

INSIDE...

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WEDNESDAY, SEPTEMBER 15, 2021

IRON
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today



Cody T. Wilson - DMD, MBA



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*Alma Richards:
Parowan's
Olympic
champion
from 1912*



IRON
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today

Iron County Vision 2050 workshop seeks input

from Sophie Kronick

PROJECT COORDINATOR

During a workshop last week, the Iron County Vision 2050 was presented and attendees were asked to team up to discuss the Vision 2050 moving forward.

Vision 2050 includes developing a long-term framework for the county that clearly outlines a plan for execution and includes benchmarks for success. It strives for collaboration between socioeconomic statuses, religious groups, ethnic groups, public/private entities, etc. to create a living document that is able to adapt to changes over time. It also has the potential to set intention and ensure accountability.

It is also critical for Vision 2050, as a framework of what Iron County wants to become, to be implemented into ordinances and moving forward. As such, community members are being asked to join subcommittees and help identify key priorities in each of the areas. Below is a list of the current subcommittees:

*Arts, Entertainment, & Tourism,
Community Character, Economic
Development, Education, Healthcare,
Infrastructure, Land Use/Housing,
Parks, Open Space, & Recreation,
Transportation.*

If any of these pique your interest, please fill out this form. Even if you are unsure if you have the time to commit, we recommend that you indicate interest so we can keep you informed on specific subcommittee happenings. Also, if you would like to see a subcommittee added for another topic, please let me know! We really want to make sure that this initiative serves the priorities of Iron County residents.

We also created a new Facebook page for Iron County Vision 2050. We recommend that you go "like" that page for regular Vision 2050 updates and information, and feel free to share it with anyone that may be interested! You can also find out more information here, www.cedarcitychamber.org/vision-2050.

Thanks everyone for your interest in Vision 2050! We look forward to moving this initiative forward!



**STAR-SPANGLED
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STORY IN LIFE

COREY BAUMGARTNER

Utah healthcare care professionals brace for rise in COVID cases

from Jess Gomez

FOR IRON COUNTY TODAY

After the long Labor Day holiday in which thousands of Utahns traveled out of state, attended large public events, and gathered with family and friends, healthcare doctors brace for a spike in COVID cases. The Utah Department of Health reported 4,657 new cases of COVID from the extended weekend, 27 deaths, 1,151 school-aged cases, and 482 hospitalizations.

Patient volumes (which includes both COVID and non-COVID patients) for staffed beds in Intermountain Healthcare's ICUs is at 99%.

Doctors say hospitals continue to see high volumes of ICU patients (both COVID and non-COVID) and that the vast majority of those being treated for COVID have not been vaccinated, illustrating the importance and effectiveness of COVID vaccines. Of fully vaccinated Utahns, less than 0.8% have tested positive for COVID, and of those only 0.04% have required hospitalization.

As summer turns into fall, doctors at Intermountain Healthcare continue to urge Utahns who have not been



GETTY IMAGES

vaccinated to get their COVID vaccine as soon as possible and are recommending that everyone return to basic practices to reduce transmission of the virus, including masking, social distancing (avoiding large crowds), and using good hand hygiene.

Trafficking victims rescued during massage parlor criminal enterprise bust

from Richard Piatt

UTAH ATTORNEY GENERAL'S OFFICE

SALT LAKE COUNTY – Last week, the SECURE Strike Force (which includes the Utah Attorney General's Office, Taylorsville Police Department, and multiple law enforcement agencies) ended a large human trafficking enterprise and helped several female victims in six Northern Utah locations. Three people were arrested, and all the victims have been offered any assistance needed including being provided shelter, medical care, and other services.

The bust is the result of a five-month investigation into massage parlors in Salt Lake and Utah Counties which were fronts for a sex trafficking and trade enterprise. Information was obtained that female workers were brought to Utah to work legitimate jobs but were then forced into sex work.

"The women victims, in this case, were suffering in plain sight. They were working in servitude and trapped in a criminal enterprise that was extensive

and powerful," said Chief Leo Lucey, Chief of the Criminal Investigations Division at the Utah Attorney General's Office. "We are pleased that we are able to work with our law enforcement partners and the Asian Association of Utah as these women recover from the trauma they have endured."

Arrested were Lianfang Feng (54), Ruixue Chen (37), and Xiuyun Huo (45). Charges included Exploitation of a Prostitute, Aiding Prostitution, Money Laundering, Pattern of Unlawful Activity, and Maintaining a Public Nuisance. They are held in the Salt Lake and Utah County Jails. All bank accounts and assets for the suspects are currently frozen as the investigation continues. More than \$100,000 dollars was seized, most of which was in cash. The case is ongoing and additional charges may be added.

The Attorney General's Office would like to thank Taylorsville PD, West Valley City PD, American Fork PD, Lindon PD, UPD, Davis County Metro, Park City PD, West Jordan PD, DPS, and our federal partners for their work on this case.

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Utah Shakespeare Festival hosting annual food drive

from Donn Jersey

USF DIRECTOR OF DEVELOPMENT & COMMUNICATION

The Utah Shakespeare Festival is once again partnering with the local Iron County Care and Share to give back to the community by providing food to those in need. Its annual Fall Food Drive is September 14 to October 9, and playgoers can get discount tickets for donating food to the cause.

By donating six items of non-perishable food, anyone can receive a half-price ticket to any show Mondays through Thursdays. However, this deal is good on the day of the performance only, not for advance sales; and the offer is limited to four discounted tickets per person. Food donation barrels will be located outside the Eileen and Allen

“...considering the times we’re in and all of the damage caused by the pandemic, food insecurity has only gotten worse.”

Donn Jersey

Anes Studio Theatre, near the ticket office.

“It’s important every year to support this shelter, but considering the times we’re in and all of the damage caused by the pandemic, food insecurity has only gotten worse. So, the Festival is very happy to help where we can,” said Donn Jersey, the director of development and communication.

In addition to financial instability the COVID-19 pandemic has caused, devastating flooding has put local residents in an even tougher situation. Now, more than ever, the support of the community is critical to the success of the Fall Food Drive.

The Iron County Care and Share was founded in 1984 by local churches to address hunger in the community. Almost 40 years later, this organization is still working to help those in need.

The Festival typically receives over 3,500 pounds of food each year for the Iron County Care and Share. Hosting its seventeenth Fall Food Drive, Festival personnel hope to gather just as much—if not more—than in the past.

For those not purchasing tickets but who want to contribute, the Iron County Care and Share is also accepting monetary donations. Go online to <https://kindest.com/iron-county-care-and-share> to make your contribution.

Iron County to honor Dr. Craig Donaldson at Oct. 9 Walk & 5K

by Rachelle Hughes

FOR IRON COUNTY TODAY

On Saturday, October 9 at 8:30 a.m. breast cancer survivors and supporters will gather at Cedar City’s West Canyon Park for the 9th annual Power in Pink-Iron County Walk and 5K. Scores of these women have been blessed to have had Dr. Craig Donaldson as their radiology oncologist during their treatment. Dr. Donaldson passed away suddenly on December 31, 2020, having built a legacy in cancer treatment and care in Cedar City and southern Utah.

“Dr. Donaldson was a true champion for women dealing with the challenges of breast cancer treatment,” said Donna Law, a former patient of Dr. Donaldson’s and one of the event organizers. “He always demonstrated kindness, sincerity, positivity, and calm for his patients during a time that is filled with so many emotions, least of which are fear and uncertainty.”

Dr. Derrick Haslem will be the featured speaker at the event. Haslem is Director of Medical Oncology at Intermountain Precision Genomics and uniquely qualified to honor Dr. Donaldson and his service to breast cancer patients in Iron County. He will also speak to the life-saving importance of breast cancer screenings.

According to the CDC, breast cancer is the most common cancer in women, regardless of

race or ethnicity. About 1 in 8 U.S. women (about 12.4%) will develop invasive breast cancer over the course of her lifetime. October is recognized as Breast Cancer Awareness month designed to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. All funds



COURTESY PHOTO

Dr. Craig Donaldson

raised at this annual event are donated directly to women in Iron County undergoing treatment.

“Dr. Donaldson remembered his patients and their stories. He followed you through treatment and post care,” said Robyn Brown, a former patient of Dr. Donaldson and one of the event’s founders. “He saved people’s lives and he did it in such a loving and caring way. We are so honored

to remember him the way he remembered his patients.”

The 2021 Power in Pink Walk & 5K will begin at 8:30 a.m. at Cedar City West Canyon Park, 151 S. 400 E. Check in on the day of the event begins at 8 a.m. Registration and information are available at Active.com and EventBrite where you can also make tax deductible donations if you are unable to participate. Early bird registration is \$25 until September 15 after which the fee is \$35. All participants will get the 2021 T-shirt and swag bag. Current COVID precautions will be followed during the event and masks will be available.

The Power in Pink team is so grateful for the many sponsors who help make this event and funding possible including: Polarity Design Team, Ernie’s Stores, SHE-Salon and Formal Dress Boutique, SUU Alumni & Community Relations, Jennie Hendricks – Century 21 Prestige Realty, Iron County School District, State Bank of Southern Utah, Smith’s, Women’s Health and Midwifery, Myriad Genetics, and Kolob Sign & Design. Debra Stillman will provide a musical kick off for the walk/run, DMK Entertainment will provide music throughout the morning, and Cedar City Mayor Maile Wilson-Edwards will serve as master of ceremonies.

For more information, email powerinpinkcedarcity@gmail.com or follow the event on the Power in Pink-Iron County Facebook and Instagram pages.



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opinion

FROM THE EDITOR

National Day(s) of Encouragement



COREY BAUMGARTNER
MANAGING EDITOR

This past Sunday was the National Day of Encouragement. I didn't realize there was such a day. It's only been around since about 2007, but I'm sure you'd agree that every day should be about encouraging each other, especially in these days of

trials and troubles.

It's interesting that often we withhold encouragement unless and until we see discouragement. After all we don't want our encouragement to go to waste, right? Unfortunately, we also know that giving a stranger a positive compliment can be seen more as creepy than encouraging.

Also, encouragement is not meant to be a transaction or an exchange, it is a gift—anonymous or not. Yes, it's helpful when someone needs it, but it can be equally helpful in reinforcing and fortifying someone to help prevent discouragement. Sometimes when we wait, it's too late.

I wonder how many problems, challenges, illnesses and suicides could be prevented and protected against with more pre-encouragement in our lives. Today, if you've got something nice to say to someone, or something uplifting and encouraging to share, don't wait for or look for a reason to share it. If you're thinking it, that's reason enough. I'm confident it will be much appreciated.

TO THE EDITOR

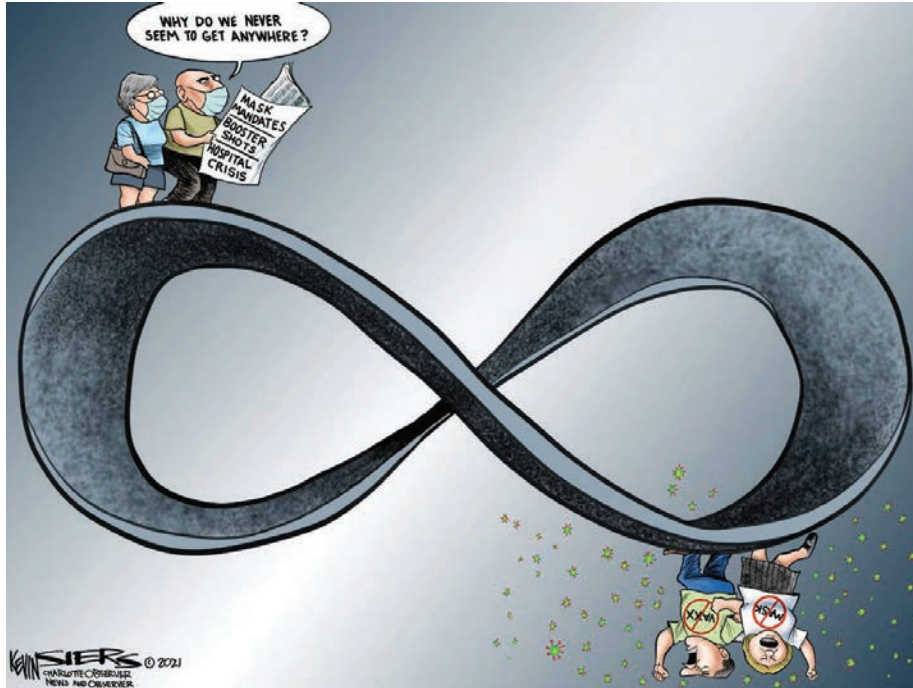
My body, my choice

This has been the rally call of the pro-choice movement for half a century. Now there are people that want the choice to refuse to take experimental injections. We live in a society that thinks aborting unborn children is okay, but if you refuse to be experimented on you are a threat to society. The women that make the choice to abort aren't insisting that all women do the same. They believe it is a personal choice.

This experimental injection is being called a vaccine. But has not proven to have any effectiveness. If you get this "vaccine" you can still get COVID-19, you still "need" to wear a mask, you can still contract it to others. If you don't get the "vaccine" you have the same results. These are not compelling reasons to choose to be experimented on. We have the right to have a choice as well.

The reason that they want to mandate

see **CHOICE** » 8



THOUGHT OF THE WEEK

"There are people who make things happen, there are people who watch things happen, and there are people who wonder what happened. To be successful, you need to be a person who makes things happen."

Jim Lovell

The good ol' days and real America

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

Four old codgers were seated on the restaurant patio. It happens throughout Utah where elderly men shoot the breeze, sip a hot beverage, and relive old times. I listened in. They were dispensing memories and learned-the-hard-way wisdom.

One gave his take on today's youth.

"The kids today are just too impatient," he said. "They want everything now, information, good jobs, everything. They don't realize you have to work for it."

"Agreed," said another shaking his head. "My grandkids don't work as hard as I did at their age. All they want to do is play video games and text their friends. I tell them to get out and see the world, and they look at me like I'm crazy or something."

"I'll tell you the problem I see today," said one of the men. "People just seem too angry. If you don't believe the same way they do, they figure you're the enemy. My heck, just let people live their lives."

"You're right. I've got a neighbor who gets mad at the gays and lesbians. According to him, they're ruining this nation. Listen, I don't like gays pushing their private stuff in my face, but it is not my business."

"Yes, I don't understand it," said the first man. "But hey, it's not for me to decide. Let them be and allow God to sort it out later. That's what I think."

They took a pause before one of them brought up the current headlines.

"We hear a lot about 'real America', not Hollywood elites or angry mobs."

"I don't know about you," he said. "but I think Biden really screwed up this Afghanistan thing. We should have been better prepared."

"It's a bad thing," agreed one of the men. "Honestly, though, I don't think it would have made any difference which president was in office. You can't win a war against religious fanatics and you

cyclops

Bryan Gray
COLUMNIST



are going to suffer casualties if you try to get out. At least we're out of there now."

"That's what my grandson said. He was over there you know, and he always told me it would end up bad."

"Yeah, it seems like everything turns to crap anymore."

"People are making it worse than it is," said the quiet one. "I mean life's as good as you make it. You get all the crackpots and their conspiracy this and conspiracy that. No wonder Americans are so down. Look at us – we're living longer and so far none of us have had to sell blood to put food on the table. If you ask me, all we need is a little more

see **REAL AMERICA** » 8

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opinion

I owe my life to the 9/11 heroes on Flight 93

from **Melanie Bowen**

COMMUNITY RELATIONS DIRECTOR

A warm breeze greeted me as I made my way from Union Station to the U.S. Capitol. The sky that morning was the clearest, bluest sky I had ever seen in Washington. Other than that, it felt like any other day. Except it wasn't. It was Sept. 11, 2001.

As Sen. Orrin Hatch's state director, I had traveled to Washington to attend a seminar focused on — among other things — “Handling Stress at Work.” I found myself with a group of 100 other Senate staffers squeezed into a small meeting room located almost directly below the Capitol rotunda.

The training proceeded in formulaic fashion, when suddenly, a Capitol Police officer entered the room and walked to the front. He informed the training director, who in turn informed us, that a plane had hit one of the World Trade Center buildings in New York City. After hearing this news, terrorism was the furthest thought from my mind; I figured a plane had simply veered off course in a tragic accident. There was no way any of us could comprehend the string of world-changing events that was about to unfold.

The seminar resumed when, just a few minutes later, a different Capitol Police officer burst into the room yelling, “Leave! Leave now!” There was no explanation, but the harried look on his face said everything. We were in danger — from whom or from what we didn't know. But it was clear that whatever threat was headed our way, not even armed policemen could protect us from it.

At that same moment, first lady Laura Bush was being evacuated from the building's west entrance, so Capitol Police ushered us to an exit on the east side. Huddled together, we made our way hurriedly to the exit as whispers made their way to where I was in the back of the line.

“They're saying multiple planes have been hijacked by terrorists.”

“My friend just called saying both World Trade Center Buildings have now been hit.”

“I heard the Pentagon was hit too and that it's now on fire.”

Everything became clear in that moment: This wasn't a series of freak accidents. Our nation was under attack — and the building we were in was the next bullseye.

As we exited the Capitol and emerged into the sunlight, I was startled by the roar of jet engines as a jet fighter buzzed directly overhead. After several attempts to call my husband, I finally got through to let him know I was safe. I then saw the Senate chaplain, who motioned for us to come over to him. We formed a semi-circle around the chaplain, who informed us that a plane targeting the Capitol had crashed in Shanksville, Pennsylvania, after passengers had stormed the cockpit.

The chaplain then asked all of us to join him in prayer. It was a scene I'll never forget: dozens of men and women of every color and creed united in solemn supplication. With our heads bowed, we asked God for a blessing of safety on our nation, and we thanked him for the selfless sacrifice of our brothers and sisters aboard United Flight 93. In that moment, the petty political squabbles that divide left and right faded into irrelevance. There were no Republicans or Democrats that cool September morning — only Americans.

Not a day has gone by since that I don't think of the men and women of Flight 93. I firmly believe it is because of them that I am alive today. Because of them, I was able to see my husband again. Because

of them, I was able to watch my daughters grow up, get married and have children of their own.

“Greater love hath no man than this, that a man lay down his life for his friends.” What kind of love, then, compels a man to lay down his life for a stranger? I had never met Todd Beamer, the software salesman and young father of three who inspired other passengers to take the cockpit with him with two simple words: “Let's roll.” Nor had I met any of the other heroes on board that day. Yet they were still willing to lay down their lives for me — for all of us at the Capitol.

OP/
ED

Twenty years have passed, but I still feel bonded to the Americans who sacrificed their lives to save people they would never meet. Of course, the 40 men and women on board Flight 93 were not alone in their heroism.

There were also the hundreds of police officers, firefighters and first responders who rushed into burning buildings. There were the thousands of U.S. servicemen and women who took the fight to the terrorists in the years that followed. Even before 9/11, there were the hundreds of thousands who died here in America and on battlefields across the world to preserve our liberty.

