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— Jarid & Tami Gray



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— Marie Holmes



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— Brooke & "Mac" MacNaughtan



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2022
Southwest
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Show
winners
announced



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SUU WELCOMES MINDY BENSON AS 17TH PRESIDENT

by Kylie Leavitt

FOR IRON COUNTY TODAY

On September 23, 2022, at Southern Utah University's American First Event Center, the historic inauguration of SUU's 17th and first woman president, Mindy Benson, took place.

On stage were longtime colleagues and friends that included former SUU President, Scott Wyatt, Utah Governor Spencer Cox, Hall of Fame Quarterback Steve Young, and members of the Utah Board of Higher Education, Dr. Dave Woolstenhulme (Commissioner) and Jesselie Anderson (Vice Chair).

One by one, the leaders of Southern Utah University and Utah stood as their names were read. President Benson was the last to stand, and as her name was read, the entire arena erupted with cheering and a standing ovation, showing their overwhelming support for her. It was clear from the very start that everyone in attendance knew that President Benson was the right woman for this job.

After everyone was introduced, Travis N. Parashonts from the Paiute Tribe took the stage to give Benson a Southern Paiute Blessing. He blessed President Benson to be able to, "Hear and listen, not to just people who are here on earth, but to be able to hear and listen to those who have passed on." He continued, blessing her to, "be able to see, have vision, be able to dream. To be able to discern things—good, bad, evil. To be able to have the spirit of discernment within her mind and heart."

Towards the end of Parashonts' beautiful blessing, he blessed President Benson's new path, and blessed those who will walk with Benson, including SUU's students, faculty, staff, and the community. With his thoughtful and inspiring prayer, the tone of the event was set.

We were then welcomed to the event by the Chair of SUU's Board of Trustees, Jodi Hart-Wilson. She explained that as they were looking for a President for SUU, they were looking for a candidate that would be, "Committed to preserving, fostering, and expanding SUU's mission to create an inclusive and innovated institution where students can achieve personal growth, civic responsibility, and professional excellence."

She went on to say that when they asked Benson why she wanted to serve as President, she said, "I love SUU and



During its 125th anniversary and 17th presidential inauguration, Mindy Benson becomes the first woman president in SUU's storied history.

I have a deep desire to help shape its destiny and make a positive impact on the lives of students, faculty, staff, alumni and friends."

Hart-Wilson finished her welcome by stating this powerful message. "I know of no one more devoted to this campus, its students, and this community than President Benson. She is a compassionate and collaborative leader who is committed to SUU and ready to usher in the next 125 years."

SUU students, faculty, staff, alumni, and friends couldn't agree more with Hart-Wilson. While interviewing one of President Benson's past employees, Jami Leavitt, she spoke on how President Benson has personally impacted her life, saying, "I owe a lot to Mindy for being an incredible mentor to me while I worked under her. Of all my classes and experiences at SUU, the leadership and event planning skills I learned from Mindy are the things I use the most in my professional life. Her love for being a T-Bird is contagious and it permeates everything she does for SUU."

President Benson is not only a leader who aspires to be great, but is one who accomplishes greatness. She is a leader who actively tries listens and understands all perspectives, is approachable, and empowers everyone she comes into contact with. She sees the importance of people and does all she can to make sure that she plays whatever role she can in helping others succeed.

Dr. Abigail Larson, the President of the Faculty Senate shared a story about how earlier this summer, she was in a hiring committee meeting and in this meeting, she and her cohorts were interviewing the last three candidates for this position. President Benson was the last candidate to be interviewed. After President Benson was done giving her presentation, Dr. Larson said, "There was no doubt, in my mind, at all, whatsoever, who would lead us from this point on. We are delighted that she accepted the position."

We were then pleased to hear Dr. David Lee (SUU Professor Emeritus and Utah Poet Laureate) share two poems. One called "A Southern Utah Psalm", and the other called "A Song for Mindy, With Love". Before reading his second poem, Dr. Lee said, "I heard, on the 15th of July, the news that Mindy would be our President. It was one of the most

BENSON

« CONTINUED FROM PAGE 1

beautiful messages I have ever heard in my life.”

Dr. Lee went on to say that after he heard this news, it was then that he started writing his second poem. He shared, “One of my very fondest, etched into my heart, memories of my lifetime was a night forty years ago when the Benson family came to our home in Paragonah for dinner. We had several hours of intense tall-tales, lying and laughter to shame the Heavens. And that evening becomes the beginning of this song that I wrote for Mindy.”

Dr. Lee continued on to read the beautiful poem that he wrote. The poem contained beautiful imagery of ballgames, views over Cedar Breaks, smells of bristlecone winds, and dancing of Southern Utah Birds. He then says that above all this imagery, is Mindy Benson carrying the news that halts the world. The news that Mindy Benson’s name is now, “Carved in granite.”

“I believe President Benson is the right person at the right time because she is the most confident, ethical person I ever met, and I trust her.”

Spencer J. Cox, Governor of Utah

The stage was then taken up by Hall of Fame Quarterback Steve Young, who played for BYU and The Forty-Niners. Young has known Benson for over thirty-years, and he shared that when he heard the news that Benson was called to be the President of SUU, he was in a state of, “Joyful glee, of wow! That’s amazing!”

Young went on to say that after they heard the news, that he got together with a few friends of his from BYU and they reminisced about the “old days” when they were all together, and how they were just kids, doing kid things.

He said, “As we reveled in hearing about the new President Benson, our conversation turned to qualities that we saw back then that would signal the possibility of today. As we chatted, we all agreed that it was certainly integrity—and no one has more integrity than Mindy. It was easy to see then and it’s easy to see now.”

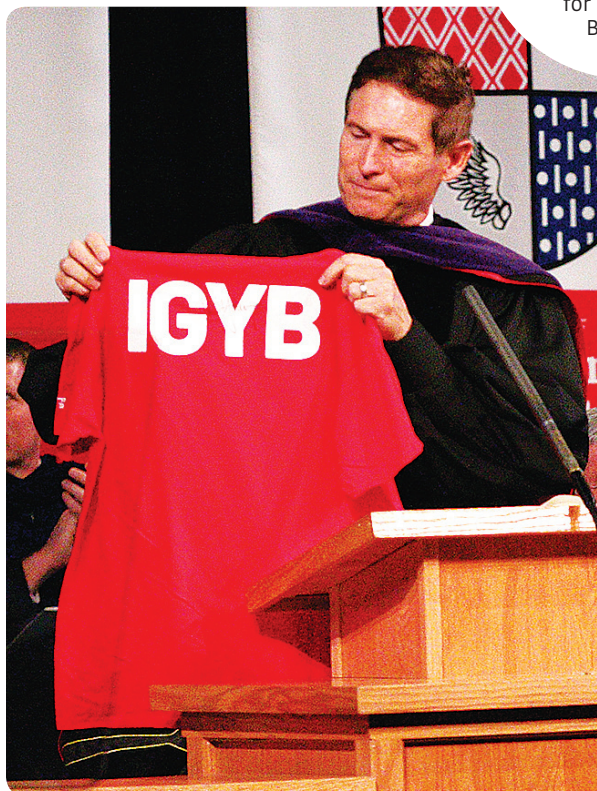
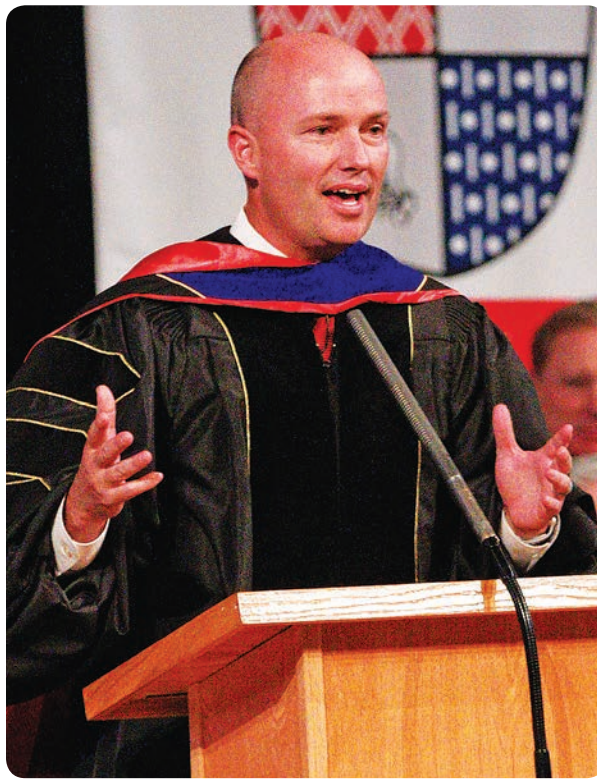
She was intense at that point to get things done and today it’s no different. Her vision and attention to detail are world famous. That vision included a deep faith, but the quality that most connected the dots for us, in that conversation to now, is what I’m going to call the spirit of abundance.”

Young went on to say, “In every interaction, we sensed her intense concern for us! In fact, all of these years later, what struck out all of us, was how much we felt loved, supported, important, to her. It’s a Heaven sent gift to see others, their needs, their hurts. And what she was, when we look back, is a healer.”

Steve Young is not the only person who has felt these gifts that President Benson has. Most people in the community, at SUU, her staff and faculty, have felt these gifts as well. They have felt, seen, heard, and been healed by Benson.

Young also shared a quote that his friend, LJ, once said. “You know, most people need to climb a ladder to success like this. But for Mindy, she’s carried on the wings of a lifetime of relationships.”

Young added, “The spirit of abundance is doing something that is beyond yourself. It’s seeking beyond you. It’s seeing others. Abundance is found



in seeking the others health and healing as a priority. Clearly, Coach Walsh decided his priority was seeking the success of people nearby.”

Young ended his speech by sharing one last thought.

“I want to tell you about my father. I was raised by a man that told me that no matter where I went, no matter what I did, he had my back. And I want Steve Young to know, right now, that no matter where he goes, or what he does, I have his back.” He then turned to President Benson and let her know that “No matter where she goes, or what she does, he has her back.”

After Young’s inspiring speech, Governor of Utah, Spencer J. Cox took the stage. He started by saying, “I am often asked, ‘What is your favorite university in the state of Utah?’, and much like my kids, Governors are not supposed to have favorites. But I can tell you that for the last couple of years and for the foreseeable future it’s a very easy call. SUU is my favorite university in the state of Utah.”

He then shared that the reason for this is because of Mindy Benson. He said that every institution needs a different kind of president at certain times during their history. In a conversation with former SUU President Scott Wyatt, he remember him talking about how sometimes you need bulldozers and sometimes you need Ferrari’s. Cox then added to this phrase saying, “And sometimes, you need Mindy Benson.”

Governor Cox went on saying that everyone he talks to agrees that Benson is the right person, at the right time, for the history for this place.

He then said, “We live in a very strange time. Institutions are under attack and institutions are failing in ways they never have before. In fact, I stopped referring to people as right or left on the political spectrum. I don’t know if that’s particularly helpful anymore. I started to define people as builders or destroyers. I believe it’s a time to build, I believe we need to build institutions, I believe we need to restore trust.”

“I believe President Benson is the right person at the right time because she is the most confident, ethical person I ever met, and I trust her. I trust her with this institution. I’m here to tell you that there is something very special about Mindy, and that is that she treats every student on this campus as if they are the governors kid.”

He concluded by expressing, “For 125 years, people have sacrificed and given of themselves to build this place. And there is a culture and a history and a heritage here that the rest of the world might not agree with.

That some of the ideas that we share on campus may be very distinct from. But we should honor and always preserve and teach that history and that heritage. And we must make sure that the community feels welcome here; that the community is a part of the decisions that are being made here. That the community is a part of this institution.”

Cox was then followed by Jesselie Anderson and Dave Woolstenhulme who belong to the Board of Higher Education. They both stood and shared their support for President Benson, talking about how they know that she prioritizes the needs of the university, including the faculty, staff, students, and the community and how they look forward to seeing what she does. Jesselie Anderson then placed a medallion over President Benson head and declared her the 17th President of Southern Utah University.

As members of this community and of SUU, it is our job and honor to support President Mindy Benson as she does her best to reach out to us and create a place where everyone feels welcomed, supported, and heard.

It is safe to say that everyone in the community and at SUU has President Benson’s back.

(Top to Bottom) Utah Governor Cox, the Utah Basketball Jazz Bear and Quarterback Steve Young show their support for President Benson.

10,000 Beds: Uncovering the person behind the addiction

NONPROFIT HOSTS 'BREAKFAST OF HEROES' EVENT

by Shay Baruffi

IRON COUNTY TODAY

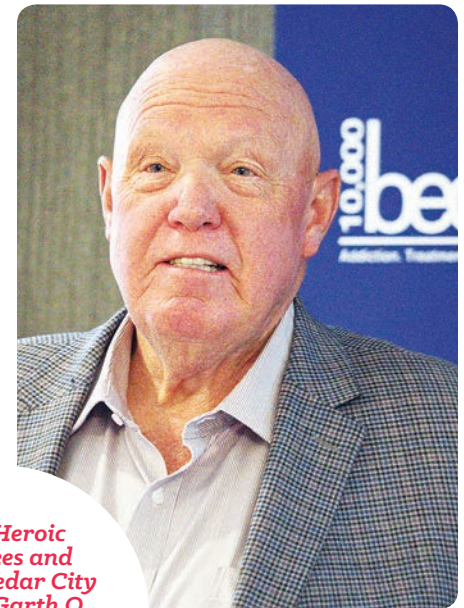
10,000 Beds is a nonprofit providing support to individuals and families battling addiction. Jean Krisle, founder and CEO of 10,000 Beds, developed the non-profit ten years ago in response to her own son's battle with addiction. Krisle's desire to support individuals without resources who are seeking help for a substance use disorder has fueled the non-profit's success.

The organization has awarded over \$10,000,000 in addiction treatment scholarships to date, nationwide. Jean Krisle stated, "We envision a world where all individuals in recovery from a substance use disorder, from any and all backgrounds, are not sidelined because of their past, but welcomed, embraced and included as valuable, lovable people with limitless futures."

Jean Krisle continued, "We are incredibly grateful for those provid-



(Left) Heroic honorees and (Right) Cedar City Mayor, Garth O. Green continue to help make a difference in the lives of our citizens.



PHOTOS BY SHAY BARUFFI

ing resources to this underserved community. This community of people are struggling because of something that happened in their lives. Typically there is a trauma; a history; something that caused them to self-medicate because they didn't want to think about it or deal with it, this isn't always a conscious decision to ignore what happened but it is absolutely a subconscious decision. There are so many reasons people

become addicted. We don't wake up one day and say, 'someday I want to be addicted to something'. What happens to them happens because of circumstances in their life."

