 15

Region 10 Girls Soccer

8/18 Desert Hills 4, Crimson Cliffs 1
Hurricane 2, Pine View 1, 2 OT

8/19 Cedar 3, Dixie 2

STANDINGS

Region 10 Football

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

3A South Football

	REGION	OVERALL
Canyon View	0-0	2-0
Carbon	0-0	2-0
Juab	0-0	2-0
Manti	0-0	2-0
Richfield	0-0	2-0
North Sanpete	0-0	1-1

1A South Football

	REGION	OVERALL
Enterprise	0-0	2-0
Kanab	0-0	2-0
Milford	0-0	2-0
Parowan	0-0	0-1

Region Girls Soccer

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

SCHEDULE

Region 10 Football

8/26 Canyon View at Cedar
Ridgeline at Snow Canyon
Salem Hills at Pine View
Desert Hills at Spanish Fork
Dixie at Palm Desert (Calif.)
Timpview at Crimson Cliffs
Hurricane at Timpanogos

3A South Football

8/26 Canyon View at Cedar
Richfield at Payson
Carbon at Ogden
Mountain View at Juab
Delta at North Sanpete
Grantsville at Manti

1A South Football

8/26 Parowan at Grand
Am. Leadership at Kanab
North Sevier at Milford
Enterprise at Millard

Region 10 Girls Soccer

8/23 Crimson Cliffs at Cedar

8/25 Hurricane at Crimson Cliffs
Desert Hills at Pine View
Dixie at Snow Canyon

PHOTOS BY JR ROBINSON



Cedar's Keana Tolman breaks away from the Flyers' defense to help the Reds secure another victory.

COREY BAUMGARTNER

Tolman keeps Reds rolling in Region 10 opener

TEAM IMPROVES TO 3-1 OVERALL

by Tom Zulewski

IRON COUNTY TODAY

Keana Tolman scored twice and added an assist on Kenzie Bird's goal as the Cedar Reds broke a tie and went on to beat the Dixie Flyers, 3-2 on Aug. 19 at its home field. The Reds (3-1 overall) led 2-1 at the half, but held on down the stretch to earn the win in its only game of the week.

Taryn Hafen and Brinlee Bennett scored for Dixie, who fell to 0-5 on the season.

Cedar hosted Crimson Cliffs in a Tuesday afternoon matchup that was too late for press deadline, and they will be idle Thursday.

Falcon soccer splits week

CV EARNs 5-0 ROAD SHUTOUT OVER S. SEVIER

by Tom Zulewski

IRON COUNTY TODAY

Emery Miles scored twice, and the Canyon View Falcons broke the game open with four goals in the second half on the way to a 5-0 road shutout over South Sevier on Aug. 16. CV led 1-0 at half and the goalie duo of Isa McUne and Gracie Burt combined for the clean sheet in goal.

Hadlee Farrow added a goal along with Brooke Davie and Kelli Anderson. Farrow added an assist on Davie's goal for the Falcons.

Canyon View finished the week Aug. 18 with a 2-1 road loss at Salem Hills. Bethanee Vargas had the only goal in the first half for the Falcons, who played the Skyhawks to a 1-1 tie at halftime. Salem Hills netted the only goal of the second half, and it was good enough to push its record to 4-2 overall on the season while CV fell to 3-3.

The Falcons played a road game at Manti on Tuesday that was too late for press deadline, and they will return home to host the Millard Eagles on Thursday in a 4 p.m. kickoff.



COURTESY JEFF MARCHANT

1955 Little League All Stars

(Back Row) Lory Misel, Cal Hair, Jeff Marchant, Larry Anderson, Roger Lewis, Mike Carter, Sam Chamberlain, Dee Cowan.
(Front Row) Klein Rollo, Steve Cahoon, Danny Lindsey, Leigh Rosenberg, Donnie Roberts, Butch Thompson, Dennis Slack, Glen Pryor, Doug McKnight.

John Knight III signs professional contract

by Trevor Marbut

ASST. DIRECTOR, SUU ATHLETIC COMM.

CEDAR CITY — Former Southern Utah University basketball player John Knight III has officially signed his first professional contract with Norwegian Club Froya Basket.

"This is an incredible achievement for John," said SUU Head Coach Todd Simon. "His commitment to hard work and developing as a basketball player has paid off with a storied career at SUU, and now a professional contract. We could not be more excited to follow his career."

For each of the past three seasons,

for the season. He scored a career-high 34 points on 13-21 shooting from the field and a perfect 8-8 from the free-throw line to help SUU beat Northern Colorado in the second round of the Big Sky Conference Tournament. Knight III was named to the All-Big Sky Second Team after helping lead SUU to a 20-4 overall record and a Regular Season Big Sky Title.