Whether we realize it or not, all of us — no matter where we were on 9/11 or if we were even alive yet — stand on the shoulders of countless men and women who paid the ultimate sacrifice for generations yet unborn. Our freedom is the heritage of hundreds of heroic acts.

Are we honoring that heritage in the way we treat our fellow citizens? Do we show our gratitude

see **FLIGHT 93** » 6



IRON COUNTY FORECAST

PLENTY OF SUNSHINE THROUGH THE EARLY STAGES OF NEXT WEEK. TEMPERATURES THROUGH FRIDAY WILL BE CONSISTENTLY IN THE 80S FOR HIGHS BEFORE EASING INTO THE 70S BY THE WEEKEND INTO NEXT WEEK.



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WINDS: SSW 15

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Sunny

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PRECIP: 0%
WINDS: SW 15-20

SATURDAY

Sunny

79°/53°

PRECIP: 0%
WINDS: SW 15-20

SUNDAY

Sunny

78°/50°

PRECIP: 0%
WINDS: SW 15

MONDAY

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TUESDAY

Sunny

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Southern Utah University



COURTESY COX FAMILY

Governor, community welcome back students

SUU welcomed back students today for the fall semester. It includes an incoming freshman class of nearly 2400 students. That's an all-time SUU record. The freshman participated in the traditional bell tower walk today where they were greeted by faculty, administration, parents and other loved ones. One of those new students, Kaleb, was welcomed by his father - Governor Spencer Cox.

FLIGHT 93

« CONTINUED FROM PAGE 5

for the gift of freedom by doing everything we can to preserve it? Do we recognize the unbelievably high price our predecessors paid to secure our liberty — and if necessary, would we be willing to pay it ourselves?

I have asked myself these questions many times over the last 20 years.

Three months after 9/11, I found myself traveling again for work — this time, to Athens, Greece, the birthplace of democracy. I was there as part of the U.S. delegation to pick up the Olympic Torch for Sen. Hatch to bring it back to Utah for the 2002 Salt Lake City Winter Olympic Games. Our nation was still rattled, but we were slowly starting to find our feet again. And the Olympics was our opportunity to make the case for American resolve — to show the world that no matter the threat, we would not be intimidated by our enemies.

As part of the torch-lighting ceremony, the orchestra played the Greek and Olympic anthems, saving the American anthem for last. The American flag had been hanging quiet and motionless throughout the ceremony. In a way, its stillness reflected the national sentiment at the time. But as the horn instruments began playing the first measure of our anthem, as if on cue, a powerful gust lifted our flag from its motionless state, and it began waving triumphantly in the air. The message was clear: “We will persevere.”

And we have persevered. Twenty years since 9/11, there has not been another attack on U.S. soil, thanks in no small part to the men and women who have fought to protect our freedom. These include ordinary civilians like Todd Beamer and the other heroes of Flight 93 — the men and women to whom I owe my life. Today, and every day, may we show our gratitude for the gift of freedom by honoring those on whose shoulders we stand.

SUU welcomes Democratic Republic of the Congo's 1st Lady

from APEX Event Coordinators

FOR IRON COUNTY TODAY



COURTESY SUU A.P.E.X.

H.E. Madam Denise Nyakeru Tshisekedi

Join us for this week's free A.P.E.X. event at Southern Utah University! This week we feature H.E. Madam Denise Nyakeru Tshisekedi. She is the 1st Lady of the Democratic Republic of the Congo. This event is in collaboration with the SUU Office of International Affairs, and SUU is most honored to welcome this special guest to kick off our season! She is involved in the empowerment of Congolese women and girls. She runs her own foundation named “Fondation Denise Nyakeru Tshisekedi (FDNT)”, created in May 2019. Appointed UNFPA Goodwill Ambassador in May 2019, for the fight against gender-based violence and the empowerment of women. A.P.E.X. is held from 11:30am – 12:30pm at the SUU Hunter Conference Center (301-557 W University Blvd).

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FOR
CEDAR

In 1959 I was 11 years old and in Clemont Adams's 6th grade class. He took us on a field trip up Cedar Canyon to see the city's water system. We stopped here and there, and finally arrived at Martin's Flat. Martin's flat is the flat spot just before you start the steep climb into Ashdown Gorge. There was (and still is) a small block building. Mr. Adams had a key and he opened the door. The children lined up and each had a chance to stand in the door and look at the "gadgets" inside. I was interested, and remember the experience today. Then, Clemont Adams said; "This is the best water in Utah".



Clemont Adams
Teacher, Water Engineer
Mentor, Farmer & Friend

Today the block building remains with a pipe suspended across Coal Creek (pronounced 'krik'). There is a well there, and it is 300 feet deep. Power is on the property. The property is owned by the city as is the well. As near as I can find, the well was pumped from 1951 to about 1977, a term of over 25 years.

In Clement Adams' book "The History of Water in Iron County", Clement shows the Martin's Flat well allocated 181 acre feet of water for Cedar City in 2005.

I find this fascinating! Why did we stop? Did the pump fail? Did the pipe fail? Was the pipe too small? Or was the water at Quitchipa simpler, easier, cheaper, and faster? I suspect the latter. The water from the wells at Quitchipa is fantastic water and we are very blessed to have it, but the levels in the wells are dropping at a dramatic rate. Have we simply over pumped its capacity? I promise as your mayor to fully explore our water availability from the Cedar Canyon area and beyond Martin's flat. I see a huge opportunity to get "The best water in Utah" for Cedar City, and give our west well a much-needed rest.



GREEN

FOR MAYOR

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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.

- SEPT 2**

Dirk J Lamoreaux
CEDAR CITY, UT
Assault

Carylie R Proffitt
CEDAR CITY, UT
Assault
- SEPT 3**

Paul A Brown
ELK CITY, OK
DUI w/2 Prior Convictions (10yrs)
Susp/Revoke DL, DRUG - Poss C/S, Open Container in Veh, Assault on Health Care Provider

Dylan J McKee
CEDAR CITY, UT
Aggravated Assault
- SEPT 4**

Elizabeth Dendy
BEAVER DAM, AZ
Intoxication, Disorderly Conduct

James L Wood
CEDAR CITY, UT
Aggressive Animal at Large
- SEPT 5**

Trina M Martinez
CEDAR CITY, UT
Retail Theft
- SEPT 6**

Daniel R Hatch
CEDAR CITY, UT
Theft, Poss Drug C/S, Drive on Susp/Revoke DL, Fail to Stop on Command

Feliciano Rueda, JR
PACOIMA, CA
DUI, Speed Reg, DRUG - Poss C/S, Paraphernalia
- SEPT 7**

Brayden L Ashdown
CEDAR CITY, UT
DRUG - Poss C/S, Drug Paraphernalia, Assault, DV - In Presence of Child

Teddy R Hogan
WOODS CROSS, UT
- Assault, No DL, No POI

Keen U Lindsay
CEDAR CITY, UT
Phone Harassment, Dist of Porn, DRUG - Poss C/S
- SEPT 8**

Jared Buchanan
SANDY, UT
Aggravated Assault

Daniel R Hatch
CEDAR CITY, UT
Theft, Criminal Trespass/Mischief

September A Martin
SALT LAKE CITY, UT
Aggravated Assault

Jerry Nail
IRON COUNTY
DRUG - Poss C/S, Drug Paraphernalia
- SEPT 9**

Carolyn L Buckner
LAS VEGAS, NV
Speed Regulations, Open Container in Veh, DUI w/BAC at/over .08

Alexis M Orton
CEDAR CITY, UT
Consume Alcohol by Minor
- SEPT 10**

Daniel R Hatch
CEDAR CITY, UT
Criminal Mischief, Theft/Firearm or Operable Veh

Amy M Pichette
CEDAR CITY, UT
Tampering w/Evidence, Driving on Denied, Resist/Interfere w/ Arrest
- SEPT 12**

Michael A Bertolini
CEDAR CITY, UT
Sexual Exploitation of a Minor

William P Mike
CEDAR CITY, UT
DRUG - Poss C/S, Drive on Susp/Revoked DL, Knowingly Sell/Furnish Alcohol to Minor

CHOICE

« CONTINUED FROM PAGE 4

“vaccines” is for the good of society. C.S. Lewis said, “Of all tyrannies, a tyranny sincerely exercised for the good of its victims may be the most oppressive.” Any requirement by the government for the COVID-19 vaccine is tyranny. As We the People, we must stand up to Tyranny and unlawful mandates. Everyone has the same right to choose whether they get the injection or not. We must support each other in whatever we choose for ourselves and quit making it a dividing issue. Voltaire stated, “Defense of freedom of others is self-defense.” We are all Americans and need to start defending Freedom.

Cassie Easley, Iron County

REAL AMERICA

« CONTINUED FROM PAGE 4

kindness. We shouldn't be judging all the time.”

“So you think we shouldn't judge people who won't get the vaccine?” asked one.

“Well, you can't fix stupid!” he said. “The vaccine is different from regular politics. People are dying because some others won't get the shot or wear a mask. On that, you're right, we should be judging. I won't let my daughter come around the house until she is vaccinated. If more people would take a stand like that, we'd get beyond this virus. It's hard, but you need to take a stand against stupid.”

The old coots were still there when I left the restaurant, ribbing each other about hospital visits and talking trash. We hear a lot about “real America”, not Hollywood elites or angry mobs. To me, “real America” was sitting on a restaurant patio and I felt hopeful and energized.



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HONORING EXCELLENCE

SUU Alumni Band to celebrate retiree Dr. Virginia Stitt



COURTESY SUU MUSIC DEPARTMENT

by **Ashley H. Palmer**

PUBLIC RELATIONS & INFO COORDINATOR

The Southern Utah University Department of Music will host their biennial Alumni Band Concert as part of this year's Homecoming activities on campus. The concert is held in honor of recent retiree, Dr. Virginia Stitt, and her many years of excellent teaching and service. It will feature the SUU Wind Symphony, as well as, band alumni of SUU who will perform on Friday, September 24, 2021, at 7:00 p.m. in the Heritage Center Theater. This concert is free and open to the public.

Dr. Lawrence Johnson, Chair of the Department of Music at SUU, shares, "Amidst the COVID pandemic we haven't had a chance to give Dr. Stitt a proper acknowledgement for

all her years of expert teaching and devoted service. The Alumni Band Concert provides a great opportunity to recognize all she has done for the university, students, and profession, and for alumni to give their personal thanks to such an extraordinary educator and person."

The concert will begin with a feature performance by the SUU Wind Symphony. They will perform Festive Overture by Dmitri Shostakovich, arr. by Donald Hunsberger. The Alumni Band will feature former members of the SUU band program. These alumni attended SUU any time from 1975 to 2020 and come from a wide range of locations throughout the region. They

are excited to support Dr. Stitt in this event. The Alumni Band will play all four movements of Holst's 2nd Suite in F Major as a nod to Dr. Stitt and her request for music by Gustav Holst.

Dr. Adam Lambert, Director of Bands at SUU, says, "The response has been amazing!

Shortly after invitations were sent to former students of Dr. Stitt, nearly 65 responded expressing their interest and enthusiasm for this event.

In their online responses, many expressed admiration for Virginia, including Mr. David Palmer, one of two band directors from Cedar Middle School. He shared, "I love Virginia Stitt. I first met her when she came to Orderville to judge the woodwinds at a region solo &

ensemble competition. I wondered if she was for real when she worked with me a bit afterwards on the dynamics. Boy was she ever dynamic! I would later make a weekly trip over Cedar Mountain each Wednesday to take clarinet lessons from her. I do not believe that I would have had the courage to enter the Music Department at SUU without her. It has made all the difference in the world for me."

Honor the amazing Dr. Virginia Stitt and her years of service at the Alumni Band Concert as you listen to former SUU band students and the SUU Wind Symphony perform on Friday, September 24, 2021, at 7:00 p.m. in the Heritage Center Theater. For more information about the Department of Music at SUU, please visit www.suu.edu/pva/music.

*"Boy was
she ever
dynamic!"*

David Palmer

"Make Sense" artisans contest call for entries

from **Jessie Kramer**

NATIONAL FEDERATION OF THE BLIND OF UTAH

This special event will be held on October 16, 2021, at Christ the King Catholic Church (680 S Cove Drive, Cedar City). Contest entry fee is \$5.00 and can be paid online at nfbutah.org. Designate Red Rocks Art Contest. Artists can also request an entry form at RedRockNFBU@gmail.com. Entry forms must be received by September 25th at 5pm. This unique event is sponsored by

the Red Rocks Chapter of the National Federation of the Blind of Utah.

Category entries can include Knitting, Photography, Wood, Quilting, Crocheting, Paper/Pencil, Music, Painting, Clay, Graphic Design and Writing.

Category 1

Media chosen must represent and depict aspects of vision loss and/or DeafBlind. The art piece must be handmade. Pieces can be a person, place or thing.

Category 2

The art creation must be a tactile experience for viewers. Keep in mind the theme of "Vision loss/Blindness/DeafBlind." We want pieces that can be felt, heard or the use of the smell. No edibles please.

For further information contact Jesse Kramer at (702) 308-3364 or email her @ ajremark2@gmail.com.

Pay the artist?! What a concept!

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

It is the artists' or composers' dream come true: someone is going to validate your artistic output and in the most desirable way possible—monetary compensation! Not that artists aren't above all the crass trappings of the commercial world, mind you, but they do have to eat. And let's face it: the world sees financial reward as a token of esteem, and if someone says they have money to bestow on the hard-working artist, she is not likely to turn it down out of some principle. So pay attention. Here is some good news from my email queue.

The Red Rocks Chapter of the National Federation of the Blind of Utah is sponsoring a "Make Sense" artisans contest. Artists must create a work that provides a tactile experience for the deaf/blind community. That could include knitting, clay, music, painting (I'm not sure about that one) to name a few on their flyer. The piece must be handmade but no edibles, it says here.

Time is a factor on this one. An entry form can be requested at RedRockNFBU@gmail.com; the form must be returned by September 25. The contest itself is on October 16, at Christ the King Catholic Church. I've provided just scant information on this. Get more by contacting Jesse Kramer at ajremark2@gmail.com.

The Cedar Livestock and Heritage Festival is sponsoring an art contest again this year, this time to include photography as well. Artwork or photographs should be inspired by the heritage of livestock in this county, in general or based on personal history. The contest is for students in three categories: elementary, middle school, or high school.

Cash prizes for the winners in each category range from \$100 to \$25. A total of \$1050 will be awarded. What a great incentive!

All work will be displayed in the Diamond Z Arena during the days of the Festival, October 29 and 30. Entry forms are available at cedar-cityarts council.org and must be received by October 15. There is also a lot of information on that site, or contact randy.seely@ironmail.org.

And finally, the Orchestra of Southern Utah is sponsoring a Hal Campbell Young-Composer Competition. This award is \$400 plus performance of the winning work by the orchestra on April 7. Applicants must be 30 years old or younger. No voice, choir, electronic music scores will be accepted. Standard orchestral instrumentation is expected.

All submission is electronic; judging is anonymous. The submission deadline is December 1. To find out everything you need to know, visit myosu.org.

At an art festival once, I polled the artists on this question? "If you never sold any of your art, or were never paid for your music, would you still practice your craft?" Everyone said yes. Artists don't work for compensation, but isn't it great when they can earn a bit of lunch money and recognition?



COURTESY SUU MUSIC DEPARTMENT

This unique concert allows pianists of all ages and skill levels to combine their talents into one monstrous and magnificent musical magnum opus.

Call for participants: Be a part of the Piano Monster Concert

by Ashley H. Palmer

PUBLIC RELATIONS & INFO COORDINATOR

Southern Utah University's Department of Music is searching for pianists of all levels of experience and all age groups to be a part of this year's monstrous Piano Monster Concert. This concert will be held on Tuesday, October 26, 2021, at 7 p.m. in the Heritage Center Theater.

There will be multiple Steinway and Boston grand pianos on the stage. Two or three pianists at each piano will perform piano ensemble music in groups that are divided according to their age and ability. With multiple pianos on stage, this truly becomes a "Piano Monster". Rehearsals will be held during the weeks leading up to the concert. Attendance at these rehearsals is encouraged but not required.

Dr. Lawrence Johnson, Chair of the Department of Music at SUU, says, "This event is an excellent opportunity for people of all ages and skill levels to collaborate and perform in a professional venue with several pianos on stage. It is an event that cannot be seen or heard anywhere else in southern Utah!"

Registration for this event is \$5 per person. There will be a charge of \$5 to \$15 to purchase music (available through Cedar City Music or online). There will be a mandatory dress rehearsal on Monday, October 25, 2021, in the Heritage Center Theater. Those interested in performing must register by October 8, 2021. Late registrations will be accepted if space is available in any of the groups. Registered participants can play in as many groups as they are interested in with no extra fee. Teachers are welcome to play with any group.

Each performer at the concert will be given two complimentary tickets to the final concert. Participants are not required to purchase a ticket. Tickets for adults will be \$6 and for youth will be \$3. Admission is free for SUU faculty/staff (and one guest) and students with a current ID.

Join this monstrous piano concert as it takes over the stage of Cedar City's Heritage Center Theater. For more information, please visit www.suu.edu/pva/music/monsterconcert.html.

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Gronway and Chauncey Parry and the birth of Southern Utah's movie industry

COUNTDOWN TO CEDAR CITY'S 170TH BIRTHDAY

by Janet B. Seegmiller

FOR IRON COUNTY TODAY

The history of moviemaking in Utah begins in Cedar City with brothers Gronway and Chauncey Parry who established themselves first as promoters of tourism to Zion Park, Bryce Canyon, and the North Rim of the Grand Canyon, and second as salesmen of the scenic mountains and canyon vistas to Hollywood's movie makers.

As an agricultural agent and animal husbandry faculty at the Branch Agricultural College in 1915, Gronway was first to see the need for transportation to the new national monuments and parks. He convinced his brother Chauncey to move south and they founded the National Park Transportation and Camping Company with William Wylie in 1918, and later the Utah-Grand Canyon Transportation Company carrying passengers to Zion and the North Rim of the Grand Canyon. Union Pacific bought them out in 1926 and then employed them as the first Utah Parks Company transportation superintendents.