That's why last week, 10,000 Beds hosted A Breakfast of Heroes to honor the individuals in our community that have made and continue to make a difference in the lives of those battling addiction. Honorees

included: Troy Sundquist of Sun Law LLC, Beechtree Diagnostics, Southwest Behavioral Health, Lionsgate Recovery, Sergeant JR Robinson, and Richard Bauer.

Jean Krisle and her husband Hal Krisle, continue to run the nonprofit and have expanded services to communities nationwide. To find out more about 10,000 Beds visit their website at: <https://10000beds.org>.

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opinion

FROM THE EDITOR

IGYB

If you need an extra dose of inspiration this week, or anytime for that matter, watch the inauguration of Mindy Benson, SUU's 17th President (suu.edu/inauguration). You'll hear everything from faith to football and from learning to leadership and legacy.

During a highlight of the program, Hall of Fame quarterback Steve Young addressed those in attendance and displayed a



COREY BAUMGARTNER
MANAGING EDITOR

Thunderbirds t-shirt he had especially made for President Benson with four letters printed on the back, IGYB. They were his com-

mitment to her (shared by the SUU students, faculty and our community) symbolizing, I Got Your Back.

We hear that phrase a lot, but I think we take it for granted or forget how amazing it is when we see that kind of commitment being given, or personally receive someone living up to that calling to care. My question is, whose back do you have? Perhaps more importantly, especially if you're struggling, who has your back?

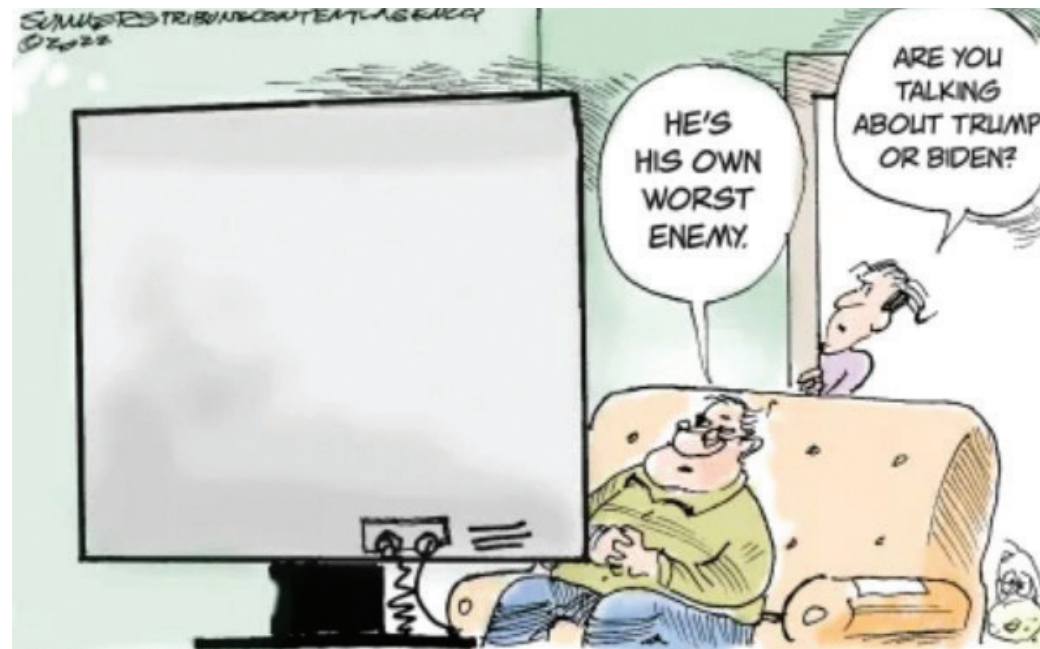
Whether we're on or off the field, in the classroom, boardroom, office, grocery store or roadways, we need to find ways to support each other. Because within our homes, hearts, callings and communities, we need to have each other's backs and also hearts. That's a legacy worth living and leaving.

WORD OF THE WEEK

RIPSNORTER

Something or someone exceedingly intense, outspoken, exciting.

Regardless of how rambunctious of a ripsnorter one is, may we each resolve to be more active and proactive in meaningful pursuits.



QUOTE OF THE WEEK

"Live today. Not yesterday, not tomorrow, just today. Inhabit your moments. Don't rent them out to tomorrow."

Jerry Spinelli

Pregnancy and parenting success (Part 5)

by **Edy Meredith**

FOR IRON COUNTY TODAY

While it does not create the final word in parenting, a mother's and father's birth experience can set the tone for her and her family's total parenting growth experience. Birthing is extremely difficult work, especially for a mother's first pregnancy which averages up to 12 hours of labor. Calling the birthing process "labor" is descriptive because such labor is hard physical work proceeded by an average of between 39 to 40 weeks of carrying a baby and all the necessary support tissue, and is equivalent to carrying a heavy 30 pound load around the abdomen (thebump.com/a/pregnancy-weight-gain-breakdown).

The art and science of supporting and helping birthing families makes dollars and cents in the prevention of illness and damage to families due to the physical and emotional demands of pregnancy and birth. Many professionally trained family advocates are available to assist expectant mothers and fathers besides medical doctors, and includes midwives, natural birth classes, doulas, and lactation specialists. Pregnancy can be experienced as

physically and emotionally draining. After the birth, new babies follow their own 24-hour routine that demands immediate attention to their needs and wants, no matter what time of the day or night. I won't attempt to detail all the adjustments new parents as well as established families must make to cultivate the new human life joining them. However, I do want to suggest some available, experienced, and reliable resources.

Local birth doulas (women, typically without obstetric training but usually certified in their specialty to provide guidance, physical, and emotional support to a pregnant woman during labor and birth) are a reassuring presence for both the woman and her husband. Husbands like to have a doula present because then they don't need to remember everything and will receive guidance on how to help his laboring wife and companion.

Doulas are trained to provide continuous nurture and support the birthing women throughout labor and birth as a safe and therapeutic presence with a sole focus on the safety of the birthing woman and not to hospital protocols. The benefits of having a doula present are: 1) 39% to 50% decrease in the risk of cesareans;

2) 15% increase in the likelihood of spontaneous vaginal birth; 3) 10% to 60% decrease in the use of any medications for pain relief; 4) shorter labors by about 25%; 4) an affirmative 38% decrease in the baby's Apgar score which is used to assess the health of a new born baby; 5) 31% decrease in the mother's dissatisfaction during the birthing process, 6) about a 70% increase in the mother satisfaction as she holds her newly born baby; 7) less difficulty in initiating the lactation and nursing experience for both mother and baby. Research shows that childbirth goes more smoothly with a doula present to provide advice, information, emotional support, and physical comfort just before, during, and after childbirth (evidencebasedbirth.com/the-evidence-for-doulas/).

For more information and an expanded viewpoint about the miracle and labor of childbirth, please plan to attend the Southern Utah Birth Expo on October 22nd 9 am to 2 pm at the Crux Sport & Spine Center at 922 E. Brigham Road, Building 5C in St. George. More information is also available at the following: www.southernutahbirth-village.com, www.cedarcitydoula.com and on Facebook at Cedar City Doula for information as well as birthing mothers' first hand experiences.



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opinion

Equality, worth dyeing for?

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

When we speak of a polarized country, we normally think of our politics. But I think the same polarization can be seen on issues of gender, especially how men see women.

A colleague recently told me she felt uncomfortable confronting males in the workplace. That could stem from a “give the benefit of the doubt” to the patriarchy, a common belief in Utah. It could also be that too many women view their role in society as being likable rather than assertive.

Most men, if asked, would say that women should be treated equally. But that doesn’t jive with reality. Not only do many females earn



cyclops

Bryan Gray
bgray@aplhagraphics.com

“Most men, if asked, would say that women should be treated equally. But that doesn’t jive with reality.”

substantially less than their male counterparts, even when performing the same or similar tasks, but women are held to a different standard.

Look at the internet vitriol splashed at powerful women like Nancy Pelosi or Kamala Harris. Neither of them are my favorite elected officials, but their public image shouldn’t be more tainted than Sen. Mike Less (comparing Donald Trump to Captain Moroni) or Senate Majority leader Mitch McConnell (vowing that the most pressing issue for our country is making sure a Democrat president is “unsuccessful.”)

Or how about the reaction to female county music artists voicing political opinions? Star Maren Morris received death threats for her progressive views, resulting in a barricade and added security presence at her recent Salt Lake concert. The Dixie Chicks were removed from radio playlists and Roseanne Cash was told to “shut up and sing.” We didn’t see any of this reaction when testosterone-bulked country acts wrapped themselves in the flag and jumped on the Trump bandwagon.

National columnist Ruth Marcus put it best in a recent piece. “When it comes to appearance, women can never catch a break. If a woman is too attractive, she risks not being taken seriously. If a woman is not attractive enough – or has the nerve to get older and let it show – that works against her too. Men, by and large, don’t have to put up

TO THE EDITOR

Better managing the moisture

We fast and pray for rain, but do not prepare for rain. When the rains come, Iron County and its cities experience flooding. Rain does not have to equate flooding, but it does in Iron County because there is limited if any planning for the storm runoff.

With more than 30 years of experience as a civil engineer designing hydrology and hydraulics, I was concerned when I saw the extensive flooding this area experienced when it rained. I looked into the hydrology and hydraulic standards and design criteria of Iron County. I was shocked to discover there are none.

I moved here from another state where every county has a design manual and design standards for hydrology and hydraulics. The storm runoff must be calculated and facilities designed to protect against flooding, risk to life and destruction of property.

Last year when Enoch was flooded, the County banded about the explanation that the rains were a “1000-year storm.” Without analysis and criteria, there is no way of knowing what theoretical return frequency storm occurred. It could have been a 50-year storm or a 500-year storm – there is no way to calculate that without design standards.

Development in Iron County goes forward without any hydrology analysis or design, creating flood potential that threatens the lives and property of our residents. It doesn’t need to be this way. I call on the County and the Cities to do better, plan for and protect our people and property, create and enforce design standards that protect the public health and safety.

Riley Clark, Cedar City

WEDNESDAY	Chance T-Storms 75°/53° PRECIP: 35% WINDS: SSW 5-10
THURSDAY	Chance T-Storms 76°/53° PRECIP: 20% WINDS: SW 5-10
FRIDAY	Chance Storms 76°/49° PRECIP: 15% WINDS: WSW 5-10
SATURDAY	Mostly Sunny 75°/50° PRECIP: 5% WINDS: W 5-10
SUNDAY	Sunny 76°/51° PRECIP: 5% WINDS: WSW 5-10
MONDAY	Sunny 77°/51° PRECIP: 5% WINDS: WSW 5-10
TUESDAY	Mostly Sunny 77°/51° PRECIP: 0% WINDS: SW 5-10

Utah's new state flag contest proudly displayed in Cedar City

by Gabrielle Costello

CEDAR CITY PUBLIC
INFORMATION OFFICER



WHICH FLAG BEST REPRESENTS UTAH?

Twenty new state flag options are ready to be voted on for the semi-finals. They are currently installed at the Beverley Center for the Arts in Cedar City (195 W Center). They will be on display through October 5th and the community’s feedback is requested. The designs are “Inspired by Utahns’ ideas, anchored by Utah’s shared values.” (flag.utah.gov). For more information, please visit: www.suu.edu/news/2022/09/state-flag.html.

COURTESY IMAGE

Southern Utah University

SUU holds 'The Power of Place' convocation

by Christina Schweiss

FOR IRON COUNTY TODAY

This week's APEX event, which occurred on September 22, was the Academic Convocation of SUU's 17th president, Mindy Benson.

Ryan Paul, history professor and APEX director, narrated the event. The convocation's theme was "The power of place." During the event, five stories of people honored to have a portrait in the Great Hall were told. The five honorable mentions were William Wallace Flannigan, Fred C Adams, Annie Spencer Milne, Roy L Halversen, and Bessie Dover.

The most memorable speaker was Derek Charles Livingston, the interim Artistic Director for the Utah Shakespeare Festival. Livingston provided history of not only Fred C. Adams but also the history of theatre at SUU and in Cedar City. Adams once said, "Get others to look up. When things are tough and you're discouraged, don't look down, but look up. It makes all the difference."

All of the honorable portrait mentions had a huge impact on SUU



Ryan Paul inspires the APEX audience by speaking about the importance and power of "This Place."

JOSEPH ROBERTS

and the community. They made Cedar City and SUU "the place to be."

Paul mentioned that SUU is located next to the Cedar City cemetery. Many people focus on the years of birth and death. However Paul said, "As a historian, I am interested in the dash in the middle."

Paul explained that "To those of us separated by the years, knowing the

stories behind these many portraits, is what truly makes them human to us." We all need to remember, "The past was someone's present."

Paul also expressed that, "It is my devout belief that humans make history. But an understanding of history, an understanding of 'our place' in our world, makes humans."

When Mindy Benson gets her

"...knowing the stories behind these many portraits, is what truly makes them human to us."

Ryan Paul

portrait, it will be the first time a portrait of parent and child will hang in the Great Hall. Benson's father, Ken Benson — who worked at SUU as Director of Student Activities — also has a portrait in the hall.

At the end of the event Paul left the audience with his famous mantra he leaves his students at the end of every class with, "Be safe, fly well, please take care of yourself, and if you can, help take care of someone else."

The next APEX event will occur on September 29 and the guest speaker will be Megan Kate Nelson. For more information go to www.suu.edu/apex.

Community collaboration seeks to preserve Paiute language

from Samantha Kirkley

SUU COORDINATOR/PROJECT ARCHAEOLOGY

Southern Utah University and the Paiute Indian Tribe of Utah (PITU) are collaborating on an effort to preserve the language and cultural heritage of the Southern Paiutes. The Southern Paiute Fall Gathering is an event that will bring knowledge keepers and teachers together with other community members who are interested in helping with this work.

The event is supported in part by Utah Humanities and will be held on Friday, September 30th (10am-8pm) and Saturday, October 1st (10am-4pm) in SUU's Hunter Conference Center (351 W. University Blvd.). For the complete schedule each day, please visit the website listed below.

Our keynote speaker will be Dr. Stacey Oberley, Southern Ute Tribal Council, who works with language and cultural preservation; Mr. Jedidiah Rogers, Utah Division of State History, will present on oral history; Autumn Gillard, Interpretive Ranger, Pipe Springs NM, will offer a night sky program. Additional demonstrations will include a pine-nut roast, Cradle Board, Southern Paiute Astronomy, Archaeology Repository and youth activities.