This past season, Knight III elevated his game to new heights, finishing the season as Southern Utah's leader in total points (501), assists (142), field-goal percentage (53.5%), steals (67), and minutes played (1137). He also ranked first in the Big Sky Conference



Former SUU basketball star John Knight III is taking his talents around the world to Norway.

COURTESY SUU ATHLETICS

Knight III was a standout player for the SUU men's basketball team. He played a critical role in helping the team secure their first Regular Season Big Sky Conference Title in 2021, along with helping lead the T-Birds to three victories in The Basketball Classic, resulting in a semifinal appearance in the postseason tournament this past season.

Throughout his three-year career with Southern Utah, Knight III appeared in 89 contests while making 69 starts. He finished his career ranked seventh in SUU men's basketball history in scoring with 1,223 points, fourth in assists (336), sixth in field-goal percentage (.522), and eighth in steals (131).

During the 2020-21 season, Knight III finished second on the team in scoring (14.4) and first in both assists (4.4) and field-goal percentage (.570). His 4.4 assists per contest ranked second in the Big Sky Conference

in both steals per game (1.9) and field-goal percentage (53.5%), while finishing fourth in assists (4.1) and tenth in points per contest (14.3). He was recognized as a member of the All-Big Sky First Team at the conclusion of the regular season for his sensational play.

Knight III will now head to Laksevag, Norway to compete in the Basketligaen Norge (BLNO), Norway's premier professional men's basketball league. He will join a strong Froya Basketball team that won the 2021-22 BLNO Regular Season Championship, finishing with a record of 21-6 to secure the title.

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

TOM'S SPORTS TRIVIA

With the Little League World Series under way for 2022, this week's dozen takes a look at athletes from Major League Baseball and other sports who played in Williamsport, PA. May the team from Snow Canyon do well, but please remember...no wagering!

1. Which Chicago White Sox pitcher played in the LLWS for Brownsburg, Indiana in 1999 and started his MLB career winning a World Series with the St. Louis Cardinals in 2011?

- A. Dylan Cease
- B. Lucas Giolito
- C. Lance Lynn
- D. Liam Hendriks

2. Now working as the New York Rangers president and general manager, who played for Trumbull, Connecticut in the 1989 LLWS and won a Stanley Cup with the Colorado Avalanche in 2001?

- A. Ray Bourque
- B. Chris Drury
- C. Patrick Roy
- D. Adam Deadmarsh

3. Who won the LLWS for Toms River, New Jersey in 1998 and went on to play for six MLB teams – including his hometown New York Yankees?

- A. Todd Frazier
- B. Derek Jeter
- C. Mark Teixeira
- D. Aaron Boone

4. Before scoring a legendary goal in Game 6 of the Eastern Conference Finals in the 1994 Stanley Cup playoffs, who played in the LLWS for his Canadian hometown in 1982?

- A. Mark Messier
- B. Mike Gartner
- C. Mike Richter
- D. Stephane Matteau

5. Who is the only MLB player to win BOTH a LLWS and World Series title? This player won the LLWS for Maracaibo, Venezuela in 1994 and the World Series with the San Francisco Giants in 2014.

- A. Yusmerio Petit
- B. Albert Pujols
- C. Fernando Tatis Jr.
- D. Miguel Cabrera

6. Which San Diego Padres player nearly won the LLWS twice for his native Curacao, a title in 2004 and a runner-up finish in 2005?

- A. Manny Machado
- B. Nomar Mazara
- C. Jurickson Profar
- D. Trent Grisham

7. Which NASCAR Cup Series driver played in the LLWS in 2002 for Forsythe County, North Carolina and went on to win the 2011 Camping World Truck Series and 2013 Nationwide (XFINITY) Series titles?

- A. Ty Dillon
- B. Austin Dillon
- C. Kyle Petty
- D. Bubba Wallace

8. Which NFL quarterback played in the 1994 LLWS for Northridge, Calif., and started his football career in 2005 as a backup to Tom Brady with the New England Patriots?

- A. Randall Cunningham
- B. Eli Manning
- C. Matt Cassel
- D. Troy Aikman

9. Which MLB legend played for Lakeland, Florida in the 1954 LLWS, hit 339 home runs in a 17-year MLB career, and has his name attached to a barbecue stand at Camden Yards in Baltimore?

- A. Jim Palmer
- B. Boog Powell
- C. Dave McNally
- D. Mike Cuellar

10. Who played in the LLWS for his hometown of Richmond, Texas in 2004 and 2005 and is on his third MLB team with the Colorado Rockies?