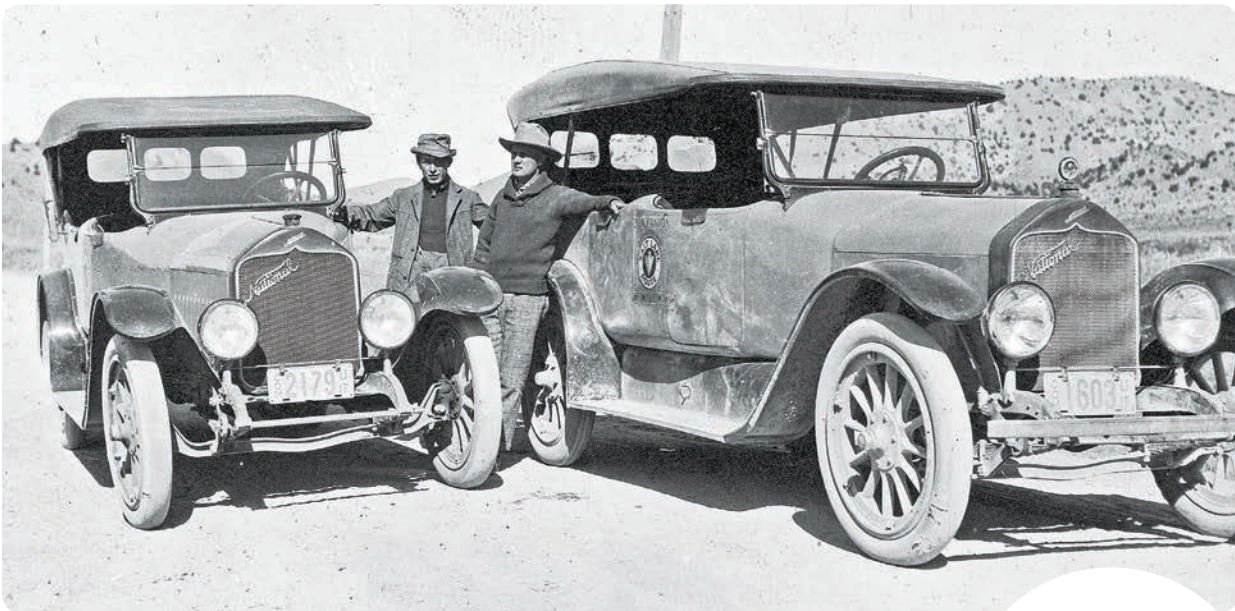
These adventuresome young men explored southern Utah on horseback and then by small airplane, photographing the scenery wherever they went. Moving pictures, once filmed in front of cardboard mountains on Hollywood's back lots, were beginning to be filmed outdoors, and the Parry brothers imagined the grandeur of southern Utah exposed to America's audiences. In 1924-1926, *The Deadwood Coach*, *Shepherd of the Hills*, and *Ramona* were filmed here, but they were silent, black and white movies which did not achieve the Parry brothers' goals.

In 1927 and 1928, they devoted themselves to photographing every likely motion picture location in Southern Utah and in the winter of 1928, Chauncey and his wife, Helen, set off for Hollywood with a portfolio of color photographs to sell southern Utah's scenery to the Hollywood establishment. It was later said that "With his good humor and vibrant leadership, Chauncey charmed MGM, 20th Century Fox and Paramount studios into serious consideration of Southern Utah as a movie location."

Chauncey soon recognized that companies also needed transportation, housing and meals for stars, extras and crews. The El Escalante Hotel and their bus fleet provided some of these services, but Chauncey also bought a lot in Kanab, built a restaurant and motel units, and renamed it "The Parry Lodge." Younger brother Whitney ran the lodge and provided meals on the movie sets. When Chauncey died in 1943, it was said that the Parry brothers had brought some 35 moving picture crews to Southern Utah.

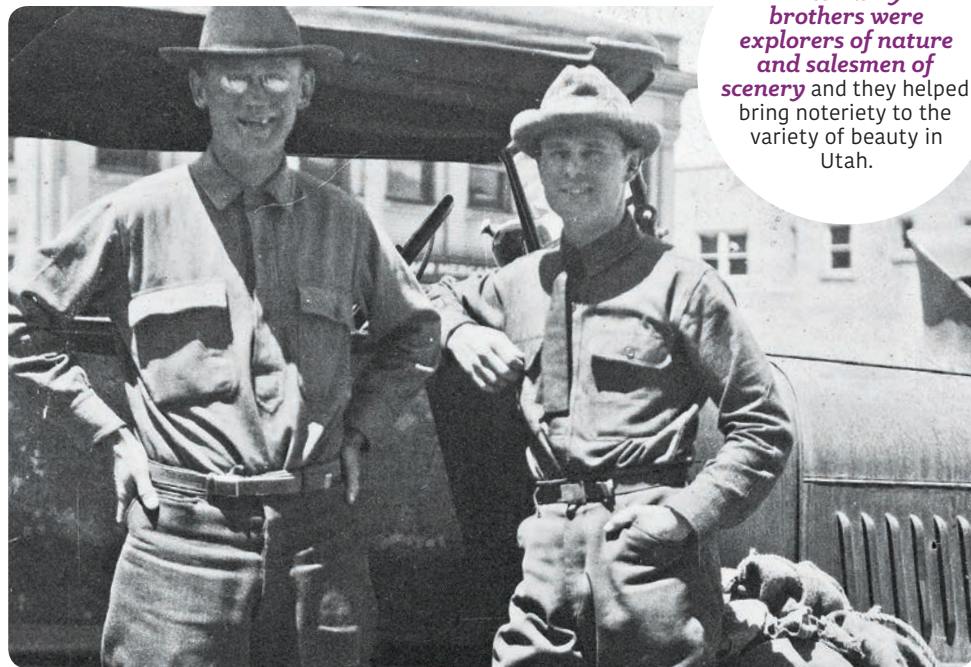
Gronway's role was to provide horses and props for the films. He noticed old horse-drawn vehicles sitting idly in fields or on ranches and rebuilt them so they could be used in the movies. Into his 70s, Gronway continued to restore western stage-coaches and wagons, now centerpieces for Cedar City's Frontier Homestead State Park.

The Parry brothers' investment in rural Utah during difficult economic years attracted tourism and the movie industry, achievements that tell us that Gronway and Chauncey were Southern Utah's greatest salesmen.

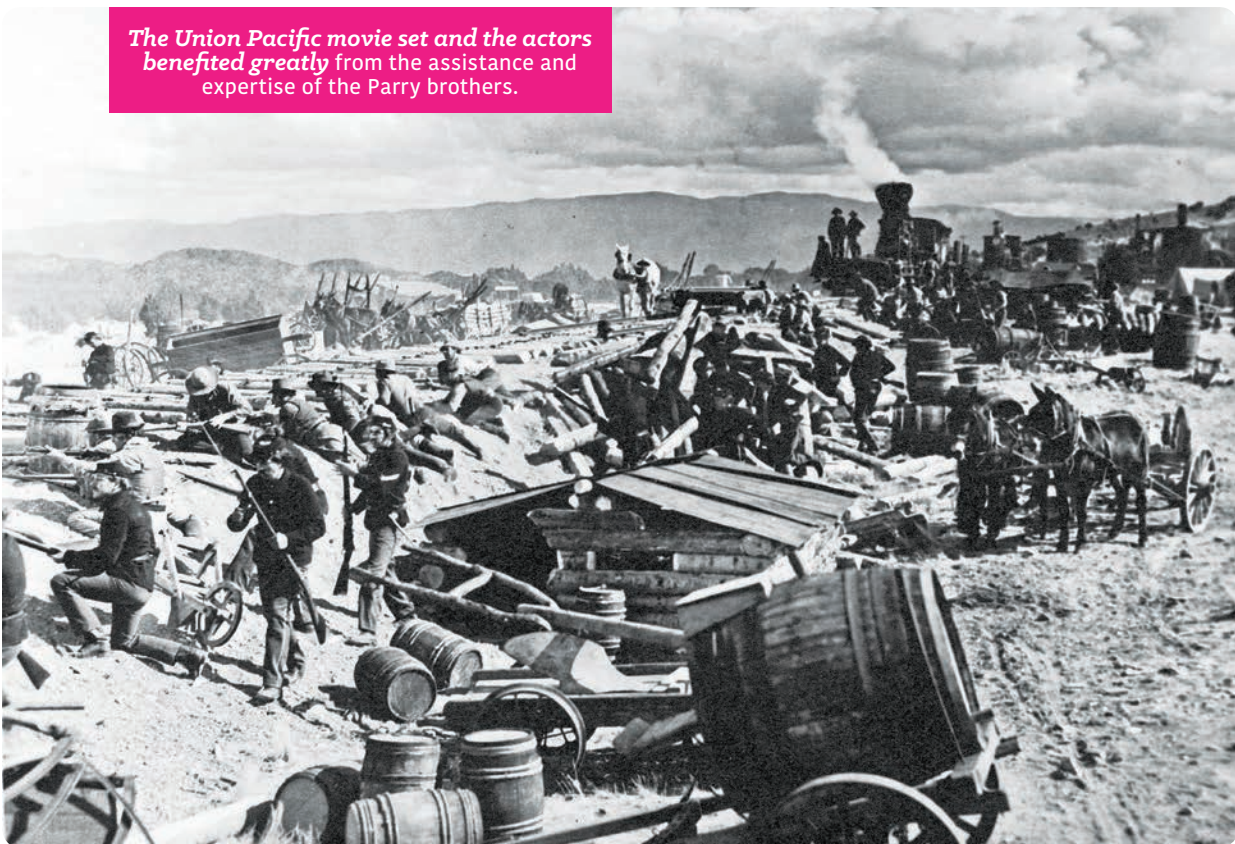


The Parry brothers were explorers of nature and salesmen of scenery and they helped bring notoriety to the variety of beauty in Utah.

"The Parry brothers imagined the grandeur of southern Utah exposed to America's audiences."



The Union Pacific movie set and the actors benefited greatly from the assistance and expertise of the Parry brothers.



Alma Richards

1912 Olympic champion from Parowan

by Jay M. Jones

FOR IRON COUNTY TODAY

Alma Richards, born 20 February 1890 in Parowan, Utah, became the first Olympic champion from Utah.

The ninth of ten children of Morgan and Margaret Adams Richards, Alma grew up in Parowan until his father was elected as Utah's first state auditor after statehood in 1896, when the family moved to Salt Lake City.

With a one-term limit then applied to that office, Morgan Richards returned with his family to Parowan. Alma, known by friends as Pat, finished 8th grade and went to work herding livestock. Parowan did not have a high school at that time.

About three years later a chance encounter at the railroad town of Lund, Utah made a huge impact on the life of Alma Richards.

The railroad from Salt Lake City to Los Angeles was completed in 1905, and regular passenger service between those cities was established. Circumstances found Thomas Trueblood, a well-known and well-traveled educator and orator from the University of Michigan at Lund at the same time as Alma Richards, the farm boy from Parowan.

Alma expressed to the distinguished professor some of his hopes and dreams, including an interest in seeing the world. Professor Trueblood told him that continuing his education would be the best way to open the door to his dreams.

As an 18-year-old, Alma began his high school career by enrolling at the Murdock Academy in Beaver in the fall of 1908, where his sister's husband taught music. In the spring of 1909, Murdock Academy competed at the state high school track meet in Salt Lake City, receiving two team points. One point came from Alma Richards, who placed third in the shot put.

In the winter of 1909, Professor Thomas Trueblood was taking a year off from teaching at the University of Michigan and embarked on a world tour, giving speeches and lectures throughout the United States, Europe, and the Orient.

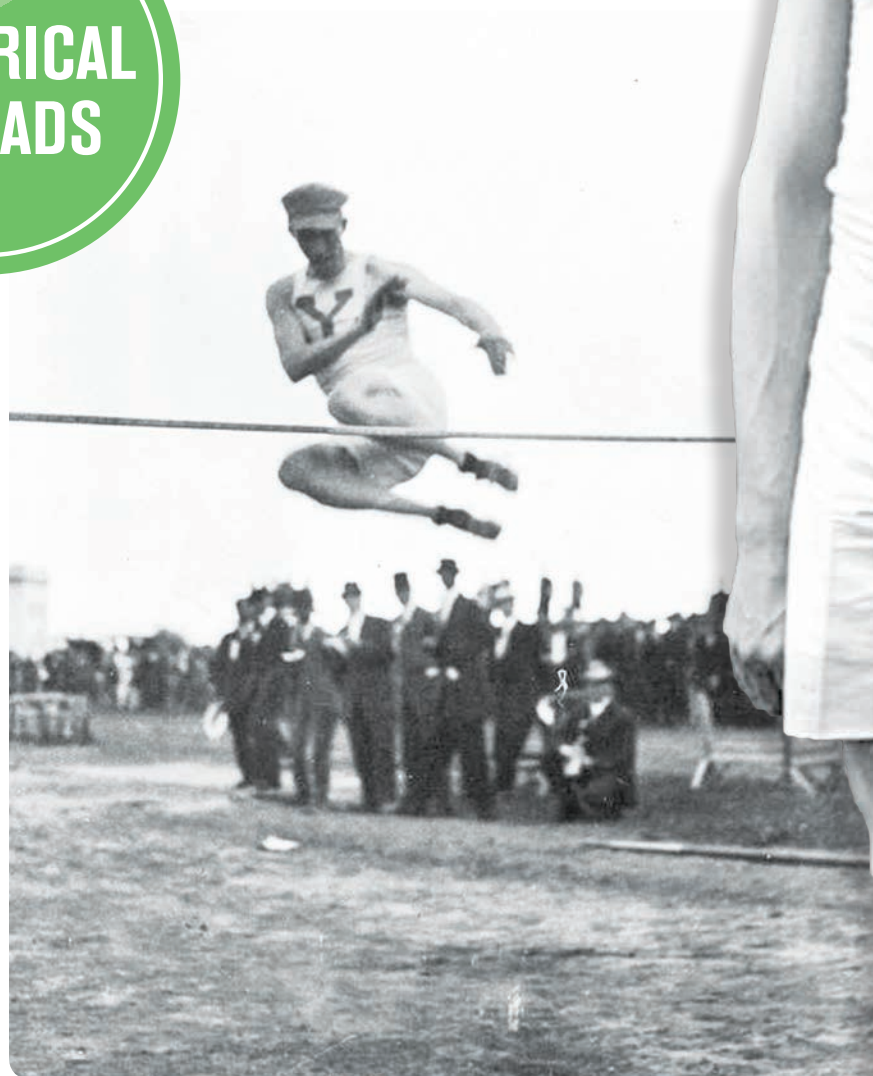
Learning that Professor Trueblood had scheduled events in Salt Lake City

and Provo, committees at the Branch Normal School in Cedar City and the Murdock Academy in Beaver arranged for him to give presentations in their towns on his way to Los Angeles.

The 10 December 1909 issue of the Iron County Record announced Trueblood's visit to Cedar City to give a Shakespearean recital: "The presence of a man of such wide

The defending champions from Salt Lake High School placed second in the meet with 22 points. The Branch Normal School of Cedar City placed fourth in the state-wide competition of 23 schools, led by Sherman Cooper with a record-set-

HISTORICAL
THREADS



PHOTOS COURTESY BYU (1) AND WIKIPEDIA

fame and the rendition of the wonderful play 'Julius Caesar' by such an eminent actor and authority is indeed a treat; and no man or woman, boy or girl can afford to miss it."

The following spring Murdock Academy won the state high school track and field championship with 32 points, 16 coming from Alma Richards, who won first place medals in both the shot put and the high jump. He placed second in the broad jump as well as the pole vault.

Alma Richards' unique jumping style and work ethic made him an Olympic champion. His heroic heart made him a hero on the battlefield during WWI, in the classroom and at home in Parowan, Utah.





THE GREAT AMERICAN STAMPEDE RETURNS TO CEDAR CITY

by Corey Baumgartner

IRON COUNTY TODAY

Held at the Cross Hollow Event Center and hosted by the SUU Rodeo Team, it was a great rodeo weekend for collegiate cowboys and cowgirls. It was also a special evening to commemorate the 20th anniversary

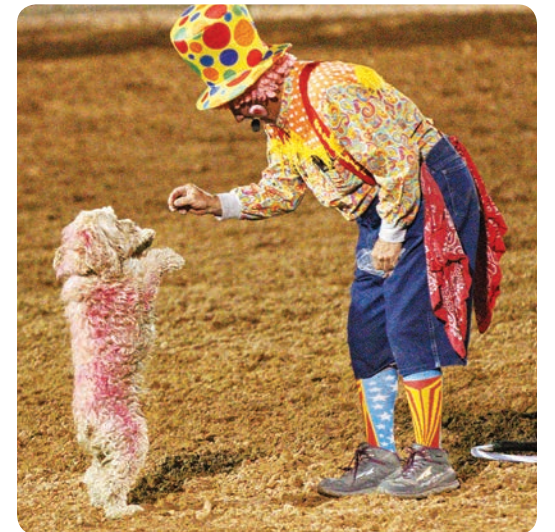
of the tragedies of 9/11/2011.

While the weather was perfect for the audience in the stands, inside the Iron Rangers arena it was a different story as each collegiate competitor put their life on the line as they showcased their talents of riding, roping and wrestling horses, calves, goats, bulls and the timeclock.

Besides the main rodeo events, there were some young wranglers who weren't sheepish to get in the arena and improve their mutton-busting skills. While in between the evening's events, the famed and funny Randee Munns returned again this year to clown around with the audience and Bobby Kerr brought his famous

mustang act to entertain the crowd. Plus, it's not every day you see a horse riding in the backseat of a car, driven by a famous, award-winning cowboy.

Congratulations to the SUU rodeo team, the Cedar City Lions Club and the many great sponsors, owners and volunteers involved in making this event a success.



PHOTOS BY COREY BAUMGARTNER



calendar

WED, SEPT 15

TACKLE KIDS CANCER DAY

CHARACTER SKETCHES “ANNIE AWARD

- Excellence in animation shown in cinema and television.” (Wed 6:30-7:30pm) Cedar City Library [303 N 100 E], 435-586-6661. All skill levels welcome.

COMBAT VETERANS BBQ FUNDRAISER

(11-2pm) at D&D Variety (435 N Aviation Way, Cedar City). Grab some delicious grub and help raise some money for Combat Veterans. Enjoy BBQ lunch prepared by the Drunken Butcher, Live music with Mikey & the Mrs. and NewCountry. Giveaways include a Mesquite getaway and Drunken Butcher BBQ set.

WONDER WEDNESDAY – ARTSFUSION

(2-4PM) @ Southern Utah Museum of Art (13 S 300 W, Cedar City), FREE admission for students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities.

THURS, SEPT 16

STEPPAMILY DAY

SUU APEX EVENT – (11:30AM) @ SUU

Hunter Conference Great Hall (351 W University Blvd, Cedar City), FREE admission is FREE. INFO and the Event Stream Link visit www.suu.edu/apex. SPEAKER: H.E. Madam Denise Nyakeru Tshisekedi, who is the 1st Lady of the Democratic Republic of the Congo.

VASA FITNESS – BACK TO SCHOOL NIGHT

(6-8pm) @ Vasa Fitness (1605 Regency Road, Cedar City). Free group classes from Kickboxing to Zumba. Membership not required. Raffle w/prizes. Bring a friend and sign up at front desk.

FRI, SEPT 17

POW/MIA RECOGNITION DAY



NICA HIGH SCHOOL MOUNTAIN BIKING

LEAGUE – South Region Race (6am – 9pm) @ Three Peaks Recreation Area. INFO: Utah High School Cycling League – Ginger Hall 806-473-7915 or www.utahmtb.org.