All are invited and the event is free. Questions: (435) 586-1112. Please register in advance at <https://pitu.gov/fall-gathering/> and follow us @PaiuteIndianTribeofUtah.

GRACE A. TANNER LECTURE IN HUMAN VALUES

GEENA DAVIS

ACADEMY AWARD-WINNING ACTRESS; FOUNDER & CHAIR, GEENA DAVIS INSTITUTE ON GENDER IN MEDIA

**Ripple Effects:
Intersectional Representation
in the Arts**

11:30 A.M. | OCTOBER 6, 2022 | GILBERT GREAT HALL



SUU ASK. PONDER. EDUCATE. [X].
A.P.E.X.



Parowan ranchers place 3rd in national beef competition

by Kacie Benson Carballo

OWNER/OPERATOR, DRY LAKES RANCH BEEF

A small family business in Southern Utah has ranked among the top beef producers in the Nation during the recently held "Best in the West Beef Competition."

Reyes and Kacie Carballo run Dry Lakes Ranch, a farming and ranching operation dating back to the 1870's in Parowan, Utah. Together, they raise beef cattle and sell their beef in a brick and mortar shop on Parowan's Historic Main Street.

The competition brought together ranchers from major beef producing states such as Texas, Kansas, Nebraska, South Dakota, Colorado, Montana, Wyoming, and more. Ranchers entered a selection of four cuts of beef which were prepared by a professional chef in a double-blind taste test. The panel of celebrity judges scored the premium quality beef on smell, texture, and taste.

Kacie and her mother, Kay Benson, who run the meat shop together, carefully selected the cuts which would best represent their operation. They also let the youngest employee join in on the excitement; granddaughter Aria Carballo, who is just 8 years old, helped package and deliver the product to the competition in Riverton, Wyoming, visiting Yellowstone National Park on the way.

The beef that are raised by the family in Iron County graze on native grasses, forbes, and legumes in the mountain pastures below Brian Head, a local ski resort town. When the time comes, the beef cattle are finish-fed with a ration of nutrient



The panel of celebrity judges scored the premium quality beef on smell, texture, and taste.

dense crops that were grown and harvested on their farm in Parowan.

Finishing cattle is one aspect that most cattle producers don't conquer near as well as Reyes has. It requires a keen sense of crop palatability and nutrient density, as well as the ability to interpret health and happiness in his cattle.

Their beef cattle are also dry aged in a time-honored tradition. "Properly dry aged beef deepens the flavor of our product, and tenderizes the beef in a way that mechanical or chemical tenderization can't compete with," said Kacie, owner and operator at the family's meat shop. "Our beef has incredible flavor and hardly requires anything other than a



PHOTOS COURTESY DRY LAKES BEEF

dash of salt and pepper. Today's consumer wants high quality, clean, and delicious food. They want an experience too, and we can offer all of that in one fell swoop."

Dry Lakes Ranch Beef has also brought in products from other local farmers and ranchers, and offer pork, lamb, mutton, turkey, and chicken to sell alongside their prize-winning beef.

Although they're conveniently located, their customers aren't limited to those in the Mother Town. "We have customers coming from surrounding towns and cities on a daily basis, and regularly have customers coming from Salt Lake, Las Vegas, and even California," Kay said.

"In fact, in the last 2 months we've had our beef travel to New York City, Hawaii, Alaska, and Mexico."

They must be doing something right—they were the sole representatives from the State of Utah and ranked behind first place in a narrow 3 point margin.

Dry Lakes Ranch Beef is located at 73 North Main Street in Historic Downtown Parowan. They're open Monday 11:00-7:00, Thursday-Saturday 11:00-7:00, Sundays 11:00-4:00, and closed on Tuesdays and Wednesdays every week to haul cattle and fresh beef. They offer meat by the cut and by the pound, and also in bulk purchases if you prefer. Find them online (www.drylakesranchbeef.com) or on social media.

EQUALITY

« CONTINUED FROM PAGE 5

with this crap, and women are too often cowed into silence. If we're quiet, then abuse continues; if we complain, we are strident haridans."

If a woman dyes her hair, she's not being authentic. If she lets it turn gray naturally, she might as well make a reservation at an assisted living center...If a man has a paunch, it's sign of virility and the "good life." If a woman puts on a few pounds, she's a fatty...If a man drinks a beer or a whisky shot, he's just being sociable. If a woman downs a glass of wine after work, it just shows that women don't know how to deal with stress.

Muhammad Ali's criticism of the Vietnam War was accepted more lightly by conservatives than Jane Fonda's. When conservative author Michael Medved wrote about actress Candace Bergen, he just had to mention critically that she had played a lesbian in a movie. Jackie Gleason's obesity was "in character", whereas actress Mae West's waistline was compared by a male writer as an "overfed python."

I'll give columnist Marcus the last word: "Sometime, it's ok to be mad as hell."



COURTESY PATCHES 4 PATRIOTS

Patches 4 Patriots honored Kevin Slinker, who served in the US Army for 26 years, with a Quilt of Valor on September 17th. Thank you Kevin for your service and your sacrifices to keep this country free. Also we want to thank his wife and four children. It is no small sacrifice to have a husband and father serve this nation as a career. Thank you to them all.

Cedar Orthopaedic Surgery Center wins national recognition

from Cathy Wentz

FOR IRON COUNTY TODAY

Cedar Orthopaedic Surgery Center, led by Randy Delcore, M.D. has recently won the 2022 OR Excellence Award for Pain Control from the national magazine Outpatient Surgery. The recognition comes because of Dr. Delcore's philosophy regarding the management of pain at his outpatient surgical center.

In a day when physicians are seeking to minimize the use of opioids as much as possible because of widespread problems with opioid use, Dr. Delcore took the bold move of minimizing and eventually eliminating the use of intraoperative narcotics during anesthesia in his surgical center beginning in 2013.

Dr. Delcore espouses three important principles at his surgical center:

Non-narcotic anesthesia

Dr. Delcore emphasizes that Cedar Orthopaedic patients receive "zero" intravenous narcotics intraoperatively during surgery. Before their surgery, patients receive two oral naproxen tablets and their choice of one low-dose tramadol, hydrocodone, or oxycodone. Dr. Delcore reports that 20-25 percent of his patients choose to take only the naproxen, a choice that he welcomes. He also makes sure that patients receive as much pain relief as they need directly after surgery. "The reality is though, that our patients aren't in much pain afterward, so they really don't need very much," Dr. Delcore told Outpatient Surgery Magazine.

Periarticular blocks

These pain blocks are the reason that patients



CEDAR ORTHOPAEDIC SURGERY CENTER

do not experience much in the way of pain during the procedure and afterward. The magazine states, "Employing these blocks and placing them well means the surgeons at Cedar Orthopaedics don't use multi-ingredient intraoperative cocktails." This method requires surgeons to block pain throughout the procedure, beginning at the incision. Then, as the procedure continues along with the pain blocking, using a mixture of lidocaine and bupivacaine, the anesthesiologist is able to detect any discomfort the patient is feeling. If that happens, Dr. Delcore knows he needs to pause, back up and administer more numbing medication.

Early patient mobility

This of supreme importance but requires the above principles to be in place. He seeks to make sure that patients are comfortable after surgery. However, he believes that excessive opioid use does increase the risk of post-surgical side effects such as lethargy and somnolence with difficulty in awakening, post-operative malaise, nausea, and vomiting.

With Dr. Delcore's efforts to control pain during the procedure, including outpatient joint replacements, early patient mobilization is very important because he believes that the longer people remain lying down after their surgery, the more likely they are to experience problems with secondary pain due to muscle spasms. He believes the most important factor in a quick post-surgical recovery is walking. One of the temptations while in the recovery room is to quickly react to the patient's pain by prescribing narcotics, which leads to prolonged immobility. If you get them up and walking, the spasms "break" and the pain markedly diminishes.

The magazine also reports that the physical therapists associated with Cedar Orthopaedics strongly encourage patients to get up and walk very shortly after surgery without favoring their leg, but rather placing their full weight on the leg that has just been operated on.

Thanks to Dr. Delcore's bold approach to pain control, his patients are generally standing up and getting dressed 45 minutes after their surgery, walking within an hour, and on their way home within two hours, wide-awake, without nausea, and confident upon their discharge.

Fall PHOTO CONTEST

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

Complete contest details/rules & enter your photo at IRONCOUNTYTODAY.COM

public & health

State Bank of Southern Utah supports local entrepreneurs with business challenge offering \$25,000 in prizes

State Bank of Southern Utah, the community's partner in financial success, invites local entrepreneurs with startup companies to take part in the fourth annual State Bank Business Challenge.

The State Bank Business Challenge is intended to help identify and support high-potential, early-stage businesses based in Utah. With upwards of \$25,000 in cash prizes plus additional awards, all entrepreneurs who meet the qualify are encouraged to enter and have their idea heard and evaluated. Individuals wanting to enter the challenge need to enter by Oct. 2.

"A lot of the entries never started a business before, so they're not quite sure what is the next step," said Tyler Brown, senior vice president of community relations for State Bank of Southern Utah. "They enter this competition and have the opportunity to network with all these other businesses and see what works and what doesn't."

The State Bank Business Challenge is part of this year's One Utah Summit, held on the campus of Southern Utah University Oct. 11-13.

The competition is open to legal residents of Utah and students attending schools in Utah.

Applicants must complete an online entry form, which includes a link to a 90-second YouTube video giving an overview of the startup's products and services, revenue model, sales strategy and competitive advantages in the market. Entries must also include a link to a Google Slides presentation.

Those selected to compete will be notified by Oct. 6. The first round of competition will take place at the Dixie L. Leavitt School of Business on Oct. 11. Competitors will each have 90 seconds to pitch their business followed by a 60-second Q&A session.

The finalists will move forward to another round of competition on Oct. 12 at the Randall L. Jones Theatre. They will again have 90 seconds to pitch followed by 3 minutes of Q&A.

Brown emphasized that the State Bank Business Challenge is an early-stage business competition, not a business idea competition. Competing startups must have generated some revenue by the time of entry, but their prior year's total revenue cannot exceed \$200,000.

Along with cash prizes, the

winning startups will receive invaluable mentorship from successful Utah business professionals as well as services such as legal consulting and tax advising. Tech leader Carine Clark and entrepreneur Rich Christiansen served as the mentors in 2021.

"It's just a way of giving back to the community and helping grow some of these startup businesses," Brown said.

Last year's competition received 42 entries, and Brown hopes to receive at least 50 this year. There are a lot of hard-working industrious entrepreneurs that just need a little help to really flourish.

"The bank's mission statement is to improve the lives of the communities we live in, and the competition fits in perfectly with that mission," he said. "As our communities and businesses succeed and thrive, so does the bank. It's a win-win partnership."

Tyler Brown Tyler Brown, SVP
Community Relations SBSU

Cedar Rotary honors those who served

The Cedar City Rotary Club invites you to purchase a paver to be placed at the Rotary Centennial Veterans Park to honor a friend or family member with ties to Iron County who has served or is currently serving in the U.S. Armed Forces.

This year the deadline to order a paver is September 30. Each paver purchased will be engraved with your friend or family member's name, branch of the armed forces, and dates of service and placed at the Park in time for Veteran's Day this November. The \$150 cost for pavers and engraving is used to help maintain the Centennial Veterans Park, one of the most inspiring and beautiful parks of its kind in the country.

The Veterans Park was established in 2006 to honor Cedar City's veterans. The Park got its beginning from former Mayor Gerald R. Sherratt, who approached the Cedar City Rotary Club for financial support to erect the monuments. The Rotary Club accepted the solicitation and contributed \$50,000 for five memorials to pay homage to military service members of the Middle East conflict, World War I, World War II, Korean and Vietnam Wars.

More than \$1 million in private and public funds and in-kind donations were given to the development of Veterans Park. The Rotary Club continues to expand and beautify this extraordinary place on Freedom Boulevard and 200 East.

You can pick up a paver form at the Cedar City offices, or email kjohnso17@gmail.com to have one mailed to you. A form can also

be downloaded from <http://www.cedarcityrotaryclub.com/> (see Service page).

Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. They connect 1.4 million members from more than 35,000 Rotary clubs in almost every country in the world. Together, they work together to promote peace, fight disease, and to provide clean water, sanitation and hygiene. They also work to support education and grow local economies. For more information on becoming a member of the Cedar City Rotary Club, email Christy Hugh at cedarcityrotaryclub@gmail.com.

Caroline Brown

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 21

Sage E Balentine
CEDAR CITY, UT
DUI, Speeding, DRUG - Poss

Philip S Jeffries
CEDAR CITY, UT
Drug Court Violation

Sal D Crow
ENOCH, UT
DUI, DRUG - C/S,
Paraphernalia

Nathaniel D Yamashita
ENOCH, UT
Assault w/Substantial Injury

Michael A Davis
SUMMIT, UT
Exhibition of Speed

Brandon Woolsey
CEDAR CITY, UT
Aggressive Animal At Large

SEPT 23

Shyanne M Quick
CEDAR CITY, UT
Theft/Property/Service

Kenneth A Wesolowski
CEDAR CITY, UT
Criminal Mischief

SEPT 25

Lindsay E Belnap
CEDAR CITY, UT
DRUG - Poss C/S

SEPT 24

William J Mangum
CEDAR CITY, UT
Intoxication, Disorderly Conduct

SEPT 26

Everett R Denevan
ENOCH, UT
Exhibition of Speed



SUU

MICHAEL O. LEAVITT

**Center for Politics
& Public Service**



IRON COUNTY LOCAL DEBATES



WEDNESDAY
OCT. 5th

GREAT HALL
SOUTHERN UTAH UNIVERSITY

MEET & GREET
5:30 PM

DEBATES
6:00 PM

LIVESTREAM and SUBMIT QUESTIONS
LEAVITT CENTER ON FACEBOOK

showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

RED ROCK FILM FEST PASSES ON SALE

from Matt Marxteyn

RED ROCK FILM FESTIVAL

16 years later the Red Rock Film Festival is still going strong and giving its audience several passes to choose from in September from a VIP Pass that includes dinner to the bargain You Snooze You Lose Pass.

Several reoccurring themes also seem to embrace the festival this year from Animal films sponsored by Best Friends Animal Society to Black America, films about running, and some family films too. But the main theme is "Explore the Grey".

Festival director Matt Marxteyn said,

"After divisive times, we wanted to invite the audience to 'explore the grey' area of film. There are no clear cut politics nor cookie-cutter story lines. I think people are done subjects being two-sided and audiences are picking up on pandering Hollywood.

They are wanting something that dives deeper."

This year the Red Rock Film Festival and Utah Film Market are being combined into one week long event with different movie premieres every day. The Market section which was a conference-based event will invite more seminars and panel discussions with plenty of time to discuss that grey area.