- A. Randall Grichuk
- B. C.J. Cron
- C. Charlie Blackmon
- D. Connor Joe

11. Which MLB player caught the final out that won the 1996 World Series for the New York Yankees and played in the 1977 LLWS for Hattiesburg, Mississippi?

- A. David Cone
- B. David Wells
- C. Charlie Hayes
- D. Alex Rodriguez

12. Which Boston Red Sox catcher was part of the team's 2004 World Series title and also a runner-up for Altamonte Springs, Florida in the 1984 LLWS?

- A. Keith Foulke
- B. Jason Varitek
- C. Dustin Pedroia
- D. Dave Roberts

LAST WEEK'S ANSWERS

1. C: Washington Bullets (Wizards). The Warriors were 48-34 in that title-winning season.
2. A: Detroit Pistons. The Pistons went on to go back-to-back themselves, beating the Portland Trail Blazers in five games in 1990.
3. D: Arizona Diamondbacks.
4. C: Cleveland Indians.
5. B: Adam Vinatieri.
6. B: John Elway.
7. D: New York Islanders. The Islanders won four straight Stanley Cups from 1980 to 1983.
8. A: Pittsburgh Penguins.
9. C: Boston Red Sox. The Red Sox won 108 games in 2017 and beat the Los Angeles Dodgers in the World Series.
10. B: Andrew Wiggins.
11. C: New York Giants. The Giants were 9-7 in 2011 and beat the New England Patriots in Super Bowl XLVI.
12. B: Los Angeles Kings.

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3 WEEKS » \$.10/word - 30 Words - \$9.00. More than 30 words - \$.10/word.
4 WEEKS » \$.10/word - 30 Words - \$9.00. More than 30 words - \$.10/word

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ANNOUNCEMENTS

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BACHELOR WISHES TO MEET JUST ONE SINCERE WOMAN. 46+, Must love people, nature, art, and photography. Call 435-327-8212

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OPEN MIC! EVERYONE WELCOME TO PARTICIPATE! BILL Smith will recite his poetry of life. 5:30-7pm, Fri Aug 26th & Sat Aug 27th at the Parowan Pavillion. Come & share the fun! Call Bill with questions 559-471-6443

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BRAND NEW UPRIGHT WALKER FOR SALE. ASKING 450.00 it's color is bronze and it's called the "perfect walker". If interested call 435-429-4210

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HELP WANTED

NEED LANDSCAPE WORKERS: YOUTH (15YRS OLD AND UP OKAY) Weeding, trimming, raking, watering. \$10(+) per hour. Transportation provided. Kolob/Black Ridge Area. Call 702-419-2675



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NEED SOMEONE TO REPAIR A 2012 MAGNAVOX DVD/VCR combo. Mechanically sound. Needs Cleaning and possible electrical repair. Leave message with rates/estimate. Chad 435-590-5365.

YARD SALES

HUGE YARD SALE WITH MULTIPLE FAMILIES 8984 WEST Hwy 56 (on the way to Corn Festival). Follow the signs August 26-27 @ 9am

YARD SALE: SATURDAY, AUGUST 27TH FROM 8AM-12NOON at 709 E 2250 N, Cedar City. Toys, crafts, kitchenware, books, picture frames, and miscellaneous

ESTATE FURNITURE SALE: SAT, AUG 27TH 9AM AT 2179 SHAN- na Lane in Mesa Hills. New queen bedroom set, futon, leather couch, desk w/ chair, dresser, mirror, headboard, grill, end tables, crib/toddler bed, Pottery Barn lamps, fertilizer spreader, dog ramp, etc.

legal notices

SUMMONS

Westwood, Law, P.C., J. David Westwood, Counsel for Plaintiff, 98 W. Harding Ave., Cedar City, Utah 84720, Telephone (435) 267-2145, david@westwoodlawfirm.com In the Fifth Judicial District Court in and for Iron County, State of Utah, State of Utah, Case No. 220500098, Judge Matthew L. Bell. Gary V. Ciriello, trustee of the Gary Ciriello Living Trust 2008, Plaintiff vs. D.K. Development, LLC; Kerry Wilson; Robert Dameon Higgins, a/k/a R. Dameon Higgins and all persons unknown, claiming any legal or equitable right, title, estate, lien, or interest in the property rights described in the Verified Complaint which are adverse to Plaintiff's title, or any cloud on Plaintiff's title thereto. You are summoned and required to answer the Verified Complaint filed with the court in the above matter. Within 21 days after service of this summons you must file your written answer with the clerk of the court at the following address: Iron County Courthouse, 40 N. 100 E., Cedar City, Utah 84721, and you must mail or deliver a copy of the Answer to Plaintiff's attorney at the address listed above. If you fail to do so judgment by default may be taken against you for the relief demanded in the Verified Complaint. The subject matter of this Verified Complaint is to quiet title to real property. The Complaint is on file with the clerk of the court.