CEDAR BREAKS STAR PARTY – (EVERY FRI,

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

SAT, SEPT 18

BATMAN DAY

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

4TH ANNUAL SIMPLY A MIRACLE

FUNDRAISER WALK & RUN (9am) @ Bicentennial Park (660 W 1045 N, Cedar City). All proceeds support families who experience infant loss. Registration \$20 per person or \$75 for groups (4+). To register or donate visit simplyamiracle.com. INFO: (435) 901-4463 or email simplyamiraclecompany@gmail.com.

SWEET PEA FARM & ORCHARD: FARM

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

RED ACRE: SATURDAYS ON THE FARM (8AM

– 8PM) @ Red Acre Farm (2322 W 4375 N, Cedar City). We love and appreciate the pique of interest in homesteading, growing, and raising food. We want to share with you how this small family farm does it and how we got to where we are today. No entry fee. INFO: (435) 865-6792.



FESTIVAL CITY FARMERS MARKET (9AM TO

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

RENTWAPO-WORKS FARMERS MARKET

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

SATURDAY FARMER'S MARKET (9AM TO

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



SUU HIGH SCHOOL HONOR ORCHESTRA

(4pm) @ the Heritage Center Theater (105 N 100 E, Cedar City). FREE admission. Area High School students will be led by guest conductor, Dr. Robert Baldwin, Director of Orchestral Activities at the University of Utah.

SOUND THERAPY MEDITATION (4-5PM) @

THE WELLNESS PLACE (583 S Main (behind Pizza Hut). Listen to gentle sound therapy music and slip into meditation to strengthen immune system & relieve stress. Leave with an overall sense of well-being. Text Shelli at 435-327-1197



FALL EQUINOX OBSERVATION (6PM) @

PAROWAN GAP PETROGLYPHS. Includes guided walking tour inside Parowan Gap, (7pm) half-mile hike to Equinox Sunset Cairn (7:30 pm) to observe Equinox Sunset down the middle of the Parowan Gap opening. FREE. Wear good walking shoes and bring water. INFO: Nancy Dalton (435) 463-3735.

SUN, SEPT 19

TALK LIKE A PIRATE DAY

IT'S FUNNY THAT PIRATES WERE ALWAYS

GOING AROUND searching for treasure, and they never realized that the real treasure was the fond memories they were creating. Jack Handey.

MON, SEPT 20

RESPECT FOR THE AGED DAY

SUMA: SPECIAL EXHIBIT – CORSET AS ART

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

MESSIANIC DANCE WORKSHOP (3:30-5PM)

@ Cedar City Library (303 N 100 E). INFO (702) 460-2317. Learn Ancient Judeo-Christian dances, songs from Scripture. Easy and fun!

RYAN STREAM LIVE – MOTIVATIONAL

SPEAKER, musician, veteran (7pm) @ Heritage Center (105 N 100 E, Cedar City). Tickets \$10 per person and proceeds will be donated to Hooked on Life and Bridges of Southern Utah. Tickets available at www.eventbrite.com.

TUES, SEPT 21

MINIATURE GOLF DAY

60TH ANNUAL UTAH SHAKESPEARE

FESTIVAL (8pm, w/2pm Matinees) FREE nightly Greenshow at 7:10 pm, backstage tours, seminars, and play orientations. Featured plays: 'The Pirates of Penzance' (Thru Oct 9), 'Cymbeline' (Thru Oct 9), 'Intimate Apparel' (Thru Oct 9), 'The Comedy of Terrors' (Thru Oct 9). Tickets/Info: call 1-800-PLAYTIX (752-9849) or visit www.bard.org.

WED, SEPT 22

HOBBIT DAY

CHARACTER SKETCHES “ANNIE AWARD

- Excellence in animation shown in cinema and television.” (Wed 6:30-7:30pm) Cedar City Library [303 N 100 E], 435-586-6661. All skill levels welcome.

PRECEPT UPON PRECEPT BIBLE STUDIES

(6:30 to 8:45pm) @ Cedar City Public Library (303 N 100 E). Straight-forward investigative approach to Bible study. Attendees will discover truth for themselves by using three skills; observation, interpretation and application. Nondenominational studies consist of homework, discussion, and DVD lecture by Bible teacher Pete Delaney. Interested students call 435-267-2234 or 435-238-3078 for info/register. Visit: www.precept.org.

THU, SEPT 23

NATIONAL DAY OF PRAYER (6PM) @ CEDAR

CITY MAIN STREET PARK (200 N Main). Bring a picnic & chairs. Join together to hear Governor Spencer Cox as well as listen to music and prayers offered for families, community, and nation. Sponsored by Cedar Area Inter-Faith Alliance. INFO: Deb (435) 590-1114.

LOCAL POLICY SUMMIT (9AM – 5PM) @

IRON SPRINGS ADVENTURE RESORT (3196 Iron Springs Rd. Cedar City). The Local Policy Summit will host local private sector and elected leaders to discuss local policy goals, developments, and projects, and to continue to pursue our Vision 2050 findings and objectives. Attendees will have an opportunity to be educated on current challenges and voicing their opinion and concerns to help solve these problems. The cost is \$50 for the full day, which includes lunch and snacks. No walk-ins will be accepted. Chamber Partners will receive a free ticket to join. Please RSVP or register at www.cedarcitychamber.org. If you have any questions, you may contact Taylor Larson at (435) 586-4484 or events@cedarcitychamber.org.

Want your event on our calendar?

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

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calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Auxiliary

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

Bikers Against Child Abuse

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

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

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

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

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

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

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

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

Women's Meeting • Sat, 10:30 am

My Story • Sat, 8 pm

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

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

Al-Anon

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

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

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

Hope for Today (Family Groups)

Thurs, 6 pm • (435) 559-3333

Alzheimer's Caregiver

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

ARP—Addiction Recovery

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

Caregivers

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

Celebrate Recovery

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

Helproom

Fri, 2-3 pm • Free online support group for survivors of Domestic Violence, Sexual Assault. Safe space to communicate, feel supported and share perspectives on healing, recovery. Join at: affiliate.rainn.org/helproom/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 Meeting • Sat, 9:30 pm (Small room)

Women Only • Sun, 11 am

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

Pornography Addiction Recovery for Men

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

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

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

Southwest Parkinson's Alliance

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

CLASSES/ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Awana Bible Club

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

Book Club

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

Cedar Chest Quilters' Guild

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

Cedar Radio Control Club

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

Cedar City Toastmasters

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

Cedar Professionals

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

Color Country Pickleball

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

Color Country Winds

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

Hey Cedars Square Dance

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

Pickleball Group

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

Rock Club

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

Senior Yoga Classes

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

Southern Utah Woodturners

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

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 Arthritis

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

Take Action for Freedom

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

Top Bar Hive Bee Keeping

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

TOPS – Take Off Pounds Sensibly

Wed • Weigh-in 9 am, mtg 9:30 am. Evening weigh-in 6:30 pm, mtg 7-8 pm • Cedar City Library, 303 N 100 E. Lose weight without buying special foods. • 586-3233 (a.m. mtg) or 867-4784 (p.m. mtg)

Water Aerobics Class

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

Wellness Place

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

Zumba Classes

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

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

Let's celebrate the foundation of America

DAR PROMOTES CONSTITUTION WEEK: SEPTEMBER 17-23

from DAR

BALD EAGLE CHAPTER, CEDAR CITY

WASHINGTON, DC — The National Society Daughters of the American Revolution urges Americans to reflect on the United States Constitution during this month's annual observance in honor this foundational document of national governance.

“There are two documents of paramount importance to American history: the Declaration of Independence, which forged our national identity, and the United States Constitution, which set forth the framework for the federal government that functions to this day,” said DAR President General Denise Doring VanBuren. “While Independence Day is a well-recognized and beloved national holiday, fewer people know about Constitution Week, an annual commemoration of the living document that upholds and protects the freedoms central to our American way of life.”

The DAR initiated the observance in 1955, when the service organization petitioned the U.S. Congress to dedicate September 17–23 of each year to the commemoration of Constitution Week. Congress adopted the resolution, and on August 2, 1956, President Dwight D. Eisenhower signed it into Public Law #915. The celebration's goals are threefold: to encourage the study of the historical events that led to the framing of the Constitution in September 1787; to remind the public that the Constitution is the basis of America's great heritage and the foundation for its

“We hope that all Americans will learn more about the Constitution and its immense impact on our nation,”

DAR President General Denise Doring VanBuren

way of life; and to emphasize U.S. citizens' responsibility to protect, defend and preserve the U.S. Constitution.

DAR has been the foremost advocate for the awareness, promotion and celebration of Constitution Week. The annual observance provides innumerable opportunities for educational initiatives and community outreach, two mission areas of crucial importance to the National Society. By fostering knowledge of, and appreciation for, the Constitution and the inalienable rights it affords to all Americans, DAR helps to keep alive the memory of the men and women who secured our nation's foundational liberties.

“In communities across America, Daughters will erect hundreds of community displays, sponsor municipal proclamations, ring bells and stage programs to raise awareness of the Constitution's tenets and importance. We invite everyone to join us in celebrating this powerful document, which has enabled our democracy within a republic for more than two centuries. We hope that all Americans will learn more about the Constitution and its immense impact on our nation,” VanBuren said.

One of the largest patriotic women's organizations in the world, DAR has more than 190,000 members in approximately 3,000 chapters across the country and several foreign countries. DAR members promote historic preservation, education and patriotism via commemorative events, scholarships and educational initiatives, citizenship programs, service to veterans, meaningful community service and more. For additional information about DAR and its relevant mission, visit www.dar.org.

2021 Happy Factory offering special tours in October

from Jolene Lee

FOR IRON COUNTY TODAY

The Happy Factory has postponed its annual open house and gala this year. Instead, the popular toy-making non-profit is offering special tours, and is still looking for donations and volunteers. The Happy Factory makes quality, hardwood toys to give to needy children around the world, thus far producing and distributing 1.6 million toys.

Normally, the Happy Factory has a fall celebration and fund-raiser,

free toy car, and learn about volunteering or donating to the Happy Factory.

"The purpose of the tours is really threefold," said Donna Cooley, who founded the Happy Factory with her husband, Charles, in 1995. "We mainly want everybody in the community to visit and see firsthand what we do here. Then, if they would like, they can learn more about volunteering or donating to the Factory. We always need more volunteers, and we always need more financial resources."

The Happy Factory is a 501(c)3



PHOTOS COURTESY HAPPY FACTORY

The ongoing goal of the Happy Factory is to make a toy for every child in the world. They're well on their way with nearly 2 million toys made already.

but has postponed the 2021 version because of the disruption the recent floods had on so many people's lives.

However, if you or your group would like a special tour of the Happy Factory you can drop by any time from 9 a.m. to 4 p.m. October 4 to 7. Happy Factory volunteers will offer free tours highlighting the various steps to making the toys, from tracing and cutting out the wood, to sanding, oiling, and "wheeling." At the end of the tour, visitors can receive a

non-profit organization that operates with no paid employees. Also, many of the supplies to build the toys are donated. However, it still takes about one dollar to make every toy; this pays for equipment, maintenance, and items such as saw blades, sandpaper, and wheels and axles for the toy cars.

You may make a donation when you take the tour or by mailing a

see **HAPPY FACTORY** » 19

schools

ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

East Elementary

Last week the Living Planet Aquarium traveled to East to give our 4th grade students an up-close look at some of the animal species that call Utah home. Our students had a lot of fun learning about the specialized structures that help the animals survive in the different habitats throughout the state. The kids really enjoyed meeting Kevin, the salamander, and his friends who brought science to life.



Last week we had the first reading awards of the year, as well. A big thank you to our PTA who generously give of their time and money to help support reading at our school! We have many students who are already on their way to becoming Golden Eagle Readers! Keep it up kids!

Fiddlers Canyon Elementary

Our first PTA meeting will be held on Tuesday, September 21 at 6 pm in the school library. We have moved our meeting to this new time to accommodate more parents' schedules. Please join us to learn more about opportunities to volunteer and to make your voice heard regarding decisions about the programs in our school.

Watch DOGS root beer float night is Thursday, September 23 at 6:30 in the school cafeteria. Students can bring their dad, uncle, grandpa, or other father figure to enjoy a sweet treat and learn more about the Dads Of Great Students program in our school.

Mark your calendar for SEP week from September 27-October 1. Teachers will be contacting you to set up conferences and discuss your child's goals and progress. That week will also be our book fair, so please stop by the library while you are in the building to find some great books for your family!

Finally, please don't forget about our fall fundraiser that runs through September 22! The steps to register and send personalized links to family, friends, neighbors, and coworkers are on our Facebook page (facebook.com/fiddlerscanyon elementarypta). Students can earn cool prizes for the number of items sold, plus our fundraisers help provide fun activities and awesome programs that benefit our students.

Enoch Elementary

Enoch Tigers learned about Courage when their friends, Marvin and Jesse, visited a 1950's malt shop. When Marvin struggled with fear, the "Bravester" showed him how to be courageous. Students learned to not be afraid to try new things, and also to stand up for what is right.



Enoch Elementary is selling Starving Student Cards to raise funds for school improvements. The card is also available as a phone app. Check the PTA Facebook page for more information.

The Fall Carnival is coming soon! This fun event and fundraiser will be September 27. There will be food, games, and more family activities. Other upcoming events are Picture Day on September 21 and SEP Week September 27-October 1.

Three Peaks Elementary

We would like to thank Mrs. Susan Parker for organizing our Dasher's Club each year for the past eight years. Every Tuesday and Thursday, students are given the opportunity to walk and/or run together on the track and record the amount of miles they have progressed towards better health and wellness. Students receive a charm every 5 miles to wear proudly on a necklace. Last year, Three Peaks Elementary students ran over 12,000 miles collectively. Maybe this year we can break 15,000! Some students recorded over 80 miles by themselves. At the end of the year, all students who have run more than 25 miles are recognized in a celebration party.



A reminder that the Utah Food Bank will be delivering food to Three Peaks Elementary on the third Wednesday of each month. Mobile School Pantry deliveries are only available to the students of Three Peaks and are completely free for families in need. Please contact your child's teacher if interested.

business

Local content that enhances a community

Adam Gardner once said, "I never really thought of community service as a movement, but it is."

With this quote in mind, I recently had the opportunity to discuss with a veteran media executive the types of local content their media company provided to their local community. He mentioned the typical, yet important content offerings such as the city government happenings, school board meetings, local high school sports, the crime report, marriages, divorces, obituaries, news business openings, civic club news and a few stories about the good things going on around town.

I want to stress these are important elements to include as a part of the local coverage. That said, I also want to stress these items are the minimum point of entry for a truly-local news-media company. The community expects and needs this type of local coverage each and every week. In most cases, when your media provides that coverage, they are simply hurdling the lowest bar in the quest for community greatness. To truly win over a community and convince the community how much they need their media, the product needs to not only clear the lowest bar, but they also need to shoot for and clear bars much higher.



JOHN A. NEWBY
COLUMNIST

In order to work effectively with a community, the news-media company must be a community leader. Your local media is one of the few businesses within a community having the unique ability simply by their position in the community, to lead change as well as being at the forefront of transformation. Simply put, they can help drive the community by their actions and understanding. In their position, they are an important ingredient in the community's quest to thrive, and not just survive in these difficult economic times.

How might your local news-media company accomplish this and how can the community assist? While the answer will vary by community, here are a few common traits. The media can educate the community on the value of your locally-owned businesses. They can teach the community that a dollar spent at a locally-owned business has 3-7X the local economic impact than spending that dollar at Walmart or online. With your help, they can be a leader in educating your entire community on this one simple element. The business community will embrace this critical message.

Does your community understand that spending a dollar on your downtown district versus other areas of the community on average will return 40% more for their investment dollar? The downtown is the heart and soul of a community. By working with community leaders voicing this information, both the city and the media company are much more effective in advocating and voicing this critical

see **LOCAL CONTENT** » 18

The impact of stress on your health

by Michelle Crompton

IFS STUDIO

Stress. It's commonplace now in every facet of our lives, from work to home to relationships. Especially in these days and times. We can't avoid stress, but there's good news: we can mitigate it.

Did you know that researchers are very interested in how stress influences eating behaviors? A substantial amount of scientific research has been

to vigorous physical activity reduces stress better than low-intensity activity. In addition to exercise, mind-body techniques such as meditation, progressive muscle relaxation and visualization can help reduce stress.

Listening to music can also help. Other studies have shown that music has the power to calm, soothe and inspire. It can directly affect physiological factors such as heart rate and blood pressure and has been shown to be effective in treating anxiety, stress and depression.



GETTY IMAGES

committed to answering this complex question. Here are a few insights about what stress actually does and what can help:

Chronic Stress:

Chronic stress increases your production of cortisol, referred to as the stress hormone. Higher cortisol can stimulate a bigger appetite. It also—with the help of slightly elevated insulin levels—has been shown to activate lipoprotein lipase, the enzyme that facilitates the deposition of fat. And unfortunately, this especially happens precisely where you don't want it to: in the belly.

Chronic stress also causes emotional changes that can include anxiety, depression and apathy that may lead to stress-eating, resulting in a higher consumption of food.

There's good news! Exercise can help with chronic stress. A report published by the U.S. Department of Health and Human Services concluded that physical activity can protect against feelings of distress, defend against symptoms of anxiety, guard against depressive symptoms and the development of major depressive disorder and enhance psychological well-being.

Exercise, Meditation, Music:

That same report said that between 1995 and 2008, more than 30 studies—involving more than 175,000 people—were conducted in areas related to stress. The findings show that exercise decreases stress levels and increases feelings of well-being. Exercising in bouts of 30 minutes (but not longer than 60 minutes) appear to have the best "stress-reducing" benefits. There does not appear to be a different impact based on the type of exercise (e.g., running, swimming, cycling, elliptical training, etc.).

In terms of exercise intensity, the report indicates that, with regular participation, moderate

Take Action!

Since stress is inevitable, take some time in your busy day to burn some of it off. Carve out at least 30 minutes to exercise in any way you can manage. You'll thank yourself, mentally and physically!

Want some help? You can contact us at IFS Studio to set up an in-person fitness or virtual consultation to talk about you, your goals and your concerns at 661-436-2659 or visit us on the web at IFSStudio.Com.

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95TH
BIRTHDAYLaPreal Lowder
Anderson

Happy 95th Birthday LaPreal Anderson will celebrate her 95th birthday on Saturday September 18, 2021. She is the mother of 2, grandmother of 8, great-grandmother of 18, and great-great-grandmother of 8. A wonderful woman who is beautiful inside and out! Happy Birthday to You! An open house will be held from 11:00 to 12:30 pm at the Church of Jesus Christ 5th Ward auxiliary room. Located at 155 E 400 S in Cedar City. Utah.



LOCAL CONTENT

« CONTINUED FROM PAGE 17

information. Working together, the media and the community can conquer mountains that otherwise would be difficult at best to conquer.