Gavin Guerra, director of the documentary feature "Let the People Decide" said,

"I take 'The Grey' to mean the unspoken context of any particular issue. People are fond of tossing 'facts' around in political discourse without any historical context when the context gives meaning to those facts. Facts alone on either side of an argument do not equate to 'Truth'. No issue is completely

Black or White. Without context, or without 'The Grey' there can be no intellectual honesty. There can be no Truth."

From documentaries and dramas to seminars, those wanting a sampling of what the Festival has to offer from shorts to features, documentaries and comedies can get a Sampler Package with five different tickets. Another popular ticket package appears to be evolving with an additional ticket added for every 16 packages sold called the You Snooze You Lose Ticket Package which is not sold during the Festival.

Traditional Day Passes from 1-Day to 6-Day VIP

Passes are also being offered — each one allows the attendee to explore a full day of film and events. Passes range from \$30 to \$150 and have several benefits. Ticket packages range from a YSYL Package at an unpublicized price to a 15 Tickets Package for \$70. Tickets and Passes are available in September at redrockfilmfestival.eventive.org/passes/buy with many that will likely sell out by the

end of September.

The Red Rock Film Festival & Market is scheduled from 1-11pm October 10-15 with the seminars at the Hampton Inn Cedar City (1145 S. Bentley Boulevard, Cedar City, UT 84720) and the films at the Cedar Fun Center (170 East Fiddlers Canyon Rd., Cedar City, Utah 84721.) More information is at the Festival website at redrockfilmfestival.eventive.org.



Canyon Creek Services to hold 4th annual Masquerade Gala

by Shay Baruffi

FOR IRON COUNTY TODAY

We are excited to invite all in our community to attend our 4th Annual Masquerade Gala, formerly known as the Legacy Gala. It will take place on October 4, from 6-9pm, at the Heritage Theater in Cedar City (105 N 100 E).

While this community event is a fun and exciting place to be, it serves a much grander purpose. This is CCS's main fundraising event and the proceeds from this event allow us to provide essential and life-saving services and emergency shelter to survivors of domestic violence and sexual assault in Beaver, Iron and Garfield counties. We are truly grateful for our community's support in our mission of "Communities Free of Domestic Violence and Sexual Assault".

The funds raised at this event allow Canyon Creek Services to do so much for the community. CCS provided the following services in Fiscal Year '22:

- » Served 756 individuals
- » Helped 150 children
- » Provided 6,231 shelter nights
- » Helped 182 survivors with housing
- » Empowered 73 clients with financial repair & healing
- » Provided counseling services to 12 survivors



Our 4th Annual Masquerade Gala will feature an amazing program that will include some of Cedar City's unmatched talent, including some familiar faces from the Utah Shakespeare Festival. This year's theme is "Carnival" so come celebrate with us. We will have a VIP reception with delicious appetizers, delectable drinks and music. There will be plenty of opportunities to make a difference and get some special items



COURTESY PHOTOS

through our silent auction, or you can donate to one of our causes.

We are so incredibly grateful for your willingness to support Canyon Creek Services and the survivors we serve.

For more information or to purchase tickets visit this link: <https://ccreekservices.salsalabs.org/20224thAnnualMasquerade/index.html> or visit our website at www.canyoncreekservices.org.

Final September Art Walk includes community recital, art contest

by Sara Penny

CCAC VICE PRESIDENT

The Washburn Family Bluegrass Band and a community recital at the Johnson Center helps celebrate the last of this season's Final Friday Art Walks on Friday, September 30, from 5 to 8 p.m. Live music and art extend from Artisans Gallery to the Stone Path. This free public event is designed for the entire family and is sponsored by the Cedar City Arts Council. The Southern Utah Museum of Art will be closed for a gallery rotation.

Musicians will include the Washburn Family Bluegrass Band, A Walk to Somewhere, Southern Utah Handbell Choir, Coyote Bluegrass, Roice Nelson, and Jon Yerby.

A special Community Recital is scheduled at 5 p.m. in the Johnson Center, 59 North 100 West. Music by Ravel, Beethoven, Pergolesi, and Dancla performed by Orchestra of Southern Utah musicians and other community musicians celebrates the end of the Final Friday season. The Southern Utah String Quartet starts at 5 p.m. featuring Lindsay Szczesny, Suzanne Stewart, Leah Brown and Sara Penny. Additional recital musicians include Sara Jane Andersen, Amy Gold, Adam Jones, Derek Wood, Sally Hunter, and Aubrie Ransom.

Visit Stone Path at 150 West University for two musical performances. The Southern Utah Handbell Choir and "A Walk to Somewhere" duo will provide music. Joey Favino will be doing art demonstrations. Step inside for the art exhibit.

Visual artists include Sagebrush Fabric Artists, Quilt Guild, Frank & Maryliz Harris, Larry Laskowski, Hanna Dawson,



(Above) The Washburn Family Bluegrass Band and (Below) The Southern Utah String Quartet will add their musical talents to the mix of artists and performers.



PHOTOS COURTESY CEDAR CITY ARTS COUNCIL

Joey Favino, Kimber Gardner, April Wise, and many others. Exhibits will be at the corner of 100 West Center, Johnson Center parking lot, and at Stone Path. Artisans Gallery will be open as well.

For updates about featured artists and musicians visit the Cedar City Art Walk Facebook page at <https://www.facebook.com/Cedar-City-Art-Walk-488202448044670>. Final Friday Art Walks are coordinated by the Cedar City Arts Council and run from June through September. Come and celebrate our local artists and musicians.

A reminder that our Art and Photo contest for kindergarten through high school is open. Entry forms at <https://cedarcityartscouncil.blogspot.com/2022/08/art-and-photography-contest-entry-forms.html>. Previous exhibits on the blog. Entry forms are also available under Events on our Facebook page. This contest is in conjunction with the Cedar Livestock & Heritage Festival. Entries are due Oct. 7.

The Green (100 S & Center)

- » 5 to 6 Coyote Bluegrass
- » 6 to 7 A Walk to Somewhere (Wise duo)
- » 7 to 8 Washburn Family Bluegrass Band

Stone Path (150 West Center)

- » 5 to 6 Southern Utah Handbells

Johnson Center (59 N 100 W)

- » 5 to 7:00 p.m. Community Recital includes several soloists and the Southern Utah String Quartet with music by Ravel, Bach, Beethoven, and Borodin.

IG Winery

- » 6 to 8:00 p.m. Jon Yerby

Festival to host 46th annual shakespeare competition

by Liz Armstrong

UTAH SHAKESPEARE FESTIVAL

The Utah Shakespeare Festival is thrilled to announce the 46th annual Shakespeare Competition. Held September 29 to October 1, schools from across the country are invited to network and compete with one another in Cedar City.

Students between sixth and twelfth grade will participate in acting, dance, music, technical and theatre competitions and have the opportunity to earn scholarships.

performing company will serve as judges for the competition, including Chris Mixon and J Michael Bailey, who played Sweeney Todd this season.

Interim Education Director Stewart Shelley loves the Shakespeare Competition mostly for the sense of community it gives participants.

"Yes, they may be siloed in their own high school as the 'drama kids,' but when we get 3,500-4,000 students on campus who all share the same passion, it really is magic to see them start networking," Shelley said.

out that that's not what the Shakespeare Competition is entirely about. It's about networking, learning, and giving students the opportunity to immerse themselves in the world of Shakespeare.

"Whether you hate or love competition, it's irrelevant. If you hate competition, don't come to compete, come and participate," Shelley said. "If you love competition, use that as a springboard to drive your students to higher levels of performance."

Groups will also have the



COURTESY USF

The largest of its kind in the country, the Shakespeare Competition began in 1977. This year, 106 schools from Utah, Idaho, California, Arizona, Nevada, and Wisconsin will be participating.

The mission statement found on bard.org states that the goal of the competition is to "cultivate the art of theatre, dance, and music, by providing active observation of peer and professional performance, educational creations based on Shakespeare's plays and poems, and personal evaluation by working theatre and dance professionals."

The largest of its kind in the country, the Shakespeare Competition began in 1977. This year, 106 schools from Utah, Idaho, California, Arizona, Nevada, and Wisconsin will be participating.

Many members of the 2022

Although this is Shelley's first time on this side of the competition – organizing and directing – he was once a participant himself in high school. As a former teacher, he's also spent the past 20 years bringing his own students to the Shakespeare Competition.

"Teachers should bring their students because it's an incredible opportunity for students to get professional feedback from our company members and professional judges to improve their own performance," Shelley said.

Although the competition side of the event is exciting and motivating, Shelley pointed

opportunity to see professional performances from the Festival's current season, such as *The Tempest* and *Clue*.

The dance, tech, and theatre portions of the competition will be held on Southern Utah University's campus, while the music portion will be hosted at the Heritage Center Theater.

For teachers and coaches, access required forms, judging forms, schedules, rules and regulations, and more, can be found here, <https://www.bard.org/about/education/competition>. To find out more information about the Shakespeare Competition, visit [bard.org/about/education/competition](https://www.bard.org/about/education/competition).

You need this newsletter

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

Honestly, I don't know how you know what's going if you don't get a copy of the "Arts Insider" Newsletter in your email every month. This fabulous, colored, amazingly-informative newsletter is received by dues-paying members of the Cedar City Arts Council, and since it is informed by Sara Penny, and designed by Shay Baruffi, it tells you everything you need to know about what is going in Iron County and environs, in a most beautiful, engaging format.

Some content you need to know: tonight, September 28th, the Utah Symphony will perform in our own Heritage Theater. This is an amazing opportunity to hear one of the premier orchestras in the country. If you are a Cedar City Music Arts season-ticket holder, this will cost you about \$17.00. That is hard to believe, isn't it? If you don't have season tickets, you could go for \$30.00—still a fabulous price, when compared with what you would pay in Salt Lake City. Your smartest choice would be to go to the box office and buy a season ticket tonight. Then you would have access to the other five concerts of the Music Arts season, all for \$100.00. Either way, what a major cultural opportunity this will be.

Then on Friday, just 2 days later, the Cedar City Arts Council will host the final Final Friday Art Walk in downtown Cedar City. A very nice feature of this week's offerings will be a recital in the new Johnson Arts Center on 100 West, starting at 5:00. This mostly-strings program will feature members of the Southern Utah

String Quartet in ensemble, duet, and solo performances. A piano solo by Adam Jones and various piano accompanists will round out the evening and give you a chance to see the Johnson Center, if you haven't already done so.

Out on University Boulevard, from Stone Path to Artisan's Gallery, artists, musical and otherwise, will present their work for you to peruse and maybe purchase. The weather should be the best of the year—not too hot and past the monsoon season. Eat at one of the adjacent restaurants for a lovely, laid-back, casual evening.

From now until October 27th, the Cedar City Library is hosting the Art of Women art show. This is a beautiful sampling of the work of the female artists among us. Some of the names you will know; others may be not so familiar, but it is a joy to see how these trained, accomplished artists can help us see the beauty around us through their artistic eyes.

Want to participate and not just look?

—Cedar City Community Band rehearses Wednesdays from 7:00 to 9:00 at Cedar High School.

—Red Rock Singers rehearses Tuesdays from 7:00 to 8:30 in the SUU music building.

—"Messiah" auditions will be Thursday, September 29th, starting at 6:00 P.M. in the lobby at the Heritage Theater.

That is by no means all. Join the Arts Council and you'll have your own access to all the above and more.



UTAH SHAKESPEARE FESTIVAL

FALL FOOD DRIVE: Local residents, get half-price tickets to any show (except Sept. 29 and 30), any time through October 8 by donating five food items per discounted ticket, no limit. Tickets subject to availability. Premier Seating excluded. Offer available at the ticket office only. Must provide proof of residency.

OUR 2022 SEASON
Now – October 8

FINAL WEEKS!

THE SOUND
OF MUSIC

THE TEMPEST

CLUE

THURGOOD

Season Sponsor

GEORGE S. AND DOLORES DORÉ ECCLES
FOUNDATION

800-PLAYTIX | bard.org
#utahshakes | Cedar City, Utah



A scene from *The Sound of Music*, 2022.

SUU HOMECOMING

PARADE PRECEDES
T-BIRDS VICTORY



Each year, Southern Utah University's Homecoming Parade displays the pride and prowess of the Thunderbirds in the classroom and on the field. Each float and banner bear the dedication to the competence and competitiveness of the SUU students. The parade also helps get the football team and T-Bird fans pumped up in preparation for the evening's homecoming game. In which SUU continued blazing a successful trail through the WAC with a win over Utah Tech, achieving a rivalry defining victory of 31-17.



PHOTOS BY COREY BAUMGARTNER

Remembering Bernice, our hero (Part 1)

by **Maureen Einfeldt**

CANYON CREEK SERVICES

We all love a good, real-life hero story. We love those stories that mingle the complexity of challenging paradoxes with the sudden, unexpected emergence of a simple, unobtrusive champion that rallies the universe – jumping into action – calling on everything that is brave, strong, and courageous within themselves in the face of clearly impossible outcomes to save the world! Save the World! The cape, the mask, the spiderweb – are you cheering yet? Well, you will be!

The Challenge: Our community's need for a safe haven; a place where women and children could find safety from violence. It would be a Women's Crisis Center, not just a shelter. This place would provide shelter, counseling, education, children's groups, advocacy and support, and connections to all other appropriate support services. It would provide all of these services so that those clients that would be served could work toward becoming self-sustaining, confident, productive individuals without fear of further abuse from their perpetrators. Sound impossible? Maybe to some

Enter Our Hero: Bernice Rember. Kind, soft-spoken, mild-mannered, but ... tough as a bulldog! A homeland community powerhouse. Known to some as "Big Red" with her soft and lovely, gingery-auburn hair-do. Tenacious Door-knocker. Willing to give all and is unafraid to ask others to join her efforts. Aka, "Grandma." Cute.

On July 17, 2022, our beloved and very adored heroine, Bernice Rember quietly and peacefully passed away. She was 93 years old. 93! Many of you were lucky to have known her. If you knew Bernice, you knew. And she knew you. Bernice made an impact. She was a force – in every sense of the word. Bernice was a hero and her legacy continues. Even without our beloved heroine, this hero story doesn't end!

Let me take you back to the fall of 1993. That was when I met Bernice Rember. Lucky me! And lucky lots of other people. Bernice and a cast of community superheroes had come together in the months and year ahead to tackle a threat to the safety of our community that sadly, continues. Their mission was to build a crisis shelter – that safe haven – for those affected by domestic violence and abuse.