Published August 17, 24 & 31, 2022
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R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

2			9				7
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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.

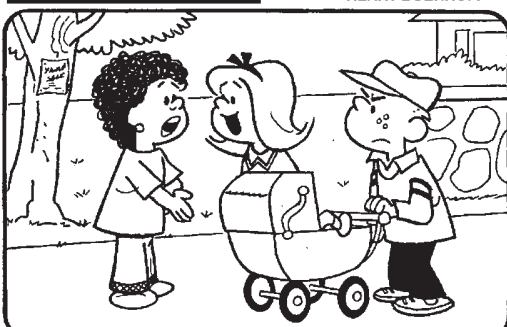
DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

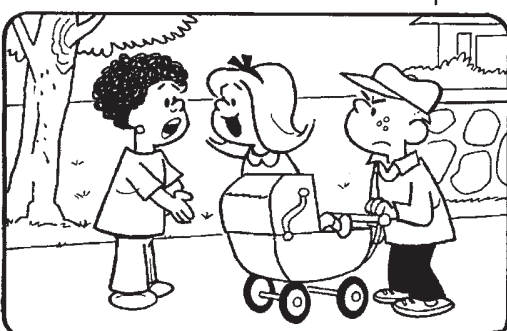
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Poster is missing. 2. Hair is different. 3. Cuffs are missing. 4. Collar is different. 5. Wheel is missing. 6. Stripes are missing.

SCRAMBLERS

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

Eat **SIGNET**
Honest **ISCREEN**
Fix **LINSALT**
End **SOCRUEL**

TODAY'S WORD

August 22, 2022 Posting Date

King Crossword

ACROSS

- Red Planet
- Dandy guy
- Espy
- Part of Q.E.D.
- Lennon's lady
- Frau's mate
- Mater lead-in
- Old Oldsmobile
- Notion
- Head honcho
- Desolate
- Presidential nickname
- Dol. fractions
- "Toodle-oo!"
- Shun liquor
- Actress Thurman
- Hostel
- Pie — mode
- Gifted
- "Roots" author Haley
- Altar affirmative
- Sushi fish
- Demand
- Zealous
- Gestation location
- Gun the engine
- Black-and-white cookie
- Spoken
- "As I see it," to a texter
- Cold War ini-

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
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42	43			44	45			46	47	48
49				50	51			52		
53				54				55		
56				57				58		

- Crawl space?
- Japanese faith
- Statue base
- Baseball's Hershisier
- Tea carrier
- Letters of approval?
- Calendar abbr.
- Boy king
- Docs' org.
- Amulet
- Away from WSW
- Try
- Pub order
- Remiss
- Safe to consume
- Refusals
- Novelist Huxley
- Hectic hosp. area
- Victor's cry
- Sushi wrapper
- Half a sextet
- Gaelic
- Tree home
- Afghanistan's — Bora region
- Outback bird

DOWN

- Potatoes partner
- Folksinger Guthrie
- Wheelchair access
- Sports venues
- "Never mind!"
- Single

Trivia test

by Fifi Rodriguez

- GEOGRAPHY: How many independent countries are in Africa today?
- TELEVISION: What was the name of the hospital in the sitcom "Scrubs"?
- GENERAL KNOWLEDGE: The secret government site called Area 51 is located in which U.S. state?
- ANATOMY: What is the rarest human blood type?
- HISTORY: Demolition of the Berlin Wall started in which year?
- LANGUAGE: What is a polyglot?
- MOVIES: In which Disney animated movie does the character Maleficent appear?
- U.S. PRESIDENTS: What kind of crop did Jimmy Carter raise as a farmer?
- MUSIC: Which instrument is Bartolomeo Cristofori credited with inventing?
- ANIMAL KINGDOM: What do you call a group of horses or ponies that is used or owned by one person?

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

Answer

Weekly SUDOKU

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

Solution time: 25 mins.

Answers

King Crossword

GLASSES

Today's Word

- Ingest
- Sincere
- Install
- Closure

SCRAMBLERS

Answers

- S4.
- Sacred Heart.
- Nevada.
- AB negative.
- 1989.
- A person who can speak multiple languages.
- "Sleeping Beauty."
- Peanuts.
- The piano.
- A string.