In essence, by working together, the community and media company are much greater than the sum of each of their individual parts. By working together with the community, business owners, chambers, civic clubs and others, they can harness an army of volunteers to drive change through the semination of information that goes far beyond that which was mentioned at the outset of this column. Together they can be the start of a community movement that can't be stopped. Together they can create the environment of positive change and effective as well as productive disruption. You can do this together, or risk being the disrupted in lieu of the disrupter. Your community will see the value of the media, especially when coupled with fellow community organizations engaged in moving forward. You will have started a movement that will only build steam as it grows!

John A. Newby, author of the "Building Main Street, Not Wall Street" column dedicated to helping communities and local media companies combine synergies allowing them to not just survive, but thrive in a world where their "Truly-Local" identity is being lost to Amazon, Wall Street chains and others. His email is: john@360MediaAlliance.net.

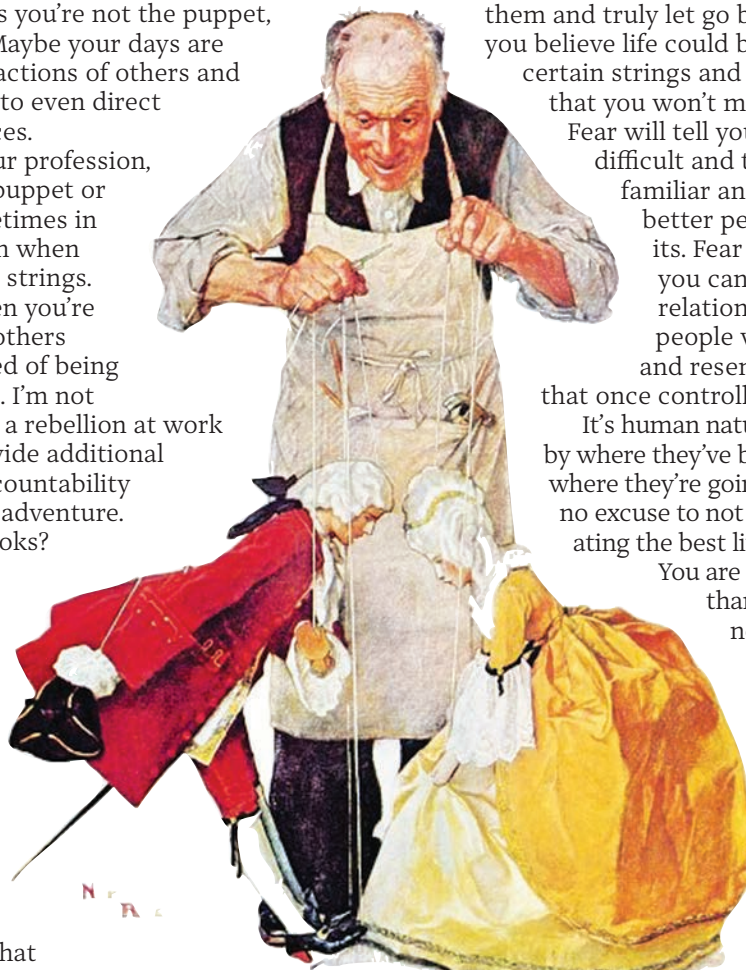
"The Puppet Maker"

When was the last time you saw a puppet show? There are many television shows and movies that have puppets and puppeteers. Sesame Street, The Muppets, Star Wars, The Dark Crystal, E.T, The Labyrinth and the Never Ending Story, to name a few. Thousands of hours go into creating, practicing and filming these often funny and furry creations.

Have you ever felt like a puppet? Perhaps you feel like one now. Maybe you feel like you're spending thousands of hours (even years) just going through the motions as a modern-day marionette. You wake up, get up, do your thing, go to bed and it starts all over, but yet your "strings" are never long enough to let you experience the life you'd like to. Perhaps you're not the puppet, but the puppeteer. Maybe your days are spent directing the actions of others and you don't have time to even direct your own life's choices.

Regardless of your profession, whether you're the puppet or the puppeteer, sometimes in life you need to learn when and how to cut your strings. There are times when you're tired of controlling others and when you're tired of being controlled by others. I'm not attempting to incite a rebellion at work or home, but to provide additional insight into your accountability to choose your own adventure. Remember those books?

At the end of each chapter you chose where the story went next—for better or worse—then you kept reading. If you died, then you went back and made another choice. No, you can't always go back and make better choices, but that doesn't mean you need to let your



NORMAN ROCKWELL

the rut
LESS TRAVELED

Corey Baumgartner

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mistakes become strings that control you and keep you from making better decisions in the future.

What strings do you need to cut today? Those strings may be attached to people, places, problems or patterns that are not helping you live a happy, healthy life. Maybe you're afraid to cut them and truly let go because even though you believe life could be better without certain strings and things, fear tells you that you won't make it without them.

Fear will tell you that it will be too difficult and take too long to get familiar and comfortable with better people, places and habits. Fear will also tell you that you can't have new friends or relationships because some people will still remember and resent you for the strings that once controlled you.

It's human nature to judge people by where they've been more than by where they're going. Human nature is no excuse to not keep cutting and creating the best life you can for yourself.

You are meant to be more than a miserable marionette. No matter your mistakes (which we all have made and will make) you can choose the chains of your past, or cut the strings of your regrets and sorrows and set the stage, or create a new stage, for a better and happier life.

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RICHARDS

« CONTINUED FROM PAGE 12

ting leap of 22 feet 8 inches in the broad jump.

The following year, Alma Richards enrolled at Brigham Young High School. Although still in high school, because of his age he competed with the Brigham Young college team, where he dominated many of the field events.

Coach Eugene L. Roberts recognized the potential of Alma to compete at the national and international level, especially in the high jump. He secured money from the college to send Richards to the 1912 Olympic trials in Chicago, where he won the high jump event to earn a place on the Olympic team.

In the book “Alma Richards: Olympian”, Larry R. Gerlach describes Alma’s jumping style: “Richards, without benefit of early technical instruction, had intuitively developed a unique method in which he approached the bar straight on like a broad jumper, leaped with his body erect, and cleared it almost vertically with little of the usual full-body horizontal layout, his legs crossed in a squatting, fetal-like position under him.”

The 1912 Olympic Games were held in Stockholm, Sweden. Alma Richards won the high jump event with an Olympic record of 1.93 meters (about 6 feet 4 inches), with second place going to Hans Liesche of Germany who cleared 1.91 meters, and George Horine of the United States finishing third at 1.89 meters.

A YouTube video, “Olympic Games in Stockholm, 1912” shows motion pictures taken during the competition. The video lasts about 2 ½ hours, with the high jump event featured at the 1:08:52 point in the video. The final three jumps shown are the medal winning efforts by Horine, Liesche and Richards with his unconventional style. www.youtube.com/watch?v=m2370Gw5zY4&t=4190s.

Following the success of Richards in the 1912 Olympic Games, BYU Coach Roberts wrote for the Salt Lake Telegram: “[Alma] comes from a family of athletes. Morgan Adams, Utah’s greatest pole vaulter, is Mr. Richards’ first cousin. Mr. Adams was vaulting 11 feet 10 inches when the world’s record was but two or three inches higher . . . Utah lost an opportunity

in not sending this boy [Adams] to the tryouts in 1904, as he would have made the Olympic team.”

Following the Olympic Games, Alma continued his education and his track and field career at Cornell University in Ithaca, New York. He excelled, not only in the high jump, but also the broad jump, discus, and shot put.

In the National AAU meet in San Francisco in August 1915, Richards competed with 16 top athletes from across the United States in the decathlon, which consists of ten events held during two days. Richards

“Utah lost an opportunity in not sending this boy [Adams] to the tryouts in 1904, as he would have made the Olympic team.”

BYU Coach Eugene L. Roberts

placed first in the high jump and second in the shot put, broad jump, pole vault and discus to take first place overall.

Alma’s dream of competing in the decathlon in the 1916 Olympic Games did not materialize, as the games were not held due to World War I.

Alma was drafted for military service and left for officer training in California in August 1917. During a furlough in 1918 he was married. The 3 April 1918 edition of the Parowan Times included this note: “Morgan Richards gives the information that his son Alma has taken unto himself a wife in California, and will be in Salt Lake City this week to introduce her to his parents.”

Richards was sent to Europe in October 1918, arriving in France one week after the armistice was signed. He stayed in France long enough to compete in games for the American Expeditionary Forces, where he won several medals.

After the war, Richards taught school and coached at Parowan for one year. He competed in an all-serVICemen’s meet in Salt Lake City in October 1919 at the state fairgrounds. He won the high jump, pole vault, and grenade throwing events.

At the 1920 Olympic trials in Boston on July 9, Richards was among 19 competitors in the decathlon vying for 6 spots on the team that would go to Antwerp, Belgium. Although he won the high jump, shot put and

discus events and was third in the broad jump, he did not do well in other events and withdrew without competing in the final three events.

Richards attended the University of Southern California Law School, graduating in May 1924. While attending law school, he taught science and ROTC at Abraham Lincoln High School in East Los Angeles. After graduating and passing the bar, he continued teaching at Lincoln until 1926.

According to Gerlach: “The choice of education as a career consciously or subconsciously called to mind

the pedagogic example of his father and the fortuitous encounter with Thomas Trueblood that changed his life. He now would follow their example by providing inspiration, encouragement, and support to youngsters at a pivotal time in their lives.”

In 1926 Richards transferred to Venice High School in the west Los Angeles area, where he taught math and science, remaining there until his retirement in 1953.

In the fall of 1953, during one of his frequent visits to the Los Angeles Athletic Club, Alma happened to meet

Edith Mendyka, a Berlin native and star member of the German national women’s handball team that competed in the 1936 Olympics.

Mendyka was able to contact Hans Liesche, the silver medal winner in 1912. Richards and Liesche maintained friendly correspondence, with help of translators, until Richards’ death in 1963.

In his book about Richards, Gerlach notes: “In twenty-two years of competition, Richards amassed some 245 medals, trophies, and ribbons testifying to his place as the finest multi-event track and field athlete of his generation.”

Gerlach quotes a fine tribute found in a letter from Harry Anderson, a former student who became assistant chief of the Los Angeles Fire Department. When he learned of Richards’ hospitalization a few days before his death, Anderson wrote:

“You won’t remember me but I was a student at Lincoln High School in one of your Physiology classes. I haven’t forgotten the impression you made on me . . . I am sure that most teachers feel that their efforts are not appreciated at the time but as I look back on the years I am sure that you helped me on to what little success that I have had and to the enjoyment of each day as we live it. Again many thanks for being an inspiration to me when I sorely needed one.”

After memorial services held in Los Angeles and Parowan, Alma Richards was buried in the Parowan cemetery.

HAPPY FACTORY

« CONTINUED FROM PAGE 16

check to 896 N. 2175 W. Circle, Cedar City, UT, or by credit card by calling 435-586-8352. The Happy Factory is supported entirely by donations and volunteers.

Various donation levels are available, with larger donations eligible for a thank you gift of a wooden toy—from cars, to stools, to steam shovels. Donations are not required for the tours, but any amount would be appreciated.

Also, information about volun-

teering will be available. The Happy Factory always needs volunteers, but especially needs help with cutting, sanding, and drilling.

The people who are associated with the Happy Factory understand that there are over 500 million children living in poverty in the world and that many of them have never had a toy. But they believe in the Happy Factory’s motto: “We may not be able to make a toy for every child in the world that needs one—but we’re going to try.”

“The spirit of the Happy Factory is infectious,” said Cooley. “Come, visit us and see why.”

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The U.S. Forest Service, Rocky Mountain Research Station is interested in leasing a minimum of 4,100 to a maximum of 4,700 usable square feet of office and support space, 8,000 square feet of secured wareyard space and 8,700 useable of warehouse, shop, greenhouse, and shade structure space in Cedar City, Utah.

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Primary Point of Contact:

Trev Palmer

Phone: 303-275-5091

Email: trev.palmer@usda.gov

Leasing Office:

USDA/FS Regional Office

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How adults can teach children about consent and other healthy relationship skills

from Canyon Creek Services

AWARENESS & PREVENTION DEPARTMENT

What is consent? Why is it important for parents/guardians/trusted adults to understand and teach children? When and how should parents/guardians/trusted adults talk with children about consent?

For starters, let's define consent. Consent is giving permission for something to happen or agreeing to do something. Many people associate consent only with sexual activity but it is important to recognize that consent applies to all kinds of different interactions and relationships. Parents/guardians/trusted adults can take the time to model, practice and teach the children in their lives consent in everyday interactions long before the children become sexually active.

So, why is consent important for parents/guardians/trusted adults to understand and practice? Why should you teach your child or the children in your life about consent? The short answer is because children depend on trusted adults to teach them the skills that they need to be safe, happy and healthy including those related to consent, respect and boundaries. According to the National Intimate Partner and Sexual Violence Survey Report, 43.2% of women experienced a completed or attempted rape between the ages of 11-17. This means that we need to teach children healthy relationship skills as soon as possible. Domestic and sexual violence is a problem that trusted adults can help children understand. Trusted adults are in a unique position to teach children the skills they need to practice healthy relationships and consent in their daily lives.

As for when to start teaching consent, a common standard is to start as soon as your child can speak. You may think that these topics are too complex for a one year old to understand but the foundations of consent can and should be taught as early as possible. For example, teaching your child how



GETTY IMAGES

to say "yes" and "no" and what those words mean is a great first step to your child developing skills related to consent and boundaries. While a young child might not fully understand what "yes" and "no" mean, you can help show them through modeling healthy, appropriate behavior. The article Beyond the Talk: Teaching Your Kids About Consent is a great resource and highlights that parents/guardians/trusted adults can teach by example through practicing and modeling consent with their partner, family members, friends, and other children. This strategy is especially helpful if the child does not yet speak, because they will be able to learn a bit about consent through observation. While it's best to start teaching consent early, it's never too late to begin to model consent and have conversations about consent, boundaries and respecting others with kids or teens.

Another way you can teach consent to a child is by simply them asking for their permission before doing something. If you ask the child if you can give them a kiss and they say no, respect their decision. This is a good way to help them learn that only yes means yes and no always means no. Oftentimes, parents/guardians/trusted adults may ask a child to hug or kiss a relative goodbye. This can cause confusion in helping children under-

stand consent because they may feel as though they have no say in whether or not they have physical contact with others. If your child does not want to touch someone for any reason, DON'T FORCE THEM. Let the child make their own choices about who they touch and how. This can mean giving them options; just because your child doesn't want to be hugged or kissed doesn't mean they would oppose to a high five, a first bump or a wave goodbye.

The older your children get, the more opportunities you have to teach them about consent. Once your child

gets to an age where they can read or listen to you read, you can start looking into books that can help teach them about consent. There are plenty of books for kids of different ages on different topics related to consent. Here is a list of some books to get you started for children in kindergarten through sixth grade;

Books that teach about consent:

- » "C Is for Consent" by Eleanor Morrison
- » "I Said No! A Kid-to-kid Guide to Keeping Private Parts Private" by Kimberly King and Zack King
- » "My Body! What I Say Goes!" by Jayneen Sanders
- » "Miles Is the Boss of His Body" by Samantha Kurtzman-Counter and Abbie Schiller
- » "Do You Have A Secret?" by Jennifer Moore-Mallinos
- » "Your Body Belongs to You" by Cornelia Maude Spelman
- » "No Means No" by Jayneen Sanders

Consent is not something you can have only one conversation with a child about, it's something you

see **CONSENT** » 22

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faith

Prayer: a natural, necessary communication (Part 1)

by Edy Meredith

FOR IRON COUNTY TODAY

Prayer should come as naturally to humans as breathing or sleeping. Prayer is a natural form of directed meditation when we orally or mentally communicate with the Supreme Being who created the world from nothing, as the Big Bang scientific explanation of the origin of the Universe demonstrates.

Prayer is like a simple, deep, and helpful conversation with the Creator of the Universe who monitors all that is in the Universe and is currently going on. Prayer usually involves the following characteristics: adoration (worship), contrition (asking for forgiveness for sins, faults, and mistakes), thanksgiving (gratitude), supplication (asking for help with the difficulties encompassing and surrounding us and others whether close or distant), and openness to God (indicated by open out stretched hands and humble attitude). Prayer is frequently forgotten and neglected as we go about our daily routines especially

DIFFICULT QUESTIONS & TRUTH 101.35

now when life can feel overwhelming. However, those are the times when prayer can be the most helpful emotionally and factually. God our Creator can accomplish goals and help us and others in ways that we simple humans cannot fully understand because of our limited resources and the fact that we are limited to being in one place at one time.

Through prayer to the Supreme Being each of us can make our homes and lives into power houses as we, minute by minute, hour by hour, and day by day, connect and communicate with God.

Have you ever felt helpless in the face of not only of your own circumstances but also with the situations that others are encountering? I'm certain that all of us know that feeling because of the current reality of our world from Afghanistan and the fires, floods, drought, hunger, famine, wars, and storms currently harassing the United States, other nations, and most continents across the Earth.

Please join us next week as we discuss prayer meetings that changed the world and made history. And if you haven't yet, please begin to pray all the time. Our Creator desires to hear from us all, and we humans desperately need His help. "Blessed be God, who has not turned away my prayer, nor His mercy from me!" (Psalm 66:19).

Community prayer gathering held for National Day of Prayer

by Corey Baumgartner

IRON COUNTY TODAY

For nearly two years, COVID has been changing our lives personally, emotionally, physically, financially and economically. While effecting lifestyles and businesses, it has also cancelled and/or postponed many important events throughout our Iron County communities. One of those events has been the National Day of Prayer breakfast, usually held annually to bring together and support the many different facets of faith in our community.

The event is sponsored by the Cedar Area Interfaith Alliance (CAIFA), whose mission statement is to promote unity in our community among people of faith, working together to serve in Iron County and beyond. As such, the purpose of celebrating the National Day of Prayer is to promote unity in our community with people of all faiths; gathering to affirm that God is with us and hears our prayers.

This gathering promises to be very different than in previous years. While there will be no formal breakfast—no getting up early and



COURTESY PHOTO

getting dressed up (it is requested that there are no suits and ties worn)—it will still be a special and sacred evening. While there will also be no food served, souls will still be fed as prayers are offered from our local faith leaders for our Families, Community and Nation. Senator Evan Vickers will also be there to introduce the evening's guest speaker, Utah Governor Spencer Cox.

Throughout the program, there will also be a medley of prayer

and praise from the Community Presbyterian Church Praise Team that will include the singing of America the Beautiful and God Bless America by all those in attendance.

The event begins at 6pm at the Main Street Park on Thursday, September 23, 2021. Bring your chairs, blankets, and a picnic for a casual time together as we join together as a community to enjoy prayers and music by our Cedar City faith leaders.

"Burn the Ships" (Steven Curtis Chapman)

In the year 1519, Hernán Cortés arrived in the New World with six hundred men and conquered the Aztec empire. This would be no easy task and so, upon arrival, Cortés burned his ships to spur his men forward with greater resolve to be victorious. It was conquer or be conquered.