Now, this was no small undertaking. The shelter that had been used in previous years was an old home that had been roughly renovated. It had no security – not even a deadbolt on the door – no bathtub for bathing children, very few furnishings, and

very poor lighting. It was small, dark, and not even up to housing codes. Bernice would not have this. Our community needed a shelter that was safe, clean, and secure. Bernice collected herself with like-minds and then went to work.

The resistance to building a safehouse for battered women, as they were called, was strong. Some thought the whole idea was

Her courage to stand up for those who needed her voice makes other heroes' capes, masks, and webs seem minuscule. Bernice was persistent in doing what she knew was right, strengthening her own momentum, and forging forward.

Garnering support for her voice, Bernice called on Annie Yahne, an MSW working then as the Women's Shelter Director. Annie was a trusted

Sewing, VJ Hedges, Ann Hansen, Ray Gardner, and so many others.

With state and community entities' approval, the land was secured and the plans were drawn. Bernice and company, in her words, knocked doors, visited businesses, entreated support at club meetings, begged, and pleaded for every board, nail, nickel, and dime that went into building the shelter. If you said no to Bernice, she'd shame you in the paper as a non-supporter. Those donations came. Actually, donations came in from everywhere.

Rotary held a golf tournament that brought in \$3,000. The Lions Club provided the labor in laying the sod and putting in the sprinkler system. The Kiwanis Club bought playground equipment. Senator Orin Hatch sponsored a golf tournament among his political friends that generated \$15,000. The Leavitt Group volunteered their time over and over, along with abundant financial resources. Religious groups from area churches gave money, furnishings, and bedding. Local businesses, restaurants, organizations, and generous caring individuals came together in this effort to make it all happen.

Finally, the Canyon Creek Women's Crisis Center (CCWCC) was built and opened for survivor clientele in September of 1996. It was the first crisis shelter of its kind that was built for this purpose in the State of Utah. It has served as a model and an example for subsequent shelters in other communities.

Four years ago, Canyon Creek Services honored Bernice and her Original Board of Directors at their 1st Annual Legacy Gala. October 4, 2022, will celebrate the 4th Annual Masquerade Gala, honoring past Canyon Creek Executive Director, Cindy Baldwin. We invite all of our community to join in celebrating Cindy and remembering the legacy that our hero, Bernice Rember initiated and the ripples that her vision and work have created. Saving the world? Maybe in this little corner of it. To thousands of women and children over these many years, that's what it was. It saved their world. I hope you'll continue to cheer on this great hero story.

Our Canyon Creek Services (formerly CCWCC, now CCS) Shelter has served thousands upon thousands of women and children who have come needing shelter, support, and advocacy in their efforts to find safety amid the fear and despair of domestic violence and sexual abuse.

For more information on Canyon Creek Services, the Annual Gala, or to reach out for help for yourself or loved ones, please visit: canyoncreekservices.org.



COURTESY MAUREEN EINFELDT

“Saving the world? Maybe in this little corner of it. To thousands of women and children over these many years, that’s what it was.”

ridiculous. Many in the community felt that domestic violence was not a problem here. There was no need for a shelter. And if there was a problem, it was their problem. The fact that there was resistance to even acknowledging domestic violence got Bernice a little irritated. But the resistance didn't stop her from taking her message around even louder.

friend to Bernice who knew this work and these challenges. Along with Annie and Bernice, our hero story includes other community supporters. These included Don Anderson, Huck and Diane Shirley, Daphne Dalley, Becki Weidner Bronson, Haze Hunter, Carol Bolsover, Georgia Beth Thompson, Tom Vaughn, Rev. Ron and Nancy Belnap, Sandra Maxwell, June



**Cedar City,
Utah**

SOUTHWEST LIVESTOCK SHOW



**Iron County
Fair 2022**

SPECIAL THANK YOU to the 2022 buyers for supporting the show

\$30,000 +

Mel Clark Inc.
State Bank of Southern Utah

\$25,000 +

Dry Lakes Ranch
Leon's Alignments-Leon Nelson#
MS Concrete

\$15,000 +

Beaver County Boosters
BJG Land and Livestock#
Cedar Band Corporation - Darin Humphries
IFA#
Kimball Holt
Milt's & Rusty's Steakhouses#
Schmidt Construction, Inc.
Zion Plumbing & Mechanical

\$10,000 +

Cedar City Motor Company#
Cedar Orthopedic-Dr Randy Delcore
& Dr. Sean Davis
Marshall & Evans Electric
Rocky Ridge
Roy Adams Farm
Security Escrow & Title - Cal Robinson

\$5,000 +

Andrea Workman
Brandon Yardley#
BreakPoint Consulting
Brent Hunter Farm
Carter's Market
CG Development
Counting Sheep Anesthesia - Wes Barton
Custom Meat Shop
Dairy Queen @ Chevron
Grant Morris Dodds, PLLC
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Jenkins Oil Company, Inc.
M.A. Munson Law
Munford General Contracting
Overson's Farm Center**
Putnam Plumbing
Rand Bettridge
Rhinehart Oil
Ryzan Sun Landscaping-Ryan and Laycee
Scott Stubbs
South Central Communications
Southern Utah Animal Hospital
Summit Electric
T. W. Sardoni
Tinks Auto Parts#
Wayne Childs
WGS Energy

\$2,000 +

2M Cattle
4B Livestock - Brooke Bali
AAA Mobile Storage - Brett Brindley#
Allred and Allred

Arenas Valley Animal Clinic - Krista Allred
Ashdown Brothers Construction
Asset Management
Barney Bros. Electric - Tony Barney
Bauer Farm and Livestock#**
Bradshaw Chevrolet
Brady & Marci Webster
Brady and Whitney Quarnberg
Brett Barsness
Bud & Mary Nelson Family - Carl, Paul, Lynn, Annet...
Cedar View Pediatric Dentistry - Tyler Albrecht
Cozzens Cabinets - Paul
Creamer Insurance
Desert Pain Specialsits
Dick Clark Livestock, LLC
Dixie Power
Dr. Rhett Smith
Earth Technology inc. - Jeremy Bowman
ERA Real Estate - Heather Roundy
ERA Real Estate - Jennifer Davis
Evies Auto Body**
H Ross Workman
HA Farms - Coy Stowell
Harris Cabinets
High Power Enterprises
HintonBurdick CPAs
Holt and Company CPA
IFA SUAC
Jared and Amber Burton
Jeanette Johnson
Jeff Morrison
Jeffries Trucking - Richard Jeffries
Jense Electric
Jenson Brothers Farms
Jornada Cattle Company
Lamoreaux Sheep
Lazy A Ranch
Matt's Springs & Repair
MBM Livestock

Mountain View Animal Clinic - Bryce Blood
Raft Farms
Real Estate Brian
Robert & Pamela Serdoz
Robinson Construction
Safari Hospitality
Silver State Drug
Smithfield#
South Creek Shell
Southern Country Chevron - Parowan
Sun American Mortgage - Jason GRIFFIN
Sunroc**
Sunroc Construction Division**
Tandy Bradshaw
Western Ag Credit**
Wyatt & Amanda Renzello
Yardley Show Goats
Zion Sun Floral

\$1,000 +

Ben Batty PC#
Bernie & Vicki Israelsen
Brett Webster
CAL RANCH STORES - Aaron Diamond
Canyon Trail Rides - Tawn Mangum
Carolyn Anderson
Charron Heating and Air
Clark Sheep and Cattle Company - Bob & Donna Jean
CMC Tire - Aaron Wheelwright
D&S Christopher
Dan Huntsman / Huntsman Counseling and Consulting#
Dannelly Trucking LLC - Kelby Dannelly
Dr. Thomas Marshall
E & I Soil Conservation District**
Evans Trucking
Fine Iron and Nelson Dirt Works
Fort Cedar Development - Eric Heaton
G.O. Green Enterprises, Inc - Isabella Ayala
Galen Allred Farm
Grimshaw Drilling
In Memory of McCabe

John's Septic Service
Kent, Kade, Kirby & Kacy Adams
Lacey Platt
Laci Goodwin
Linda Reid
LX Livestock - Monty Sorensen
Michael Bahr
Robyn Slack
Rocking 4 Bar C - Benson Carter
Rx Secure - Kasey Preston
S&S Nutrition Network, Inc
Shad Stubbs
Six States Distributors - Mark Orton#
Smith Ford Lordsburg - Eric McSpaddeb
Ted & Vanna Nelson Family - Lester Ross & Caroline...
Vicki Nelson
Wade & Ashlee Hollingshead
Webster Orthodontics**

\$500 +

/U Livestock
Cedar City Rotary
Hayden Hogs#
Kyle and Lori Stubbs
Lance Reid
Sandy Webster#
SunPro**
The Tire Company**
Travis Larsen Construction
Yardley Premium Beef

< \$500

Adams Storage**
Hulet Livestock Inc - David & Lori Hulet
Seth Hall
Shaolin Arts

Buyers Fund**
Grand Champion Hog#

SCHOLARSHIP CONTRIBUTORS

Beau's Auto Parts
Bret & Margo Whittier
Brown Farms
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Dale & Anona Yardley

Floyd & Elizabeth Yardley
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Leavitt Group Enterprises
Lee & Giana Hulet
Linda Reid
Overson's Farm Center
Ree Zaphiropoulos

Rex P & Stacia Shipp
Roy Adams Farm Inc
Shannon W Sorensen, DDS
Township Pharmacy LLC
Wayne & Maria Smith

Webster Orthodontics
Yardley Cattle Gib & Denise
Yardley

SPECIAL THANKS TO: Rocky Mountain Power, Leavitt Group and Western Ag Credit for sponsoring the Buyers Dinner
Safari Property Management for donating the rooms for the judges and photographer
All those that supported the show in way of boosts and buckle sponsors

LAMBS

HOGS

STEERS

GOATS



Lexi Stubbs
Cedar City, Utah
Purchased by Cedar City
Motor Company



Wylee Renzello
Parowan, Utah
Purchased by Evies Auto Body
& See List #



Kenzie Carter
Minersville, Utah
Purchased by Cedar City
Motor Company



Lane Robinson
Cedar City, Utah
Purchased by Robinson
Construction



Staley Webster
Cedar City, Utah
Zion Plumbing & Mechanical



Hayden Garfield
Cedar City, Utah
Purchased by Dr. Delcore
& Dr Sean Davis



Nikelle Aiken
Cedar City, Utah
Purchased by Dry Lakes Ranch



Krayden Yardley
Beaver, Utah
Purchased by Yardley
Show Goats



Cale Renzello
Parowan, Utah
Purchased by Scott Stubbs
Livestock



Landon Stubbs
Cedar City, Utah
Purchased by Zion Plumbing &
Mechanical



Nikelle Aiken
Cedar City, Utah
Purchased by Milt's & Rusty's
Steakhouses



Billy Counley
Cedar City, Utah
Purchased by MS Concrete

calendar

WED, SEPT 28

NEIGHBOR DAY

UTAH STATE FLAG SEMI-FINALISTS DISPLAY (10am-8pm) @ Beverley Center For the Arts (195 W Center St, Cedar City). FREE and open to everyone. After reviewing the public feedback, the Design Review Committee will select four to six finalists to be presented to the Utah State Task Force. See each design and provide feedback at flag.utah.gov/final-flag-designs.

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



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

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

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

CEDAR CITY COMMUNITY BAND (WEDS, 7-9pm rehearsals) @ Cedar High Band Room (703 W 600 S). No audition required. High School band students and up. (Middle School students may be allowed to play if a parent is also playing in the band). Scheduled performances on November 4, April 7, and June 24. Steve Shirts, director: steve39shirts@gmail.com.

UTAH SYMPHONY (7:30PM) @ HERITAGE Center Theater (105 N 100 E, Cedar City). Tickets \$30 adults. \$15 students. Available online at utahsymphony.org. Listen as the virtuoso Utah Symphony performs Brahms' Symphony No.3 of flowing lyricism followed by the highly spontaneous and emotionally powerful Symphony No. 7. INFO: (801) 533-NOTE (6683) or visit utahsymphony.org.



THURS, SEPT 29

CONFUCIOUS DAY

IRON SPRINGS MURAL UNVEILING (11AM) @ Iron Springs Adventure Resort (3196 N Iron Springs Rd, Cedar City). Come join the unveiling of the newest addition to the Iron Arches Collection. Meet artist David Morris, jump on an ATV, or grab a climbing rope to become part of the beautiful vista portrayed in the new outdoor mural! Refreshments will follow unveiling.

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

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

CANYON VIEW SHAKESPEARE SHOWCASE (5PM) @ Canyon View High Auditorium (166 W 1925 N, Cedar City). Performances from CV theater and dance. Admission \$5 or \$3 with food donation. All proceeds go to CVHS food pantry.

FRI, SEPT 30

PET TRICKS DAY

PAIUTE FALL GATHERING (SEPT 30 – OCT 1) @ SUU Hunter Conf Center (351 W University Blvd, Cedar City) SUU and the Paiute Indian Tribe of Utah (PITU) are collaborating on an effort to preserve the language and cultural heritage of the Southern Paiutes. Keynote speaker Dr. Stacey Oberley, Southern Ute Tribal Council. All invited to FREE event. For list of events and to register in advance visit: <https://pitu.gov/fall-gathering>.

FINAL FRIDAY ART WALK (5-8PM) @ various locations along Main Street and University Blvd (25 N Main St to University Blvd & west to 300 W University Blvd). Visit with artists, see beautiful art pieces made using a variety of mediums. INFO: Facebook: /CedarCityWalks or /CedarCityArts.

ROBINSON FAMILY PUMPKIN PATCH (M-F 3-8pm, Sat 9-8pm) @ Robinson Family Pumpkin Patch (1450 W Industrial Rd, Cedar City). Open until all the pumpkins are gone or Saturday, October 29. INFO: (435) 691-5014.

RED POPPY FARM PUMPKIN PATCH (FRI 3-7:30pm, Sat 9-7:30pm) @ Red Poppy Farm (341 W Center St, Kanarrville). Come pick out your special fall Pumpkin from a large selection of different varieties of pumpkins. Take fall pictures in front of the event barn and antique tractors. Enjoy Craft booths and food trucks. Admission FREE. Vendors call (435) 327-0763.

JUDD PUMPKIN PATCH (M-F 5-7PM, SAT 9am-7pm) @ Judd Pumpkin Patch (314 E 270 N, Paragonah). Open until all the pumpkins are gone or Saturday, October 29. No entrance fees and Farm Animal Zoo is free. Wagon Rides \$3 per person. Barrel Train Rides \$2 per person. (3yrs. and younger are free). Pick your own pumpkin right off the vine, enjoy a wagon ride and pet some fun farm animals. Grab a cinnamon roll for the drive home and home-made pumpkin bread! INFO: (435) 477-9783



SUU PERFORMS MACBETH (8PM – SEPT 30, Oct 1, 3, 6-8th) @ Engelstad Shakespeare Theatre. SUU's Dept. of Theatre, Dance, and Arts Admin. is starting off the "spooky season" with Shakespeare's Macbeth. Tickets available for purchase at the Utah Shakespeare Festival Box Office (southeast corner of the arts complex) or by phone (435) 586-7878. INFO: suu.edu/arts.



SAT, OCT 1

CD PLAYER DAY

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

FESTIVAL CITY FARMERS MARKET (9am-1pm) Summer. (10am-1pm) Winter. @ W Center & 100 S. By Bristlecone Coffee. FREE. Festival City Farmers Market offers the bounty of local farmers and backyard gardeners who grow organically.

NATURE HILLS HARVEST FEST (SAT 1ST 12-6pm, Wed 5th 3-6pm) @ Nature Hills Farm (4326 N 2100 E, Cedar City). Standard tickets \$4 kids (1-5yrs), \$6 adults. \$11 for Ultimate Tickets (all ages) and include all activities (\$2 smores, \$1 animal food, and \$5 unlimited bounce house.) Come celebrate the change of season! There is something for everyone! Parking is off-site. Follow signs. For a list of all the fun family activities, visit: www.naturehillsfarm.com.

UTAH LANTERN FESTIVAL (3-9PM) @ THREE Peaks Oasis (7797 N Oasis St/Lund Hwy, Cedar City). General admission \$40. Date Night \$25.99, and Family Bundle \$85 available online at utahslf.com. Come for an evening of food, activities, and more! All children 5yrs or younger have FREE admission to the festival.



SUN, OCT 2

CHANGE A LIGHT DAY

61ST ANNUAL UTAH SHAKESPEARE FESTIVAL (Matinee and Evening performances) in three grand theaters. FREE nightly Greenshow (summer) at 7:10 pm, backstage tours, seminars, and play orientations. Plays featured this season in repertory are: 'All's Well That Ends Well', 'King Lear', 'Sweeney Todd', 'The Sound of Music', 'Trouble in Mind', 'Clue', 'The Tempest', 'Thurgood' (Thru Oct 9). Tickets and INFO: 1-800-PLAYTIX (752-9849) or visit www.bard.org.

MON, OCT 3

TECHIES DAY

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

TUES, OCT 4

GOLF LOVERS DAY

CANYON CREEK SERVICES MASQUERADE CARNIVAL (6-9pm) @ Heritage Center Theater (105 N 100 E, Cedar City). Admission \$20 general admission, group rates available. Tickets available online @ canyoncreekerservices.org/. Proceeds allow Canyon Creek Services the ability to provide essential and life-saving services and emergency shelter to survivors of domestic violence and sexual assault. Celebration includes appetizers, drinks, music, entertainment, silent auction and donations.



WED, OCT 5

BE NICE DAY

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

IRON COUNTY LOCAL DEBATES (5:30PM) Meet & Greet, 6pm Debates) @ Great Hall on SUU campus (351 W University Blvd. Cedar City). Livestream and submit questions @ Leavitt Center on Facebook.

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

FRI, OCT 7

IRON SPRINGS OKTOBERFEST (FRI 4-8PM, Sat 11-8pm) @ Iron Springs Adventure Resort (3196 N Iron Springs Rd, Cedar City). 2-Day pass \$5. Two days full of music, entertainment, a beer garden, great food, kids' activities, a wiener dog race, bingo, contests, prizes, and much more! INFO: www.ironspringsutah.com or (435) 708-0101.

LEGACY RACING: DIRT REBELUTION (OCT 7-9) Loop race open to Motorcycles, Quads, & UTVs. Approx. 65 miles with two pits. INFO and Register: legacyracing.net.

ICAMA: JASON TYLER BURTON (7PM) @ Community Presbyterian Event Hall (2276 Wedgewood Ln, Cedar City). Admission \$5 minimum suggested donation at door. Doors open at 6:30 pm.

SAT, OCT 8

FLY-IN BREAKFAST (8AM-11AM) @ CEDAR CITY

Regional Airport (2560 Aviation Way, Cedar City). \$7 entry includes breakfast and a morning of aviation fun. Breakfast will include sausage, eggs, OJ, and pancakes. Activities will also include airplane rides in local fixed-wing aircraft and helicopters (additional cost).

4TH ANNUAL THE ERIK GRAY CHALLENGE – (9AM) 10K, 5K, 1 mile, and kids race beginning at the Southview Trailhead (S Shurtz Canyon Dr, Cedar City). Registration ranges from \$15 to \$45 available at runsignup.com. A virtual race is available as well. All proceeds go to Gloria Truman who is battling stage 4 breast cancer. INFO: Facebook: /theerikgraychallenge.

PUMPKIN FESTIVAL (10-4PM) @ DIAMOND Z ARENA

(11 S Cross Hollow Dr, Cedar City). \$5 per child. Face painting, pumpkin patch, activities, Trick or Treating, nail painting, cupcake decorating, food, and much more. INFO: (435) 586-4484.

**PAROWAN FALL FEST & CAR SHOW (10-4PM) @**

Parowan Main Street. Entertainment, craft vendors, games, food, car show and 5k Run (\$5 per person). INFO: (435) 477-8190.

NEW HARMONY APPLE FESTIVAL (10-3PM) @ TOWN

Park (I-15 Exit #42, West 5 miles). Admission FREE. Craft vendors, food, games, music, raffles, and our famous New Harmony Apples! All proceeds support the local Harmony Valley Volunteer Fire Department! INFO: www.newharmonyfire.org/applefestival.

OSU: CHILDREN'S JUBILEE – (12PM ACTIVITIES, 2PM

Concert) @ Heritage Center Theater (105 N 100 E, Cedar City). Tickets \$5 per person. One free admission per family with a donation of three cans of food for Iron County Care and Share. Arts and sciences come together at OSU's Children's Jubilee. Exploration, Creation, Celebration. Tickets: www.mysou.org.

NATURE HILLS HARVEST FEST (SAT 8TH 12-6PM, MON

10th 3-6pm, Sat 15th 12-6pm) @ Nature Hills Farm (4326 N 2100 E, Cedar City). Standard tickets \$4 kids (1-5yrs), \$6 adults. \$11 for Ultimate Tickets (all ages) and include all activities (\$2 smores, \$1 animal food, and \$5 unlimited bounce house.) Come celebrate the change of season! There is something for everyone! Parking is off-site. Follow signs. For a list of all the fun family activities, visit: www.naturehillsfarm.com.

MON, OCT 10

16TH ANNUAL RED ROCK FILM FESTIVAL @ CEDAR FUN

Center (170 E Fiddlers Canyon Rd, Cedar City). Tickets \$10 Per Show. \$15 for Reception, or \$30 for All Show Pass. Come for a day of food, entertainment, and of course surprises! Tickets are available at the door or at redrockfilmfestival.eventive.org/passes/buy. Over 50 shows and events. This year's theme is "Explore the Grey" – that area where heroes are flawed and villains can have a change in character. All Ages welcome.

*Want your event
on our calendar?*

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

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

2nd & 4th Tues, 1 pm • Brian Head Town Hall, 56 N. Hwy 143

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

3rd Sat, 10 am-11:30 am • Cedar City Library, 303 N 100 E

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child Abuse

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

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

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

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

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

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

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

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

Women's Meeting • Sat, 10:30 am

My Story • Sat, 8 pm

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

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

Al-Anon

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

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

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

Hope for Today (Family Groups) Thurs, 6 pm • (435) 559-3333

Alzheimer's/Dementia

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

ARP—Addiction Recovery

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

Caregivers

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

Celebrate Recovery

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

Helproom

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

Multiple Sclerosis

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

Narcotics Anonymous

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

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

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

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

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

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

Porn Addiction Recovery for Men

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

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

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

Southwest Parkinson's Alliance

2nd Tues, 1:30-2:30 pm • Cedar City Senior Center, 489 E 200 S • Kristy 435-559-9681.

Widows Support Group

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

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Book Club

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

Boy Scout Troop 1848

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

Cedar Chest Quilters' Guild

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

Cedar City ESL

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

Cedar City Toastmasters

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

Cedar Professionals

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

Cedar Radio Control Club

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

Color Country Winds

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

Cub Scout Pack 1848

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

DAR – Bald Eagle Chapter

2nd Sat, 10 am • Cedar City Library, 303 N 100 E

Explorer Bible Club

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

Folk Dancing Class

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

Hatha Yoga

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

International Folk Dancing

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

Motivational Mondays

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

Rock Club

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

Senior Yoga Classes

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

Sewing Group

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

Southern Utah Woodturners

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

StrongBoard Classes

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

Tae Kwon Do Class

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

Tai Chi For Health

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

Take Action for Freedom

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

Top Bar Hive Bee Keeping

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

TOPS – Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

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

family

Cough, sneeze, sniff, repeat

Fall is in the air! As are flu bugs, sneeze sprays and cough attacks.

Ever since our oldest kid started school three years ago, we can bank on the Stratton family falling ill within five days of Back To School night. Like clockwork! We generally have one package of Infant Tylenol on hand for various reasons including post-vaccination fevers, teething and minor injuries. In recent years, however, our kids have A) grown, and B) multiplied. One package of Tylenol no longer lasts an entire infancy! In addition to the higher dosage that bigger kids require, our oldest child is six this flu season.

You may ask why the age of six has anything to do with Tylenol and I will

stock up while you can.

Me: Oh I know but this stuff isn't cheap!

Other mom: That's true, but you'd rather not need it in the middle of the night with a miserable kid and not have it. And who knows, this could all be the next shortage we have.

Me: OK, I'm sold!

I won't disclose how much I spent but the peace of mind that came with the fresh supply of kids flu and cold medications was worth every penny.

Keeping in mind that I am not a medical professional, I will share my suggestions as a mom of four frequently sick little kids.

To fully prepare for flu season I like to have on hand an ample supply of

Infants and Children's Tylenol and Ibuprofen. I keep both liquid and chewable tablets in stock to help meet my kids' preferences.

In addition to these standard pain relievers, I have a never ending tower of Baby Vick's rub. Between the months of September and April one can be found in just about every room in our house! It is often the only relief my youngest kids get from congestion (along with infants saline nasal spray).

I also keep an "all-natural" cold relief liquid suitable for kids

two and up (according to the label). There are a wide variety of homeopathic brands available on the shelf at Walmart and other pharmacies.

I avoided these unknowns for years. I figured if I hadn't heard mothers talking about it for generations (like Tylenol) then it probably wouldn't work anyway, but after one especially bad cold with a three-year-old I decided to give one a try. I have to admit that it made enough of a difference that I will keep it in my medicine cabinet until our youngest turns six!

In addition to these I have two thermometers (to check accuracy of temperatures) and an all-in-one dosage syringe. This eliminates the waste that is left in the dosage cups included with most liquid medications. It can be adjusted in increments up to two teaspoons and can also be found at Walmart.

As always, check with your pediatrician regarding any questions or concerns you have about sick kids. Stock up on supplies you may need before they are actually needed, and last but not least, may the force be with you this flu season!

mom's
CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



“Ever since our oldest kid started school three years ago, we can bank on the Stratton family falling ill within five days of Back To School night.”

tell you that any parent with a congested toddler is counting down the years until their kid can graduate from mild fever reducers to genuine cough suppressants. Six is that magic age!

While recently giving our teething baby a mild dose of Tylenol I noticed that our medical supply was running low. Several items had expired and at least one had leaked in the designated box. Taking note that we had already survived the first of undoubtedly many colds this season, I made a very specific Walmart stop and spent 20 minutes in the children's cold and cough aisle.

Considering that cold medicine options have multiplied greatly for one of my kids, I spent time reading one label after another. I was eventually joined by another mom with the same task in mind. We conferred about various brands and symptom relief before reaching the same conclusion. Buy two of everything! Just kidding, but it was close.

Our conversation went as follows:

Me: Wow there are so many options.

Other mom: Yes and you'll want to

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Cedar City Hospital

is pleased to welcome

Dr. Sean Davis

Dr. Sean Davis is ecstatic to be returning to Southern Utah to join Dr. Randy Delcore at Cedar Orthopaedic Surgery Specialty Clinic.

Originally from a small town in northern Nevada, Dr. Davis knew he wanted to pursue a career in medicine from a young age. He attended Southern Utah University and graduated magna cum laude in 2011 with a major in Exercise Science and Kinesiology as well as double minors in Chemistry and Biology. Following his undergraduate degree, Dr. Davis began attending the University of Nevada School of Medicine in Reno in 2012 where he graduated among the top in his class in 2016. He completed his orthopaedic residency at the University of Nevada Las Vegas School of Medicine in 2021 before completing an additional year sub-specializing in sports medicine at the Mississippi Sports Medicine and Orthopaedic Center this year. He and his wife Hillary are so excited to be bringing their young family to Cedar City.



Nature Hills bringing magic of fall to annual Harvest Fest

from *Rachelle Hughes*

FOR IRON COUNTY TODAY

Nature Hills Farm in Cedar City has reserved five days in October for its annual Harvest Fest full of opportunities to tour the farm, help make apple cider, visit the animals and enjoy fall activities. The Carter family's five-acre farm is full of harvest and farm experiences and they add to the experience of this annual event with an old fashion hay ride from the parking area to their farm.

"There is a new and magical experience around every corner this time of year on the farm," says Heather Carter, owner of Nature Hills Farm.

During the Harvest Fest there will be music, carnival games and photo booths, an apple cider demo and tasting and petting zoo and much more. Some additional experiences such as s'mores at the fire pit an archery lesson or eating fall favorite goodies from the vintage food cart can be purchased for a little extra. The farm store will also be



stocked full of harvest goods.

"We hope you can truly absorb the blessings of fall and the harvest, as winter draws near. We love sharing our Farm with you," says farm owner Heather Carter.

Harvest Fest is the first celebration of the holiday season at Nature Hills Farm and takes place on October 1, 5, 8, 10 and 15. The Fest is open on Mondays and Wednesdays from 4-7 p.m.



PHOTOS COURTESY NATURE HILLS FARM

and Saturdays 12-7 p.m. Standard tickets are \$4 for 1 to 5 year-olds and \$6 for adults. Standard tickets include access to activities such as walking through the sunflower maze, painting a pumpkin, playing in the tree house or corn pit and visiting with the animals. More information about tickets and a full list of activities can be found at naturehillsfarm.com. Nature Hills Farm is located in the foothills above Enoch at 4326 N 2100 E, Cedar City.