Despite the cruel context of this historical event, there is a greater lesson to be gleaned. In any venture and adventure, whether it's educational, financial, marital, spiritual, etc. there's one common trait accompanying your success (or lack thereof) and that is commitment. You can have all the skills, talents, education and energy, but if you're not completely committed to the cause, it will be too easy to give up and sail back to the "comforts" you've been living in.

The Biblical account of Moses (and God) freeing the Hebrews is another such strategic (almost tragic) story for success. Freed after 400 years of slavery, the Lord's liberated people complained and wanted to go back to the "comforts" of Egypt rather than endure the temporary

"discomforts" of the wilderness. In their case, God used water (the Red Sea), not fire, to help stir up the needed commitment in their hearts to endure the desert and still believe in the Promised Land despite seeing only an endless sea of sand and a wearisome wilderness. There would be no going back. They could complain and waste their whole life

many mistakes, burned ships and bridges you shouldn't have and now you'll drown in the Red Sea or be lost in the wilderness and never found.

May I remind you Jesus is a Master Carpenter. He can help you rebuild bridges, boats, beliefs and your life (Ephesians 2:10). He's got every tool of the trade, for which He will trade you peace and joy for your shame and sorrow (Psalm 30:11-12, Matthew 11:28) if you'll come unto Him and live (Proverbs 3:5-6).

Your trials, challenges, mistakes, heartaches, illnesses and sins are why He suffered in Gethsemane and died on the cross. He can help you find your way home even when you think you've crossed the point of no return. If are willing to let Him help you burn your ships—get rid of bad habits, addictions and other things keeping you from living your best life—then He will help you escape and defeat your pharaohs and Cortés' in your life and keep pressing forward toward your Promised Land where you will find forgiveness, love and a new, better, eternal life (John 16:33).

GOD'S playlist

Corey Baumgartner

news@ironcountytoday.com



looking back and wondering "what if," or they could look forward to the new opportunities and Promised Land ahead.

When the opportunity to give up and turn back is within easy reach, it can make it difficult to endure opposition (temptation) between you and your Promised Land. The devil will tell you that's it's too difficult and not worth trying to repent and repair your relationships, business, marriage, family and life. You've made too

obituaries

BetteLou Turner



BetteLou Turner, 84, passed away peacefully in Laguna Hills, California on Monday, September 6, 2021. At the end of her life, she was surrounded by family prior to being reunited with the love of her life, Scott Turner and her youngest daughter, Laurie Turner.

BetteLou was born on June 26, 1937, to Oliver and Grace Beachler in Kemmerer, Wyoming, where she loved playing the flute in the band and was homecoming queen. She graduated from BYU and later SUSC (SUU), and was proud of her degrees in speech therapy and education. She also enjoyed theater and music. She passed her love of learning to many students in Cedar City, UT where she taught throughout the years in different schools and grade levels.

BetteLou met the love of her life, Scott Turner, when he moved to Kemmerer as a Forest Service Administrator. They were married December 17, 1960, in the Manti temple. Five years later they started their family and BetteLou began her role as a full-time mom. She was dedicated to her children and did all she could to give them a good life. BetteLou worked as a full-time mom until her youngest child had a solid foundation in school, then she returned to teaching and retired after 30 years. Mom took great joy in making Halloween costumes, special birthday cakes, and creating holiday memories. Her decorated Christmas trees were known for their beauty. BetteLou was a member of the Church of Jesus Christ of Latter-day Saints and enjoyed the many callings she had. She had a strong love for her Heavenly Father and the gospel. Her greatest joy was her grandchildren and great grandchildren. She relished every picture, card, drawing, and hug she received from them.

After retirement, Dad and Mom traveled the world to visit their children. She and Dad also loved camping and spent a lot of each summer at various places in Utah.

BetteLou leaves behind many who mourn her loss including her sister, Marilyn Hall, children Susan (Maurice) Stephens and Greg (Jodi) Turner, nine grandchildren, and 13 great grandchildren. She was preceded in death by her parents, husband Scott Turner, and daughter Laura Turner.

Funeral services will be held Monday, September 20, 2021, at 11:00 am at Southern Utah Mortuary. A viewing will precede the funeral from 9:30 to 10:30 am. Interment will be in Cedar City cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent, and livestream viewing, at www.sumortuary.com.

Lynda Snyder Knell



Lynda Snyder Knell, 65, passed away on September 8, 2021, in Cedar City, Utah. She was born January 6, 1956, in Payson, Utah. She was the first daughter of LaMar and Gayle Snyder. Her family moved to Cedar City when she was five years old and attended school and lived the remainder of her life there.

She married the love of her life, Kelly Knell on January 28, 1977, in the St. George Temple. They had a once in a lifetime kind of love and they were so lucky to have found each other. Their amazing love story is an example to us all. She was a member of the Church of Jesus Christ of Latter-day Saints and was a nursery leader for many years and loved working with the kids and she always loved to tell cute stories about them. The family knew she was special from the very beginning. Although she had many struggles and pain most of her life, she was a friend to almost everyone she met. She was fiercely independent, funny and such an example of unconditional love. She leaves a huge hole in our lives and in our hearts.

She is survived by her husband Kelly Knell, her mother Gayle Carter, Step Father Jack Carter, Sisters Gaya (George) Guymon, and Trudy (Gregg) Widup. Step-brothers Doug (Tammy) Carter, Dave (Carolyn) Carter, Step-sisters Donna (Jack) Adams, Paula (Brent) Merrell, Sister-in-law Shirley (Dick) Beatty, and a special nephew, Wyatt Garrett.

She is preceded in death by her father LaMar Snyder. Father and Mother-in-law Harry and Georgia Knell, Brother and Sister in law Ted and Barbara Garrett. Funeral services will be held Monday, September 13th, 2021, at 11:00 am in the LDS Chapel at (500 W. 400 N., Cedar City, Utah) and a viewing will take place before the funeral at the same Chapel from 9 am to 10:30 am. Interment will be in the Cedar City Cemetery, under the direction of Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.com.

David Ryver Rodriguez



David Ryver Rodriguez, or a little angel, was welcomed into Heavens arms by his uncle Paul on September 8, 2021, in Parowan, Utah. He is survived by his loving parents Nicole Plough of Parowan, Utah and Israel Rodriguez of Cedar City, Utah; his big brother Nicolas Paul Hampen Junior Parowan, Utah; his grandmother Vicky Plough of Parowan, Utah; his uncle K C Plough Parowan, Utah; his aunt Melissa Steele; uncle Jorden Noel of Hurricane, Utah; cousins Trey and Skyler Steele Of Hamilton Fort, Utah, Dylan and Kayson Folks of Cedar City, Utah, Parker Plough, Ashlyn Plough of Saint George, Utah, Jada Plough of Cedar City, Utah and many other Chamberlain cousins.

A very special blessing with much love to my Aunt Carol Williamson of Parowan, Utah as well as a very special thank you to Jed Townsend. Graveside services will be held in Parowan, Utah September 16 at 11 am at the Parowan City Cemetery under the direction of Southern Utah Mortuary.

Our special little angel Ryver is already missed by his family. I know he will be protected in heaven by his uncle Paul. Online Condolences can be sent to www.sumortuary.com.

David Eugene Drorbaugh



David Eugene Drorbaugh born January 6, 1952, in Mesa, Arizona passed away after battling Parkinson's related Lewy Body Dementia for 8 weeks. He was at his home in Summit, UT with his sweetheart Danette and family by his side on September 4, 2021.

David was the 3rd and last child of Weldon Newell Drorbaugh and Geraldine West Drorbaugh. He grew up in Mesa playing in his Grandparent West citrus orchard, running through the alfalfa fields and enjoying hunting in the desert.

He attended primary schools in Mesa and Westwood High School where he was a State

Champion Gymnast on Rings, member of the H.S. band, and played football alongside NFL Great, Danny White. He was the President of the Central Arizona Young Single Adult Institute.

He was married in July 1975 to Wilma Mace in the Mesa AZ Temple. After a divorce in 2006, Dave found his soul-mate, Danette Marie Jones in February 2007 and they were married in the Bountiful UT Temple on 21 June 2007.

He enjoyed Hunting, Fishing, Gardening, Woodworking, Camping and just about anything outdoors. He served a Mission for The Church of Jesus Christ of Latter-day Saints in Spain from 1971-1973. He has served in the church in many capacities such as Elders Quorum Instructor, Scout Master, Executive Secretary, Ward & Stake Young Men's, Summit Ward Bishopric, and the Parowan Stake High Council. Dave and Danette served a 2-year Welfare Service Mission from 2011 to 2013 and as Temple Ordinance Workers in the Cedar City Utah Temple from June 2019 to June 2021.

Some of his Accomplishments were, selection to the Who's Who Among Students in American Jr Colleges in 1974, Mesa Community College. He was a member of Phi Theta Kappa, Scholastic honorary at Mesa Community College, Honorary Management Fraternity—Arizona State, and Member of Arizona State Personnel Association.

For his education he received an AA Liberal Arts-Spanish (w/ Distinction) Mesa Community College in 1974. He received his B.S. in Business Management (w/Personnel Emphasis) from Arizona State University in 1977. In 2002 he received a Master's Degree of Social Science (Human Resource Management) from Utah State University.

Dave used his education at St Joseph's Hospital as Personnel Director in Nogales. He moved on to Southwest Forest Industries, Snowflake, AZ, and then to Smurfit/Stone Container in Salt Lake City, UT in 1987. Leaving Stone he moved on to work 17 years at Rio Tinto/Kennecott as the Human Resource Advisor. In 2018 Dave and Danette found happiness in retirement and in August moved to his favorite place on earth, Summit, UT. He thoroughly enjoyed working with people, helping to guide and direct was something he enjoyed very much.

He is survived by his spouse, Danette Marie Jones and his brother Timothy Lee Drorbaugh, Sons- David Drorbaugh II (Amy), Justin Upshaw (Heather), Jay Upshaw, Joel Upshaw (Molly), and his Daughters- Natalie Drorbaugh, Catherine McDonald (Bruce), Celeste Duval (Jason), Jamie Shepherd (Travis), and Jodie Nessen (Colt), as well as 23 Grandchildren.

He is preceded in death by his Grandfathers-William Jefferson Drorbaugh and Lee Dewey West. Grandmother's-Leone Rachel Steed Drorbaugh and Mildred Martha Murdoch West. His Father-Weldon Newell Drorbaugh, Mother-Geraldine West Drorbaugh, Sister-Judy Ann Drorbaugh Carter, Granddaughter's-Daisy Mae Drorbaugh and Rhyann Ray Upshaw.

A viewing will be held on Thursday, September 16, 2021, in Parowan, UT at the Southern Utah Mortuary from 6 to 8 p.m. A second viewing will be from 10:30 to 11:30 a.m. Friday, September 17, 2021, at the LDS Chapel located at 5246 Gossamer Way in Riverton, UT. The funeral will follow at noon.

Interment will be in Herriman under the direction of Southern Utah Mortuary. Online Condolences can be sent to www.sumortuary.com.

Walter Tom Sr.



Walter Tom Sr, 79 passed away at his home in Enoch, Utah on September 9, 2021. He was born September 23, 1941, in Irapah, Utah. He is survived by his loving wife, Eleanor Tom, for 63 years. Loving father to Donnie (Vanessa) Tom, Lora (Luci Pineda) Tom, Walter Tom Jr, Dori (Damon) Polk, Brent Tom. Grandfather to 9, and great-grandchildren. Numerous nieces, nephews and other family members. His tireless love and devotion to his family were evident in his final moments.

Walter maintained and worked for Spot-Free car wash in Cedar City for over 25 years. He was an excellent worker and took pride in his work at the car wash.

Viewing was held September 13, 2021, at Southern Utah Mortuary from 6:00-8:00 p.m. Interment was on September 14, 2021, at 10:00 a.m. Grave dedication given by son-in-law Damon Polk. Enoch, Utah cemetery under the direction of Southern Utah Mortuary. Luncheon held after burial at the Cedar Band of Paiutes facility.

Click this link to view additional details about Walter's Services, including any available live streams: <https://my.gather.app/remember/walter-tom>.

Want to submit an obituary?

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

CONSENT

« CONTINUED FROM PAGE 20

have to continually teach and reinforce with them because the situations they face will keep changing throughout their lives. Consent is going to look very different for a kindergartner playing with their friends on the playground than for a teenager who has just started dating. Teach Consent has a simple one minute video that shows some examples of asking for consent, and how to respectfully respond to a “no.” Make it a point to talk to the kids in your life about consent no matter their age but especially as they enter adolescence. As a parent/guardian/trusted adult, you are in a unique position to teach kids and teens about the importance of boundaries, healthy love and respecting others. Strong families, parents and relationships with trusted adults are one of our greatest tools in preventing violence and realizing our vision of “Communities Free of Domestic Violence and Sexual Assault”.

SafeSecureKids.org is also an excellent online interactive resource for teaching kids about boundaries and consent

Videos for teaching about consent and boundaries: Daniel Tiger - Use Your Words and Sesame Street: Mark Ruffalo - Empathy

For further questions, resources and if you need help, please contact Canyon Creek Services. Our goal is: Communities Free of Domestic Violence and Sexual Assault. We are located at 444 South Main Street #A4, Cedar City. Please call us 435-867-9411 | 24 hour hotline: 435-233-5732 admin@ccwcc.org.

sports

FALCONS BLOWN OUT BY BRONCOS

by Tom Zulewski

IRON COUNTY TODAY

After a disappointing loss, a new head coach firmly in place, and a bye week, the Canyon View Falcons were primed for a Homecoming football game against the San Juan Broncos in a final tune-up before 3A South play begins. The Broncos played well from the start, forced turnovers at the right times, and took full advantage when the Falcons committed mistakes.

The end result was a “weird” loss for Patrick Achord and his team.

Jace Palmer threw three touchdown passes and Jensen Grover added two touchdown runs as San Juan overcame a shaky start and cruised to a 42-7 win over Canyon View to spoil Homecoming Night and hand the Falcons its third straight loss (1-3).

“It was the weirdest game I’ve seen our team play,” Achord said. “We had so many missed assignments, and our kids were in a weird mental space this week. I want attribute it to the distractions with Homecoming, but we were running specific plays, and they were changed from what was called.”

After both teams went three-and-out on their opening possessions, San Juan got a big punt return and started at the CV 36-yard line for its second series. The Broncos converted twice on fourth down – including one when the Falcon defense jumped offside – and Ladd Ivins found

the end zone on a 6-yard run. When Palmer hit him on the 2-point conversion pass, San Juan led 8-0 midway through the opening quarter.

Starting from its own 12, Canyon View quarterback Nick Macias – starting in place of Jake

Falcons running back Adrian Ward battles to escape his Broncos defender in a tough loss for Canyon View against San Juan.



San Juan

42



Canyon View

7

San Juan	16	13	7	6	--	42
Canyon View	0	0	0	7	--	7

Q1 – SJ – Ivins 6 run (Ivins pass from Palmer), 6:07
SJ – Black 45 pass from Palmer (Black pass from Palmer), 4:26

Q2 – SJ – Black 13 pass from Palmer (kick failed), 10:49
SJ – Grover 1 run (Done kick), 6:20

Q3 – SJ – Ivins 7 pass from Palmer (Done kick), 1:43

Q4 – SJ – Grover 3 run (kick failed), 8:23
CV – Ward 78 run (Barlow kick), 6:52

JR ROBINSON

see **FALCONS** » 26

Parowan Rams run away from Rebels on road



Parowan

49



Rich

7

Parowan	22	13	0	14	--	49
Rich	0	0	0	7	--	7

Q1 – P – Jense 25 run (kick failed), 10:23
P – Jense 6 run (2-point conversion), 8:11
P – Yardley 2 run (Bettridge run), 1:58

Q2 – P – Shaydon Benson pass from Yardley (kick failed), 9:21
P – Bost 8 run (kick good), 3:56

Q4 – P – Jense 55 run (kick good), 11:23
P – Maxwell Benson interception return (kick good), 8:02
R – Conk 1 run (kick good), :11

by Tom Zulewski

IRON COUNTY TODAY

Easton Jense ran for three touchdowns and the Parowan Rams didn’t let up in the first half, scoring early and often on the way to a 49-7 road rout over the Rich Rebels on Sept. 10. Jense started the scoring for Parowan (3-2 overall) in its final game before 1A South play

begins with runs of 25 and 6 yards in the first four minutes and Treven Yardley added a 2-yard run that pushed the Parowan lead to 22-0 after a quarter.

Yardley added a scoring pass to Shaydon Benson in the second quarter to go with an 8-yard run by Christian Bost, and the Rams took a 35-0 lead to the halftime break. Jense

scored on a 55-yard run early in the fourth quarter and Max Benson returned an interception for another score in the period for Parowan. Rich was able to break the shutout with just 11 seconds remaining on a 1-yard run by Ryker Conk.

The Rams will travel to Gunnison to start 1A South play on Friday in a 7 p.m. kickoff.

Mustangs pull away, beat Lady Reds

by Tom Zulewski

IRON COUNTY TODAY

The Cedar girls soccer team only had one game last week, but it was against the

struck early on the way to a 5-1 victory over Cedar on Sept. 9. The Mustangs improved to 6-0 in region and 9-2 overall.

The scoring started for

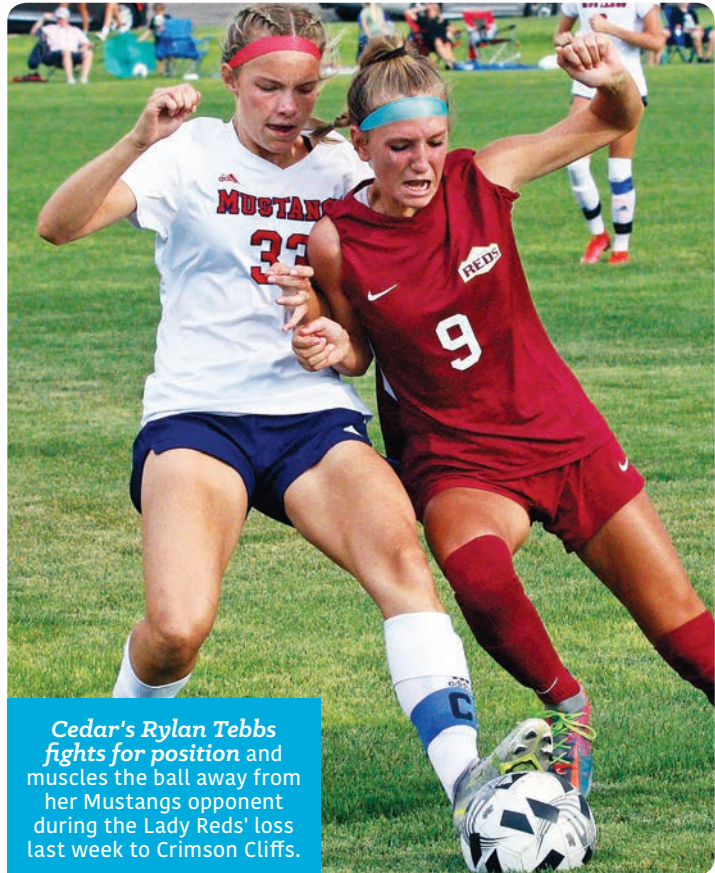
when a misplay in front of the Cedar net led to a second goal. Crimson Cliffs got to a loose ball in front off a rebound with less than three minutes left in the half to extend the margin to 3-0 heading to the break.