"Horseshoe Forging Competition"

Rockwell was not horsing around when he painted this competition illustration. For example, he photographed each of the 23 spectators individually and then added them into the final of this latest work of art. The backstory of this particular painting is a young blacksmith going up against the experienced blacksmith. At one point it appeared the dark horse would win, but his youth was not a "shoe" in because the elder put the hammer down to the victory.

racehorses) their mane—sorry—main purpose is protection. Do you ever think about how a horseshoe is made, rarely right?

If you've ever watched a blacksmith at work you know that forging a horseshoe is an intricate and time consuming process. It takes muscle, endurance and precision. Of course, in a competition, it's about forging faster than the other fellow. Thus, we find these two blacksmiths hard at work with their steel, hammers and anvils.



NORMAN ROCKWELL

If you're not often around horses (riding or racing) I'll bet when you think of a horseshoe you might think about a good luck charm or perhaps about pitching a game of horseshoes. While there are different horseshoes for different jobs and terrain (i.e. lighter horseshoes for

An audience has gathered (probably to garner bets) and to cheer on the blacksmiths. If you've never watched a horseshoe forging competition, they're still quite popular today. Scores are based not only on the forger's quickness, but the quality of their finished work. intense competi-

the rut
LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



tion for the forgers.

Alright, so how can we apply forging horse-shoes to our lives? Well, it's no fun getting pounded by the hammer of experience on the anvil of life. However, just because something hurts, or is uncomfortable doesn't make it necessarily wrong. And just because something seems to be taking longer than you'd like doesn't mean it's not worth pursuing persistently and patiently.

Also, whether you believe your life experiences are shaped by a Benevolent Blacksmith or not, your experiences do shape you. Sometimes they are more manageable because you're more malleable. Sometimes you need the high temperatures of trials to help encourage the malleability to allow your rough edges (bad habits) to be smoothed away and your character forged and fortified (emotionally, physically, mentally and spiritually) into a more functional form that will help you live a healthier, happier life.

That being said, if it feels like someone or something is painfully nailing things to your mind and heart, it's time to hoof it away. Not all pain is bad, but constant pain is a signal that something needs to be adjusted, removed or redone.

So, today, while you're out horsing around, be on the lookout for the moments and experiences that will help better shape your present and forge your future. Life isn't about luck, or competing with anyone but yourself. You've got to forge your own horseshoes of hope and courage through trial and error, but in the end you'll find it's well worth the effort.

schools

ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

Canyon View Middle School

Canyon View Middle School music programs are growing. With the new growth this year, the school has brought on Mr. Seth Edwards to assist with the music program. CVMS bands, choirs and orchestras will be performing their fall concerts the week of October 11 - 14th. See the school webpage for details.

There are a lot of great things happening in the Career and College Readiness classes. Students have been launching rockets, building bridges, learning about interior design and the impact of color, and learning to design flyers and menus. A huge thank you to Mr. Christiansen, Mrs. Blauer, and Ms. Kuxhausen for all they do, introducing students to various career options.

We are pleased to announce that we have 2 after school groups students can attend. The 4H club will help with school work and making connections with other students. Also, SUU athletes will be here playing various sports with students. If you are interested, pick up the application paperwork in the school office.

Iron Springs Elementary

Iron Springs Elementary had their annual Fall PTA Carnival last Friday. The school grounds were full of people enjoying yummy food, the candy cannon, a teacher dunk tank and many other activities.



The first week of October will be Fall SEP week and school will be dismissed at 2:30 pm everyday including Friday. The Book Fair will also be happening before and after school Monday through Friday.

Enoch Elementary

The PAWS Patrol is positive, accountable, and willing to help at Enoch Elementary. This elite team is composed of chosen 4th and 5th grade students who exemplified the school motto and were all around good role models. They have donned their PAWS hat and will serve around the school, raising the flag, walking littles to the buses, and other helpful duties.



Bring your family to the fundraising Fall Carnival on September 26, from 5-7pm for food, face painting, and more. Keep an eye out for more fun happenings by following the Enoch Elementary PTA on Facebook.

Three Peaks Elementary

Three Peaks Elementary second grade classes had the opportunity to visit Cedar Breaks National Park on September 20. Students learned some important park rules such as: "leave no trace" and take only pictures and leave only footprints, everything in the park stays in the park, enjoy wildlife from a distance, stay on the trails. Cedar Breaks is a wonderful place to learn about why the environment is noticeably different from the more familiar environment in Cedar City and to understand the effects of elevation on precipitation, temperature and

dominant plant life in each ecosystem. After hiking at Cedar Breaks, the students ate lunch down the canyon at Woods Ranch. Thank you to the guardians that spent the day helping teachers on this field trip. We are also so grateful that the school district allows the students and teachers to participate in field trips so that we can enjoy the beautiful scenery that surrounds us and learn about nature.



Fall SEP conferences are scheduled for October 3-7, 2022. Please watch for a date and time invitation from your child's teacher. These conferences are a wonderful time to discuss your child and how they are doing academically and socially at school. School will be dismissed every day at 2:30 pm, including Friday, in order to give time to the teachers to hold these conferences.

South Elementary

The third and fourth grade teachers at South Elementary reviewed math concepts with their students with a "Back to Basics Math Boot Camp". The students were introduced to the Skills Sergeant and Math Recruits who helped them understand that reviewing fundamental math skills will help them succeed as they move forward with math concepts this year. The third and fourth graders then practiced and persevered the following weeks. They learned that with determination, grit, and hard-work they can accomplish hard things!



Fiddlers Canyon Elementary

Our Penny Wars fall fundraiser was a huge success! We exceeded our goal of \$2000, and the kindergarteners won first place and will receive an ice cream party. Thank you to everyone who donated. We can't keep up with all the fun things we do without the support of our neighbors and parents.

SEP week is October 3-7. School will let out at 2:30 every day, including Friday. AM Kindergarten is from 8:50-10:50, and PM kindergarten is from 12:30-2:30. Our book fair will be the same week and will be open at lunch and during parent-teacher conferences after school. Please contact your child's teacher if you haven't set up a time to meet.

School picture make-ups will be October 6. You can keep updated on all the fun things going on in our school and community by following the Fiddlers Canyon Elementary PTA Facebook page.

SUU CHALLENGE COURSE TESTS GATEWAY STUDENTS

Gateway Academy's 6th, 7th, and 8th grade students

attended the Southern Utah University Challenge Course last Friday. This has become a favorite of students and teachers. Students enjoy working together to accomplish tasks along the course. It is fun to be outside while learning. Teachers enjoy a more hands-off approach while allowing students to come up with solutions to the various tasks. Thanks SUU Outdoor learning department for always making this a great activity.



COURTESY CARICE BULLOCH

VOLUNTEERS DESPERATELY NEEDED FOR PAROWAN AREA

THE PAROWAN SENIOR CENTER

is in need of substitute delivery volunteers to deliver Meals on Wheels to the homebound elderly. The drivers are needed on Monday, Wednesday and Thursday between the hours of 10:30 a.m. until around 12:30 p.m.

Meals on Wheels is for those that are homebound and cannot get out or prepare their own meals. These seniors are in great need and are very appreciative of this service and especially to the volunteers that make this possible.

FOR MORE INFORMATION PLEASE CALL:

Curtis Crawford, Coordinator

435-225-1222 • ccrawford@ironcounty.net



faith

Annual Prayer in the Park encourages increase in unity, faith

by *Kylie Leavitt*

FOR IRON COUNTY TODAY

On September 22, 2022, the Cedar Area Interfaith Alliance (CAIFA) held their annual Prayer in the Park event at the Cedar City Main Street Park. Each year, CAIFA highlights different religious groups and gives them a platform to share their faith and create unity amongst the community.

The event started off with a welcome from Barbara Parks, a presentation of the colors

hostile world. It's the same world."

She then went on to say, "Our thoughts are important. Not only to think peace, to pray for peace, but to act peacefully towards one another."

The themes of unity and peace were continued through music from the Community Presbyterian Praise Band and Children's Choir.

As the guest speaker, Father Adrian Komar, Pastor of Christ the King Catholic Church, also shared his thoughts on this topic. He talked about how unity is created when people are willing

happy. That's why I am going for it. This is absolutely beautiful. So, that's why it is the perfect union. People look at each other, ready to completely sacrifice and readily offer themselves to others."

Father Komar continued sharing about how we lose this unity when we try to change someone to what we want them to be. He talked about how we can learn from Christ, saying that Christ never took anything for himself. He only gave, and he never forced anyone to change. He only offered his knowledge and allowed others

"Our thoughts are important. Not only to think peace, to pray for peace, but to act peacefully towards one another."

Melanie Whitney

to do what they wanted with it. Moreover, he accepted everyone as they were.

After Father Komar finished speaking, we were privileged to hear a prayer for families from Henry and Gloria Villacana, from the Catholic Church in both Spanish and English. Robert Pete from the Cedar Band of Paiutes of the Paiute Tribe of Utah then said a prayer for our community. He was followed by a beautiful Grassland dance by a young member of the Cedar Band of Paiutes Tribe. They were followed by Reverend Celeste Lasich from the Community Presbyterian Church who prayed for our nation.

The overall message of unity was demonstrated by those in attendance. All those who came rejoiced together in music, listened to messages of hope, and came with the desire to serve. The event not only encouraged uplifting and spiritual feelings of unity and hope, but also to help the homeless with a food drive for the Iron County's Care and Share (careandshare-ut.org).

Father Komar captured the entire feeling of the event saying, "If you start thinking about people, everything changes." CAIFA continues to prove this quote true.



PHOTOS BY COREY BAUMGARTNER

from the Iron County Veterans Coalition, and a welcome from Melanie Whitney, a member from the B'Hai faith.

Whitney set the tone for the event perfectly as she introduced the topic of unity. She said, "I was thinking about unity and peace and what all the implications of that mean, and I was thinking of a quote I heard by author and guru Wayne Dyer."

"Loving people live in a loving world, and hostile people live in a

to sacrifice for one another. When they view the world with love and selflessness, rather than looking for blame and how they can benefit themselves.

"Union between people is created when there are moments we do not say, 'I am right.' That I can accept that someone else is right. That I can say, 'Yes, you are right.' I may say that I am naive and that I may really be a loser because I am saying that you are right, but that makes you

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faith

"HIS HAND IN MINE"

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

— L. Brent Jones

I Live My Life

by L. Brent Jones

*If I live my life as if to say,
Today is my last day.
For it's easy just to put it off,
And chances go away.*

*The hours are set, but the time
is mine.*

*Will I prove to be of worth?
Have I accomplished all He had
in mind,
When He sent me here to Earth?*

*Have I made today tomorrow's list,
As if I had more time?
Because intentions fill my thoughts,
Where actions should be prime.*

*Am I caught up in the fantasy,
That tomorrow I can change?
Content to dream away today,
As priorities are rearranged.*

*What is my target for today?
Have I set it in my mind?
Do I go to work to get it done,
Or distractions will I find?*

*For the choice, my friend, is up to me.
Will I find someone to serve?
To help, to lift, to dry their tears?
For I'll find what I deserve.*

*Intentions are the lists I make,
But actions are the key.
Contentment lies in doing good.
To follow is my plea.*

*To give today to other's needs,
And accomplish all I can,
Is my dream, my wish, my firm
resolve,
And then follow what I plan.*

*For if all my time is in today,
Will I let it pass me by?
Then let regrets console my
thoughts,
When I can't explain the why?*

*Please help me live my life today,
Filling each and every hour,
With compassion, love and
tenderness,
For within me lies the power.*

"Believe Me Now" (Steven Curtis Chapman)

Why do I write the things I write? Because it's what I believe I'm supposed to do with my life? Yes. To inspire and encourage others to also let their lights so shine in their sphere of life? Yes. More importantly, it's to remind you, the reader, that you are not alone. It's to help give you even a glimpse of hope that despite the raging storms and darkness of despair, even depression, that you still have a purpose and place in this world, but most of all that you are not alone.

Thus, reaffirming your eternal value (even when one's valiancy wavers), I also believe that everyone has a unique gift and talent that they are called to improve upon (Matthew 25:14-30) and share to help make the world better—beginning with their own world.

However, you and I know that it's not that simple, nor that easy to discover, let alone do, what we were created and called to do. I understand the hesitation to get involved, or speak up because you don't feel like you have the perfect plan, or the wisest words. I also understand postponing personal peace because you feel like you have to pick up and/or put together all the broken pieces (by yourself) first.

Life is not a competition. Though you may try to quantify days as wins and losses, some days you're not going to be or feel successful. You may even feel like a failure. This is normal to a point. There's a difference between accepting a loss, and

accepting who you are right now compared to committing to improve your life living forward. Improvement doesn't testify you're terrible, or not acceptable and loveable now. Improving yourself is also a sign of loving yourself. Be careful and prayerful to not allow tolerance to become an excuse to stop seeking to progress and improve yourself.

The irony about striving to "fight the good fight," is that more often than not, it's the fighting, the imperfect imple-

mentation of our talents, that leads to tangible improvement and real success. Easier said (read) than done. Because we don't like being (or seen as) imperfect, or less-than. Does this justify warriors becoming worriers instead?

"The irony about striving to 'fight the good fight,' is that more often than not, it's the fighting, the imperfect implementation of our talents, that leads to tangible improvement and real success."

That's why this week's song is a powerful reminder that when your life is dark and difficult, God really is still with you, for you and will "never waste a single hurt that you endure" (Romans 8:28, Joel 2:25, Psalm 103:10-18). He wants to guide and guard you through the raging storms and shadowy valleys. If you'll invite and allow Him to. A friend reminded me with a meme that Jesus holds the whole world in His hands. True, but His love is meant to be more personal than global. He wants you to know right now that you are His world in His hands and heart, now and always. Believe in Him and believe Him when He says, "I am with you always" (Isaiah 41:10).



obituaries

Mary 'Mick' Jane Mitchell



Everyone in Parowan, Utah has a nickname. Mary Jane Mitchell was no exception. 'Mick' was born October 25, 1921, to William Warner and Georgia Brown Mitchell. She was the third of four children. She attended schools in Parowan and after high school graduation attended BAC. She was active in athletics and music. Mick began studying piano at an early age with teachers in Parowan and Cedar City. Her teachers included Alfred Durham and Beth Leigh. She also studied in California and at the McCune School of Music in Salt Lake City, Utah.