Rylan Tebbs put Cedar on the board in the 56th minute when she won a foot race to a loose ball, dribbled past a defender and beat Crimson Cliffs keeper Ellie Nielson to cut the margin to 3-1. The Mustangs didn't let that goal derail their momentum as Meadows got a second chance after an initial shot attempt and scored in the 68th minute to restore a three-goal cushion. Crimson Cliffs added another goal in the closing minutes to complete the scoring.

Cedar fell to 1-5 in region play and has a pair of home games this week. The Reds played Dixie on Tuesday in a game that was too late for press deadline, and they will face Desert Hills on Thursday afternoon in a 4 p.m. start.

CORRECTION...

In last week's thrilling win over the Hurricane Tigers, the photo of the Reds' goalie was attributed to Cambria Simper (September 8, 2021). However, it was another great goal keeper, **Lindsey Brown**. We apologize for the mistake and affirm that whether these athletes get proper attention and credit from their local media outlets, they deserve any and all credit for their hard work on and off the pitch. — Corey Baumgartner



Cedar's Rylan Tebbs fights for position and muscles the ball away from her Mustangs opponent during the Lady Reds' loss last week to Crimson Cliffs.

COREY BAUMGARTNER

Region 10 leader Crimson Cliffs. The Mustangs were not only looking to complete a perfect first half of region play, but they were also intent on holding on to a No. 2 ranking in the RPI.

Not even a brief weather delay got in the way of the quest.

Brinley Meadows scored twice and Crimson Cliffs

Crimson in the 7th minute when a high 20-yard shot fell into the top left corner of the net past Cedar keeper Lindsey Brown for a 1-0 lead. Play was stopped nine minutes later due to lightning in the area.

It wouldn't take long – less than a minute after the 35-minute delay – for the Mustangs to regain control

SCOREBOARD

SCORES		
Region 10 Prep Football		
9/10	Cedar 35, Hurricane 14	
	Dixie 31, Pine View 28	
	Crimson Cliffs 20, Snow Cyn. 7	

3A South Prep Football		
9/10	San Juan 42, Canyon View 7	
	Union 38, Carbon 6	
	Morgan 42, Manti 0	
	Desert Hills 43, N. Sanpete 7	
	Juab 38, Emery 6	
	South Sevier 10, Richfield 7	

1A South Prep Football		
9/10	Parowan 49, Rich 7	
	Layton Christ. 50, Gunnison 7	
	North Sevier 35, Monticello 7	
	Milford 32, Delta 16	
	Duchesne 34, Enterprise 17	
	Kanab 49, North Summit 14	

Region 10 Girls Soccer		
9/7	Snow Canyon 2, Dixie 1	
	Crimson Cliffs 5, Hurricane 1	
	Desert Hills 3, Pine View 0	
9/9	Crimson Cliffs 5, Cedar 1	
	Dixie 1, Desert Hills 0	
	Snow Canyon 5, Hurricane 0	

Region 12 Girls Soccer		
9/7	Canyon View 3, Carbon 1	
	Richfield 3, Emery 0	
9/9	Cyn. View 3, Richfield 2, 2 OT	
	Grand at Carbon, cancelled	

STANDINGS		
Region 10 Prep Football		
	REGION	OVERALL
Desert Hills	1-0	4-1
Dixie	1-0	2-2
Pine View	1-1	4-1
Snow Canyon	1-1	3-2
Crimson Cliffs	1-1	2-3
Cedar	1-1	2-3
Hurricane	0-2	2-3

3A South Prep Football		
	REGION	OVERALL
Juab	0-0	4-1
Carbon	0-0	2-2
North Sanpete	0-0	2-2
Manti	0-0	2-3
Canyon View	0-0	1-3
Richfield	0-0	1-4

1A South Prep Football		
	REGION	OVERALL
North Sevier	0-0	5-0
Gunnison	0-0	3-1
Milford	0-0	3-2
Parowan	0-0	3-2
Kanab	0-0	3-2
Enterprise	0-0	2-3

Region 10 Girls Soccer		
	REGION	OVERALL
Crimson Cliffs (2)	6-0	9-2
Snow Canyon (10)	4-2	4-5
Desert Hills (11)	3-2	3-6
Dixie (7)	3-3	5-6
Pine View (9)	3-3	4-6
Cedar (12)	1-5	3-7
Hurricane (13)	0-5	0-7

Region 12 Girls Soccer		
	REGION	OVERALL
Canyon View (6)	3-0	9-3
Carbon (7)	1-1	6-3
Richfield (9)	2-2	6-5
Grand (12)	1-1	4-1
Emery (21)	0-3	2-10

SCHEDULE		
Region 10 Prep Football		
9/17	Pine View at Cedar	
	Dixie at Desert Hills	
	Snow Canyon at Hurricane	
3A South Prep Football		
9/17	Juab at Canyon View	
	Manti at Carbon	
	North Sanpete at Richfield	

1A South Prep Football		
9/17	Parowan at Gunnison	
	Enterprise at Kanab	
	Milford at North Sevier	
Region 10 Girls Soccer		
9/14	Dixie at Cedar	
	Desert Hills at Snow Canyon	
	Pine View at Crimson Cliffs	
9/16	Desert Hills at Cedar	
	Snow Canyon at Crimson Cliffs	
	Pine View at Hurricane	

Region 12 Girls Soccer		
9/14	Canyon View at Grand	
	Carbon at Emery	
9/16	Emery at Canyon View	
	Richfield at Grand	

T-Birds fall to California Baptist in five-set thriller

by Kyle Birnbrauer

SUU ATHLETICS STRATEGIC COMMUNICATION

RIVERSIDE, Calif. – The Southern Utah volleyball team lost their first five-set match since 2019 Saturday afternoon, falling to California Baptist 2-3 (26-28, 25-19, 25-23, 20-25, 16-18) on the final day of the UCR/CBU Tournament.

Prior to Saturday, the Thunderbirds had won seven consecutive five-set matches dating back to October 17, 2019.

Stacey Hone and Ronnie Robinson both hit double digits in kills in the loss, with Hone leading the way at 12 and Robinson racking up 10. Robinson also contributed 12 digs while Hone had four blocks. Corrin Peterson had

23 assists and five service aces while Raegen Ashby had nine total blocks.

The match was tight all the way through with neither team scoring less than 19 points in any set. Both the first and the fifth set went long as the teams went back and forth, with CBU finally winning both by going up two points. There were four match points in the final set, with the Thunderbirds having three chances to finish the Lancers off before eventually losing the match.

Having dropped the first set, Southern Utah won sets two and three, both in comeback fashion. In set two, they were down as many as four points, but used an 8-2 scoring run to make it

see [SUU VOLLEYBALL](#) » 25



SUU ATHLETICS

Reds football rolls over Tigers

by Tom Zulewski

IRON COUNTY TODAY

The Cedar Reds got off to a slow start in its Region 10 road matchup, struggling to find any offensive momentum. When Ben Ellis delivered a touchdown just before halftime, it gave his teammates the boost they needed to pull away in the second half.

Ellis scored two touchdowns and quarterback Koden Lunt added the rest of the offense as Cedar delivered a big second half in a 35-14 victory over the Hurricane Tigers on Sept. 10 for its first region win (1-1, 2-3 overall).

Hurricane (0-2, 2-3) scored first

when Carter Ashby hit R.J. Wright for a 39-yard touchdown late in the first quarter, but the score would stay that way until Ellis found his way to the end zone from 1 yard out with 35

BEN ELLIS SCORES PAIR OF TOUCHDOWNS

seconds left until halftime to knot the score at 7-7.

Lunt went to work after that, and Cedar started to pull away. The left-handed thrower went to work with his legs on a 1-yard TD run in the third

quarter, and Ellis added his second score of the night from 2 yards out to stretch the Cedar lead to 21-7.

Lunt connected with Kasen Crandall on a 5-yard scoring pass early in the final period, and he sealed the win with an 11-yard scramble to the end zone with 4:21 to play. Hurricane added one more touchdown when Ashby hit Wright again for a 35-yard score with 2:02 remaining.

After five games on the road, the Reds will play on the home field for the first time Friday when they host the Pine View Panthers – who were upset 31-28 at home against Dixie last week – Friday in a 7 p.m. kickoff.



Cedar

35



Hurricane

14

Cedar	0	7	14	14	--	35
Hurricane	7	0	0	7	--	14

Q1 – H – Wright 39 pass from Ashby (Wright kick), 1:17

Q2 – C – Ellis 1 run (Hernandez kick), :35

Q3 – C – Lunt 1 run (Hernandez kick), 8:16
C – Ellis 2 run (Hernandez kick), 5:18

Q4 – C – Crandall 5 pass from Lunt (Hernandez kick), 10:37
C – Lunt 11 run (Hernandez kick), 4:21
H – Wright 35 pass from Ashby (Wright kick), 2:02

Canyon View converts chances, takes down Dinos

by Tom Zulewski

IRON COUNTY TODAY

There were numerous moments of frustration on offense for the Canyon View girls soccer team in its Sept. 7 home match against Region 12 foe Carbon. Some shots sailed over the net, others rolled close enough to the posts to leave a breeze as they zipped out of play.

Freshman Hadlee Farrow scored a key goal and added an assist on another later in the second half as the Falcons held off the visiting Dinos, 3-1, on a warm afternoon to improve to 2-0 in Region 12 play. Head coach Steve Newman said even with the missed chances, the end result mattered more.

“We’re grateful for the win. Every win we get is precious,” Newman said. “We had a lot of opportunities on offense that didn’t quite go our way, but we’re still a young team with mostly freshmen and sophomores.”

“A lot of these girls have never played together before, so they’re still in the process of figuring each other out. As they continue to improve, they’ll continue to become crisper in finishing (plays).”

Sophomore Brook Davie got CV on the board quickly with a goal just three minutes into the match, but the score held until Farrow won the race to a loose ball, dribbled past a defender, and drilled a shot on a roll inside the left post in the 46th minute for a 2-0 lead.

“She’s one of the young players still trying to figure it out,” Newman said of Farrow. “She has spurts where she plays well, others where she gets a little afraid, but overall she’s improved immensely.”

One example of Farrow’s improvement came after the Dinos (1-1 Region 12) scored in the 56th minute to cut the Falcon lead in half. Farrow was able to chase down a ball near the Carbon goal line and delivered a cross to Maya Nichols, who beat the keeper inside the 6-yard box and scored in the 62nd minute to restore the two-goal edge.

“She’s a John Stockton type of player – does the job and you may not recognize it,” Newman said.

Farrow admitted how an extra jolt of motivation drove her to complete the play to Nichols after Carbon got on the board.

“I was getting a little mad trying to get around the defenders,” Farrow said. “The ball went a little too far, but then I passed it back and she finished.”

In its second game of the week Sept. 9, Canyon View survived an even greater challenge, rallying from a 2-0 halftime deficit and beating Richfield, 3-2 in double overtime. The Falcons got goals from Farrow and Nichols in the second half to force overtime, and then Harmony Lopez came through with the game-winner late in the second overtime period to complete the comeback.

CV earned the victory with Gracie Burt in goal and overcame playing with 10 players after starting keeper Niky Johnson was issued a red card 10 minutes into the first half. The Falcons moved to 3-0 in region and 9-3 overall, good for the No. 6 ranking in the RPI.

Canyon View was scheduled to play a road game at Grand on Tuesday, which was too late for press deadline, and they will host Emery on Thursday afternoon starting at 4 p.m.

the tightly contested fifth-set. Neither team ever led by more than two points and the set was tied 10 times until CBU broke through and took home the victory.

The Thunderbirds will open their home schedule next week as they host Utah State on September 15 and Dixie State on September 17 inside the America First Event Center.



The Canyon View Falcons may be a young team, but they are working together and achieving success everytime they take the field.

SUU VOLLEYBALL

« CONTINUED FROM PAGE 24

23-16 and go on to take the set. In set three, they were down 18-20 late, but scoring seven of the final 10 points to win their second consecutive set.

The Lancers took set four and forced

JR ROBINSON

EMBRACE THE BASEBALL MILESTONES

When I visited Canyon View for the school's Homecoming football game last week, I was in good spirits mainly because Detroit Tigers first baseman Miguel Cabrera had built up a streak that reached nine consecutive base hits.

Cabrera didn't reach base on walks or errors, either. Nine plate appearances, nine hits.

Two things make the streak really impressive. The calendar is already in mid-September and Cabrera is making as mad a dash as he possibly can to reach 3,000 career hits before the 2021 season ends.

Through games of Sept. 12, Cabrera has 2,975 hits in a 19-year career. He reached 500 home runs in Toronto on Aug. 22 and has turned on the afterburners since with 20 hits in 14 games played.

This is a big deal because great players make the game special. From pitchers who reach 300 career wins or 3,000 strikeouts to hitters going after 500 homers and 3,000 hits, seeing the milestones are inspiring enough to pass down across the generations.

It's not likely Cabrera will reach 3,000 hits before this season ends, but he'll get close enough to make the beginning of 2022 well worth paying attention to. So let's talk here...when did we last have any players reach a major milestone? Here they are.

» **The last pitcher to reach 300 career wins was Randy Johnson in 2009.** The closest active player on the list is Justin Verlander at 226, but he's 38 years old and hasn't pitched at all for the Houston Astros in 2021 due to Tommy John surgery.

» **Verlander is also the last pitcher to reach 3,000 strikeouts in his career,** having done it Sept. 28, 2019. Max Scherzer was six opponent whiffs away from entering the club, and he was scheduled to work Sunday against the San Diego Padres.

FALCONS

« CONTINUED FROM PAGE 23

Garrett (illness) – threw an interception that Ivins picked off at the Falcon 45. Palmer wasted no time for San Juan as he hit Cooper Black on a 45-yard touchdown on the very first play, connected with him on another 2-point conversion, and the Broncos had a 16-0 lead.

It would be all San Juan after that as they won their fourth straight game following a season-opening loss to Desert Hills.

Achord had more than enough reason to give the CV defense props as they kept the Broncos off the board from midway through the second quarter until Ivins caught his second touchdown pass from Palmer on a 7-yard connection with less than two minutes left in the third. By then, San Juan led 36-0 and a running clock was put in play the rest of the way.

"Our defense balled out. We put them in a tough position all night," Achord said. "The defense played extremely well. We need to get better offensively."

With the help of a direct snap to him, CV senior running back Adrian Ward broke the Broncos' shutout bid when he found a hole and scored on a 78-yard touchdown run with 6 minutes, 52 seconds left in the game.

The Falcons were nearly able to add one more score with Garrett back under center later in the fourth quarter, but he was sacked on fourth down at the San Juan 25 with one minute left to end the threat.

Canyon View will open 3A South play at home Friday against defending state champion Juab in a 7 p.m. kickoff.

RANDOM thoughts

Tom Zulewski

IRON COUNTY TODAY



» **Albert Pujols was the last player to reach 3,000 hits,** and he did in an L.A. Angels uniform in 2018, the fourth in a four-year stretch after Alex Rodriguez, Ichiro Suzuki and Adrian Beltre. The next active player on the list is Robinson Cano of the New York Mets at 2,624, but he was suspended for the entire 2021 season for a PED violation.

» **Prior to Cabrera, David Ortiz was the last player to get to 500 homers,** and it happened six years ago. Next after Cabrera is Tampa Bay's Nelson Cruz, who hit No. 448 in the series finale against the Detroit Tigers on Sunday.

Cruz has 31 homers in 2021, but he's also 41 years old. He'd need to play two more seasons at minimum to have a realistic chance.

» **When Cabrera gets his milestone hit,** he'll become only the seventh player in MLB history to

have both 500 homers and 3,000 hits for a career. He'll be in the same part of the conversation as legends like Hank Aaron, Willie Mays and Eddie Murray, and that's nothing short of amazing.

We're not going to see moments like the ones Cabrera is giving us for a very long time.

» **Rodeo update:** There were no changes in the final leaderboard after Day 3 of the PRCA Rodeo at the Iron County Fair on Sept. 6. Spencer Wright picked up a third-place check in saddle bronc and earned \$1,884 for his 84.5-point ride, and standings leader Ryder Wright tied for fifth at 82 points and earned \$665.

Heading to the final two weekends of the regular season -- including a stop in St. George for the Lions Dixie Roundup that starts Thursday -- Stetson Wright is the leader in the all-around with \$276,264, but Ryder leads in saddle bronc over his brother by \$7,300 (\$168,731). Both are looking to defend their gold buckles at the Wrangler National Finals Rodeo in Las Vegas in December.

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

TOM'S SPORTS TRIVIA

Since the new fall TV season is upon us, the research office decided to find choice nuggets on celebrities who played sports. Don't pay attention to any gossip, don't spill the tea, and please remember...no wagering.

1. This actor was voted Most Handsome while attending Longview High School in Texas, played on the golf and tennis teams, and went to the University of Texas in college. Who is he?

- A. Jamie Foxx
- B. Tommy Lee Jones
- C. Matthew McConaughey
- D. Brad Pitt

2. She was a skilled tennis player in high school in Texas, and her daily talk show started its 19th and final season this week. Who is she?

- A. Ellen DeGeneres
- B. Tina Fey
- C. Whoopi Goldberg
- D. Amy Poehler

3. Which actor starred on TV in *The Office*, in films including *"The 40-Year-Old Virgin"* and *"Date Night"*, and was also a goalie for his high-school hockey team?

- A. John Krasinski
- B. Rainn Wilson
- C. Ed Helms
- D. Steve Carell

4. Mark Harmon was a two-year starter at quarterback for UCLA, but is better known for his starting role as Leroy Gibbs on which CBS drama series?

- A. CSI
- B. FBI
- C. NCIS
- D. SWAT

5. Actor Burt Reynolds was a running back in college at Florida State and went on to a prolific career in movies and TV. Reynolds received an Oscar nomination for

Best Supporting Actor for what 1997 film?

- A. Good Will Hunting
- B. Boogie Nights
- C. Amistad
- D. As Good As It Gets

6. Before starring in films like *"Men In Black," "The Fugitive"* and 2019's *"Ad Astra,"* Tommy Lee Jones played college football for what Ivy League school?

- A. Brown
- B. Yale
- C. Harvard
- D. Dartmouth

7. He's currently the host of the ABC game show *"Card Sharks,"* but Joel McHale was also a two-year football player at tight end who never got into a game at what Pac-12 school?

- A. Washington
- B. Washington State
- C. Oregon
- D. California

8. Actor Ed O'Neill earned a football scholarship to Youngstown State before beginning his career. O'Neill is mainly known for his TV roles in *"Married...With Children"* and what ABC sitcom that wrapped up an 11-year run in 2020?

- A. Black-ish
- B. The Goldbergs
- C. Modern Family
- D. The Conners

9. Carl Weathers is known for his roles as Apollo Creed in the *"Rocky"* movies as well as Adam Sandler's golf coach in *"Happy Gilmore."* At what Mountain West school did Weathers play football?

- A. Utah State
- B. San Diego State
- C. New Mexico
- D. UNLV

10. Dwayne Johnson was known as *"The Rock"* in his wrestling days,

but he was also a college football player in 1991 at what school that won the national title?

- A. Notre Dame
- B. Penn State
- C. Miami-FL
- D. Ohio State

11. She may be known for songs like *"Soak Up the Sun"* and *"All I Wanna Do,"* but Sheryl Crow was a track athlete who ran the hurdles in high school in what Midwestern state?

- A. Kansas
- B. Missouri
- C. Iowa
- D. Minnesota

12. Which late-night host of *"The Daily Show"* was a soccer player in college?

- A. Craig Kilborn
- B. Craig Ferguson
- C. Trevor Noah
- D. Jon Stewart

LAST WEEK'S ANSWERS

1. D: Atlanta
2. B: Patrick Cantlay. Cantlay beat out Jon Rahm to win this year's FedEx Cup and the \$15 million bonus.
3. A: 30
4. C: Tony Finau
5. B: 10-under par
6. A: Rory McIlroy. McIlroy won the Cup in 2016 and 2019.
7. C: Dustin Johnson. Johnson won the Northern Trust and the Tour Championship to claim the 2020 FedEx Cup
8. B: 125. The top 125 players in FedEx Cup points all advance to the playoffs, but the cut to the top 70 is made after the first 36 holes at the Northern Trust.
9. C: \$5 million
10. A: The Masters. It was Johnson's second career major victory (2016 U.S. Open)
11. D: 600.
12. B: Two. Woods was second in the FedEx Cup standings in 2013 and 2018.

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CELEBRATE RECOVERY! CHRISTIAN 12-STEP PROGRAM DEALING with Hurts, Habits, or Hangups. Wednesday nights at 6:30pm at True Life Center-Four Square Church, 2111 N Main St, Cedar City, UT. Call Jeff 801-638-1800 or Gary D. 702-303-5662.**BACHELOR SEEKING ONE SINCERE WOMAN WHO WON'T** settle for average but is still realistic! Likes dogs, people, nature, art, photography, just wants a friend. Call Michael 435-327-8212**ORIGINAL OIL PAINTINGS, LANDSCAPES, PORTRAITS, WILL** paint to preferences. Call 435-867-0908.**FREE INTRODUCTION TO YEARLONG BIBLICAL GREEK CLASS** at Cedar Bible Institute (195 W 650 S) Thursdays 6:30-7:30pm, starts October 7, contact 435-233-0471**NEED HELP LOCATING AN OXYGEN CONCENTRATOR IN GOOD** working condition. Call 435-590-1920

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YARD SALE AT 3863 W 1475 N IN CEDAR ON SATURDAY THE 18th from 8am to 1pm. Hunting equipment, Christmas lights, household and baking items, baskets, and more!

NEIGHBORHOOD YARD SALE AT EQUESTRIAN POINT - Streets near 3900 West. Saturday the 18th from 8am to 1pm - Multiple homes worth of items, something for everyone. Come see!

9/18/21 9:00AM-2:00PM AT 4007 W 50 S, CEDAR: COOKWARE, Air Fryer, Dining Chandelier, New Kitchen Faucet, Xmas lights, Portable Power Tools, Clothes, Aspen Lumber, etc. Stop by-have a cookie!

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YARD SALE SATURDAY THE 18TH FROM 9AM-5PM AT 313 N Beacon Dr, Cedar. Jewelry, collectibles, nice clothes, new Hummer CD Player, new Uggs Winter Shoes, Cowboy boots, vinyl records

legal notices

NOTICE FOR PUBLICATION

In the Fifth Judicial District Court, In and for Iron County, State of Utah, In the Matter of the Estate of Peter M. Von Lutzow, Deceased, NOTICE OF HEARING ON PETITION FOR FORMAL PROBATE OF WILL AND FORMAL APPOINTMENT OF PERSONAL REPRESENTATIVE, Case No. 213500164, Honorable Matthew L. Bell. Notice is hereby given to all persons who are interested in or who claim an interest in the above estate that on August 30, 2021, Mei Lie The, by and through counsel of record, Matt A. Munson, filed a Petition for Formal Probate of Will and Formal Appointment of Personal Representative to appoint Mei Lie The as personal representative of the above-referenced estate, to act without bond. A copy of the Petition may be obtained by requesting one from the Clerk of the Court. A hearing has been set to consider the Petition on October 19, 2021, at 1:45 p.m. before the Honorable Matthew L. Bell, Fifth Judicial District Court, Iron County, located at 40 N. 100 E., Cedar City, UT 84720. The hearing will NOT take place at the courthouse. The hearing will be held remotely and may be accessed via WebEx.com. Contact the court to provide your current email address for instructions on appearing for the hearing. Failure to appear and object at or before the hearing may result in the Petition being granted. DATED: September 7, 2021, M. A. MUNSON LAW P.C. /s/ Matt A. Munson, Attorney for Petitioner. 970 S. Sage Dr., Ste. 109, Cedar City, UT 84720 Telephone No. 435-238-7734 Pub: Sep 15, 22, 29, Oct 6, 2021.

Published September 15, 22, 29 & October 6, 2021
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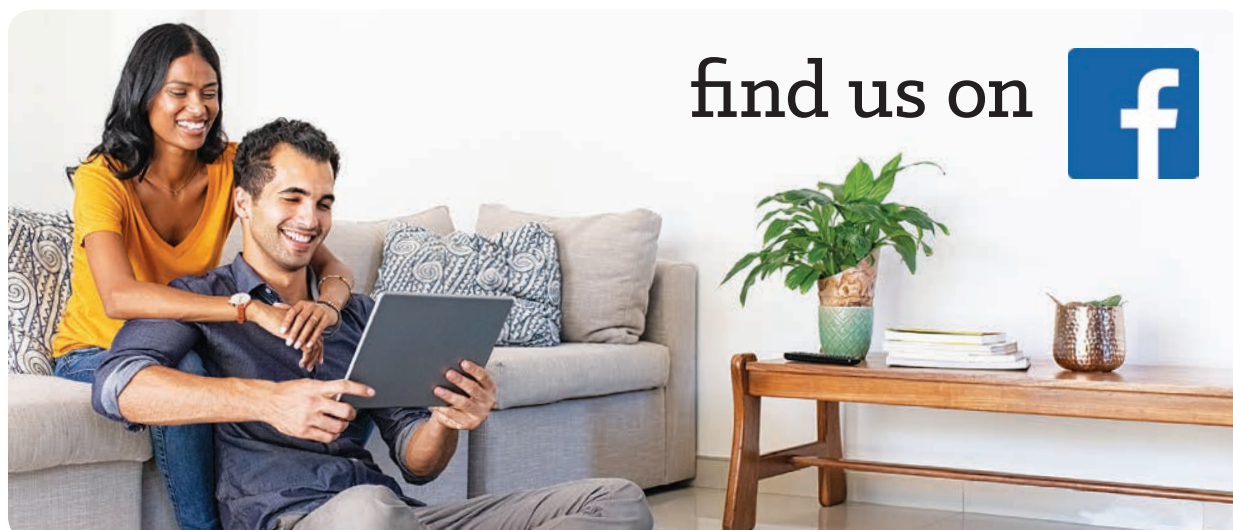
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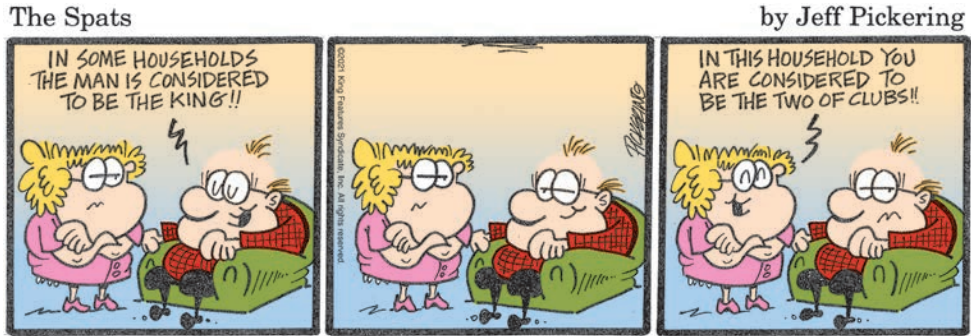
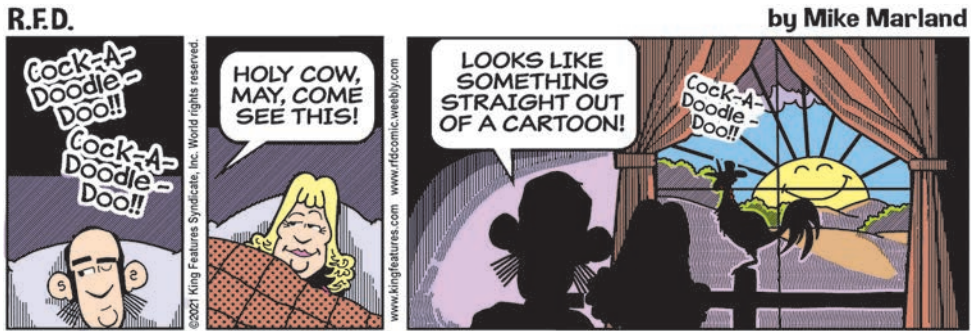
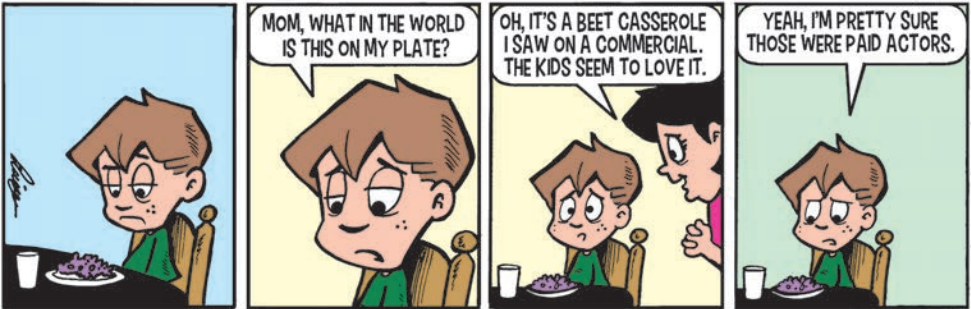
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find us on



Weekly SUDOKU

by Linda Thistle

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

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

Differences: 1. Spots are different. 2. Eyes are closed. 3. Sweater is missing. 4. Tail is longer. 5. House is missing. 6. Bricks are added.

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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!

Beyond
TEDIOUS

Blend
LEMING

Coma
NECTAR

Pay
MITER

TODAY'S WORD

"No thanks, we just came in for the _____!"

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ACROSS

1 Havana's land
5 For each
8 — Valley, Calif.
12 Miles away
13 Parisian pal
14 Former Yankee slugger, to fans
15 Abe Lincoln's first home
17 Cello's ancestor
18 In the style of
19 Shiny, as a photo
21 Trombone part
24 Swizzle
25 Ireland
26 Backyard structure
30 Old shop
31 Move to one side
32 — roll (winning)
33 Theme park attraction
35 Landed
36 Mater lead-in
37 Test score
38 Spider's creation
41 Spill catcher
42 Location
43 Cozy spot on the slopes
48 Sandwich

shop
tune
8 Relishes
9 Eye part
10 Cattle calls?
11 In a lazy way
16 Hearty quaff
20 Joyful tune
21 Lowly worker
22 Stead
23 Press agent?
24 "The March King"
26 "OK" gesture
27 Spanish greeting
28 Oklahoma city
29 See socially
31 Only

34 Aloha State
35 Garden shelters
37 Baseball's Hodges
38 Scoundrels
39 Sandwich treat
40 Phone inventor
41 Morsels
44 Carrier to Amsterdam
45 Cacophony
46 Fed. property manager
47 Heart chart (Abbr.)

DOWN

1 Nev. neighbor
2 Flying saucer
3 Satchel
4 Video-game hub
5 Sunscreen additive
6 Brit. record label
7 Cellphone

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? Trivia test

by Fifi Rodriguez

- TELEVISION: What was the name of Tim Taylor's friend and sidekick on the "Home Improvement" sitcom?
- GEOGRAPHY: Which U.S. city has the nickname "Big D"?
- LITERATURE: Which novel begins with the line, "Last night I dreamt I went to Manderley again"?
- MEDICAL: What usually causes rickets in children?
- MUSIC: Which novel is referenced in The Police's song "Don't Stand So Close to Me"?
- FOOD & DRINK: Cafe du Monde is a famous restaurant in what city?
- ENTERTAINERS: Which famous actor was born Maurice Micklewhite?
- MEASUREMENTS: What scientific unit of measurement also is the name of a mammal?
- GENERAL KNOWLEDGE: What is a thalassophile?
- ANATOMY: What is the colored part of the eye called?

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- Answers
1. Al Borland
2. Dallas
3. "Rebecca"
4. Lack of vitamin D
5. "Lolita"
6. New Orleans
7. Michael Caine
8. Mole, which is used to measure particles in a substance
9. A lover of seas and oceans
10. Iris

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

Answer

Weekly SUDOKU

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

Solution time: 23 mins.

Answers

King Crossword

SCRAMBLERS

Today's Word

1. Outside 2. Mingle; 3. France; 4. Remit

The Great Skateboard Debate

Should people be able to ride skateboards on sidewalks? Some people say, "For sure!" and others say, "Definitely not!" Today's *Kid Scoop* looks at both sides of the issue and lets you ask, think and decide for yourself.

Skateboards on sidewalks?



YES!

Streets are dangerous places to ride skateboards. Riders risk being hit by a car or falling in front of one.



The U.S. Consumer Product Safety Commission suggests that skateboarders should never ride in the street.

What's YOUR opinion?

Before you answer, ask, think and then decide.

Skateboards on sidewalks?



NO!

Some people are afraid that skateboarders zipping along sidewalks endanger pedestrians, especially older people and small children who may have difficulty getting out of the way of a speeding skateboard.



Concerns for the safety of skateboarders and pedestrians has led to the development of skate parks in many communities.

Ask!

Ask friends and family members for their opinion. Write down their reasons **for** or **against** skateboarding on sidewalks on a sheet of paper.

Think!

List three reasons why some people say YES to skateboards on sidewalks and three reasons why some people say NO to skateboards on sidewalks.

YES

NO

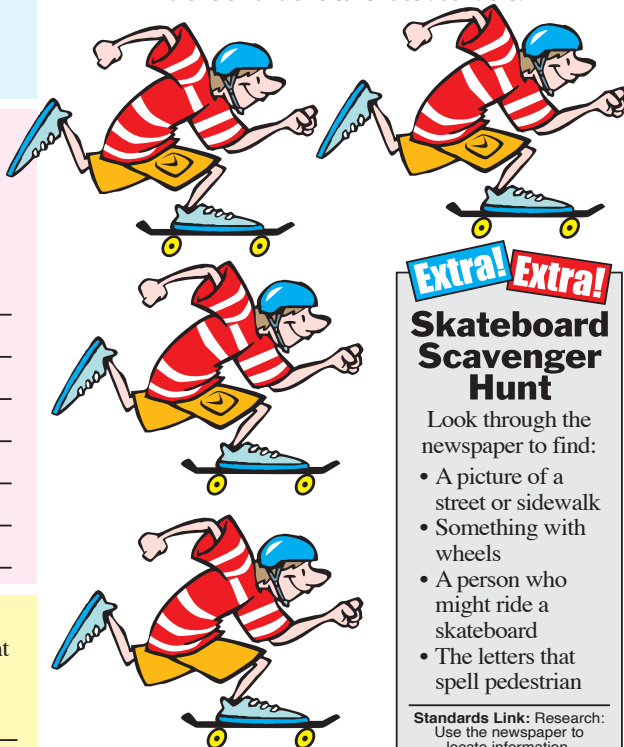
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Decide!

You've asked questions, you've thought about what each side has to say. Now it's time for YOU to decide. Write down your opinion here:

Standards Link: Research: Students compare information and draw conclusions.

Find the two identical skateboarders.



Extra! Extra! Skateboard Scavenger Hunt

Look through the newspaper to find:

- A picture of a street or sidewalk
- Something with wheels
- A person who might ride a skateboard
- The letters that spell pedestrian

Standards Link: Research: Use the newspaper to locate information.



Kid Scoop Together:

History of Skateboards

Below are some **TRUE** facts about skateboarding history as well as a few that are **FALSE**. Do the math under each statement. If the answer is **EVEN**, that statement is **TRUE**. If the answer is **ODD**, it's **FALSE**.

1958: The skateboard is made from roller skates attached to a board. It is a way to surf when there are no waves—*sidewalk surfing*.

$$12 + 14 - 8 =$$

1963: The first skateboard contest is held in California.

$$27 + 19 - 4 =$$

1969: Tony Hawk wins the stunt competition at the first X Games.

$$21 + 11 - 9 =$$

1973: The invention of urethane wheels turns a formerly noisy, bumpy ride smooth and silent. Because the urethane wheels grip concrete better, curbs, ditches and other terrain become skating courses.

$$27 + 15 - 3 =$$

1976-78: The California drought forces homeowners to drain their pools. Empty pools become mini-skate parks. New tricks are invented.

$$19 + 19 - 8 =$$

1977: President Jimmy Carter makes history by skateboarding to his inauguration ceremony.

$$27 + 19 - 5 =$$

1985: Scientists in Norway discover an ancient skateboard dating back to the year 535 A.D.

$$17 + 13 - 7 =$$

2000s: Many cities have built skate parks and provide camps and lessons that are available to young people.

$$22 + 8 - 4 =$$

Standards Link: History/Social Studies: Students know how to interpret timelines.

Kid Scoop-doku™

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

R	S				K
	K		A		T
S	A	T		K	
K	T	E	S		
	E	K		R	S
T	R		K		A



Write On!

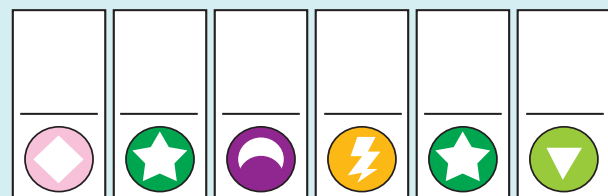


Brain Builders

List three to five ways you can think of to exercise your brain.

Kid Scoop Puzzler

The most important piece of equipment a skateboarder needs is a



Use the Skateboard Secret Code to find the answer.



Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

SKATEBOARD
DEBATE
SIDEWALKS
AFRAID
OPINION
RISK
SECRET
SAFETY
RIDE
WHEELS
HELMET
ASK
THINK
PATH
ISSUE

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

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

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