While at BAC she met H. Grant Seaman. They married on March 23, 1941, in Las Vegas, NV. They were sealed in the St. George Temple March 13, 1942. Mary Jane and Grant followed Grant's Forest Service career to St. George, Beaver and Ogden, Utah as well as Elko, Nevada. In each of these locations Mary Jane created a lovely home for her husband and their six children. Her musical talent and her out-going personality enabled her to quickly become a contributor in each community. In her lifetime she shared her musical gift through playing in dance bands and for dance classes, accompanying numerous vocal and instrumental soloists and groups, playing for church meetings, and for countless funerals. She also served in callings in each of the Church auxiliaries.

Upon Grant's retirement they returned to Cedar City. Together they were staunch supporters of the community and of the university. She was recognized for Meritorious Musical Service to Cedar City. Other honors included SUU Alumni Distinguished Service and the Carmen Rose Hepworth Alumni Award.

Mary Jane was a volunteer at the Utah Shakespeare Festival for 22 years. She also served for a time on the Cedar City Beautification Committee. Her family heritage gave her the opportunity to be a member of the Daughters of the Utah Pioneers.

Mary Jane was preceded in death by her parents; her brother Robert (Bob) Mitchell; sister, Louise Palmer; husband, H. Grant Seaman; daughter, Sallie Anderson Gibson. She is survived by her sister, Katherine (Katie) Mitchell Halterman; children; Anette Wolford, Kathryn Guthrie, Grant Mitchell (Gaylene), John Warner (Mary), and Marilyn Bennett (Rick). Mary Jane leaves a legacy of refinement, beauty, joy and service.

Viewings were held on Friday, September 23 (6:00 – 8:00 P.M.) and Saturday, September 24 (9:30 – 10:30 A.M.) at the chapel at 256 S. 900 W. in Cedar City. Funeral services were held Saturday, September 24 (11:00 A.M.) at the 256 S. 900 W. chapel.

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obituaries

Vicki Chamberlain Plough



Vicki Chamberlain Plough, age 66, passed away at home Saturday, September 17th, 2022. She was born Jan. 31st, 1956, to K Cram Chamberlain and Yvonne Higbee Day.

Vicki grew up with a great love of the outdoors, spending lots of time at the Day Family Cabin, hunting arrowheads, finding the best bottles, and cruising down the best dirt roads. She had all the best camping spots and could cook the best meals. Vicki grew up loving horses, helping her dad in the garden, she learned to grow up tough. Vicki loved her family and taught everyone around her how to be a little stronger. She also could always be found with an adventurous spirit, cuzi in hand, tunes up and telling her family and friends let's go.

Vicki is survived by her children; Melissa Steele and (Jordan Noel) of Parowan, Utah. K.C Plough of Parowan, Utah. Nicole Plough and (Isreal Rodriguez) of Parowan,

Utah. And of course, her favorite daughter Amber Mitchell of Cedar City, Utah. Her grandchildren; Dylan and Kayson Folks. Marlon and Skyler Steele. Parker, Ashlynn, and Jada Plough. And Nicolas Hampen. Her Siblings; Paul and (Chris) Chamberlain of Henderson, Nevada. Brenda Chamberlain of Washington, Utah. Carol Willamson of Parowan, Utah. And Alison Robinson of Parowan, Utah and her sidekick "Boots". And many other very loved family members and all of the Parowan kids who Mom treated as her own.

Vicki is preceded in death by her parents K and Yvonne Chamberlain. Her brother Randy Chamberlain and (Aunt Della Chamberlain). Her son Robert Paul Folks. Her grandson River Day Rodriguez. Brother in law's Rick Williamson and Ralph Robinson. And many other family and friends.

Fly with the butterflies mom, you can finally reach those stars. Your family always cares about you, no matter quite how far. Your safe in our thoughts, and finally in Paul's arms. Get to take one last hot air balloon trip, safe and sound from all harm. Give little River a kiss, and Pauly a beer. Just know we will always miss you, even though you're always near. Hallelujah mom, you're home.

Thank you to all of our mom's family and friends for the kindness shown in these hard times. Our family loves and appreciates each and every one of you.

There will be a graveside service Saturday, October 1st, 2022, at 11 AM at the Parowan City Cemetery, with a lunch to honor Vicki to follow. Final arrangements are under the direction of Southern Utah Mortuary. Online condolences may be left at www.mortuary.org.

Samuel Joseph Hartman



Samuel Joseph Hartman, age 66, passed away on September 16, 2022, at his home in Paragonah, Utah. He was born on December 6, 1955 in Evansville, Indiana to Bernard David Hartman and Rosalie Verena Fehrenbacher.

Sam worked as an electrician for IBEW. He was a baptized catholic and enjoyed fishing and hunting.

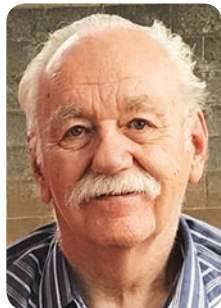
He is survived by his mother Rosie Hartman of Clayton, MO. His brother Paul (Debbie) Hartman

of Salt Lake City, UT and sisters Pat Waddle of Saint Louis, MO, Linda (Steve) Baxter of Ballwin, MO, Terri Lannino of Millburn, NJ, and Susan (Bob) Dean of Manchester, MO. Along with his nieces and nephews Ben, Monica, Dan, Sarah, Rachel, Brian, Dustin, Jake, Molly, BJ, Sami Rose.

He is preceded in death by his father Bernard David Hartman and brother-in-law Sam Waddle.

Graveside services were held on Saturday, September 24, 2022, at 12:45pm at the Paragonah Cemetery in Paragonah, Utah. Live streaming of the Memorial was available on Samuel's obituary page. Arrangements were under the direction of Southern Utah Mortuary. Online condolences can be made at mortuary.org.

Roland Arthur Bohman



Roland Arthur (Art) Bohman was born July 28, 1939, in Ogden, Utah, to Roland F. and Margaret Jorgensen Bohman; the first of five children in the family. He passed away peacefully, September 21, 2022, after a short illness. He grew up on his father's dairy and learned to work very early in life by milking morning and night in the little community of Peterson, Utah, just west of Morgan. Since he was such a good student and had read every book in the library,

he was double promoted in elementary school. Later, this put him at a disadvantage, for his classmates could date and drive before he could. When his dad cut hay, Art would catch the baby field mice and put them in his pockets with the frogs he had just caught. He got into trouble when they floated up in the wash.

He enjoyed hunting deer with his family, leaving many does as widows. He enjoyed riding his horses Susie and Sally. He lettered in football for the Morgan High Trojans where he shored up the center of their line. He went to Utah State for a year before being called on a mission to Sweden. Always a jokester, he sent home a tin of herring to his parents. By the time it got there, the fish fermented and stunk so bad that his mother forced his dad to go bury it deep.

Returning from his mission, he met Sherry Jenkins, a farm girl from Idaho who loved riding horses, and that is what first drew Art to Sherry. He graduated in math and chemistry in 1964, bought a brand new 1964 Ford, and then married his sweetheart Sherry, and moved to Cedar City for their honeymoon and began teaching on a one-year contract at Cedar City High School. He taught an addition 43 years and was a very popular teacher. He was famous for his jokes and one-liners which brought groans and snickers from everyone.

Although he had only taken one class in photography in college, he was given an extra-curricular assignment to do the Cedar High yearbook, and as its advisor for 44 years, he turned the Cedarian into a prize-winning yearbook. People never realized that he spent almost as many hours taking pictures and developing and printing them in the darkroom as other teachers did with their entire class loads. He would take 30 pictures to get the exact one for the yearbook or the student newspaper.

He became the unofficial historian of Cedar High as he captured the lives of students: their sporting events, dances, clubs, music and drama and their antics with his trusty 35mm camera. He touched lives of thousands of students even those not in his classes. His candid caught kids completely unaware so often that they called him FLASH, for they said he had the fastest finger in the west.

And when he was not taking pictures for the yearbook, he loved hiking in nature and taking pictures, capturing the beauty of flowers and leaves as they turned colors. He had a love of old railroads and steam locomotives. He really enjoyed cutting firewood with his sons.

Art was active in the Church of Jesus Christ of Latter-day Saints. He enjoyed being financial clerk for many years, Sunday School president, and he loved home-teaching. He loved the temple and had a testimony of his Savior Jesus Christ.

He had a collection of old 78 and 45 rpm records. He used these as a volunteer on Thunder 91 radio for 38 years with a 3-hour program called Cowboy Country every Saturday morning.

He is survived by his children Kendra (Chris) Nicolodemos, Eric, and Karl (Theresa), 14 grand- children, and 4 great-grandchildren. All four of his siblings are still alive: Janeal, Richard, JoAnn, and Eldon and their spouses and one brother-in-law Dick. He was preceded in death by his parents, his wife Sherry and her parents, his oldest son Roland and his brother-in-law Ken.

A special thanks goes to Ann Childs, who helped him in his later years; Intermountain Hospice and Intermountain Hospital; and Eric for making room in his home for Art.

A viewing was held Sunday, September 25, at the Southern Utah Mortuary (190 North 300 West) from 6:00 to 8:00 p.m. Another viewing was held Monday, September 26, at the Cedar West Stake Center (725 South 1100 West) from 9:30-10:30 with the funeral following at 11:00.

Burial was in the Cedar City Cemetery, a place Art really loved because he watered the cemetery many nights as a part-time city employee. Services were under the direction of Southern Utah Mortuary. Online condolences may be left at www.mortuary.org.

Arnold Vitarbo



Arnold Vitarbo, 86 years young, passed away on September 14, 2022 with his wife of 66 years, Fujie by his side. Born on January 31, 1936, in the Bronx, New York to Vito and Elizabeth (Voswinkle) Vitarbo, he was the youngest brother to Dewey, Rocco and Delores. All preceded him in death and are having a great family reunion now.

A lifelong Yankee fan but never a city boy, he was often found escaping the city with his cousin Richard (Dickey) to hunt and fish. Both escaped as soon as possible and joined the military. My father joined the Marines at 17 and never spent another night in the city. After 10 years in the Marines he was recruited by the Air Force for another 10 years as a Weapons Specialist and Shooting Instructor in both branches. He was also involved in the Sniper Program while in the Marine Corps.

Although he was never one to boast about his accomplishments, he was very accomplished. He was on several USA shooting teams for the World Championships and Pan American Games (gold in 1967) and took 4th as a member of the 1968 USA Olympic Pistol Team

in Mexico City. From 1991 to 1994 he was the National Shooting Coach and coached the 1992 Olympic Team in Barcelona, Spain. He was certified as an Advanced Instructor by USAS/NRA (also certified referee and member of the Coach Development Staff) and was a Master Instructor for the CMP in both rifle and pistol. He conducted shooting camps, clinics and matches for these organizations in many parts of the United States, Puerto Rico and Mexico. He coached the University of Utah Pistol Team and oversaw the Utah Summer Games shooting events. Retiring after 20 years in the military, he decided to go to college and graduated from the University of Hawaii with a degree in Japanese.

Arnold worked as a Volkswagen mechanic, taught Japanese courses at the Oregon Institute of Technology, and began his own successful company making custom gun grips. He always loved planes and flying and built model planes since he was a boy. The planes got larger until he was making quarter sized scale radio controlled planes. He even got his pilot license but stopped flying due to health issues.

Arnold was born and raised a Catholic but was introduced to the Church of Jesus Christ of Latter-day Saints by a fellow shooting instructor. Always a history buff, he became interested when he talked about the pioneers and genealogy. Our family was taught the gospel by 2 sister missionaries and then baptized and a year later sealed in the Mesa Arizona Temple. Arnold served in many church callings, including serving as a Seventy. He served as a temple worker in various temples with Fujie by his side. Genealogy always interested him and he has traced our family back as far as he could; being stopped by ancestors that were adopted. He served a full time couple mission at the church's Family History Library in Salt Lake City. Being fluent in both Japanese and Italian, he was able to assist many visitors with their searches.

He and Fujie continued to spend hours daily translating church materials into Italian and Japanese until just a few months before his death. He is survived by his wife Fujie, daughter Laura (Kevin) Howell, and son Donald (Sharon) Vitarbo as well as 3 granddaughters (Shannon, Shawna (Guy) and Danielle), 2 step-grandsons (Tyson and Travis) 4 great-grandchildren (Lucas, Lana, Emmerson and TraZia) and numerous other beloved family members.

Funeral services will be held at 3 pm on Friday September 30, 2022, in the LDS chapel (1390 E Midvalley Rd in Enoch). Services will be streamed at <https://zoom.us/j/96627236546?pwd=cTlhaWtoTm-1veWhLV052amlXSXM3QT09>. Online condolences can be sent to his memorial page at www.affordablefuneralservices.com.

Want to submit an obituary?

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

RIVAL REIGN



Along with stifling defense, Ethan Bolingbroke was one of offensive weapons Justin Miller and the T-Birds utilized in their victory over the Utah Tech Trailblazers.

SUU ATHLETICS

Thunderbirds top Trailblazers 31-17 on Homecoming

by Regan Hunsaker

SUU ATHLETICS

CEDAR CITY — The Southern Utah Football team defended Eccles Coliseum tonight in the Homecoming matchup with Utah Tech defeating the Trailblazers 31-17. Nearly nine thousand fans from both sides piled into the stadium to watch the two teams battle it out, and they would not leave disappointed. Though the Thunderbirds held the lead most of the game, Utah Tech stayed within striking distance throughout.

Southern Utah's strong defense started the game on the field and quickly made their presence felt as they stopped the Trailblazers on a fourth and one, two minutes into the first period. The T-Birds would use the momentum to march seventy-six yards in just seven plays to get the scoring started. Isaiah Wooden caught a forty-four yard pass in the drive and Elijah Burns punched the ball in from one yard out while Micah Petit added the extra point to put Southern Utah ahead.

Utah Tech took over on their own twenty-five and began a sustained drive of their own. The Trailblazers ate up nearly four minutes of clock as they traveled seventy-five yards in nine plays to even the score. Quarterback Kobe Tracy found various receivers taking short gains all the way down the field. The drive

Despite a sack by Francis Bemiy that really put the Trailblazers backs to the goal line they were able to move the ball back into plus territory. The drive stalled though as the T-birds came up with their second fourth down stop of the night on their own thirty-five yard line.

Southern Utah's offense wasted

really starting to click so this is just an extension of that."

Utah Tech would start the next drive with an impressive forty-seven yard passing play to Quali Conley. However, the drive would stall at the SUU ten yard line and the Trailblazers would settle for a field goal to make the score fourteen to ten. After a ten play, forty-six yard drive by the T-Birds, Micah Petit hit a forty-seven yard field goal of his own to put Southern Utah back up seven.

Utah Tech would go three and out giving the ball back to the Thunderbirds on their own eighteen yard line. The Southern Utah offense would then move the ball eighty-two yards on the ensuing drive including four third down and long conversions. The drive would be capped off when Miller found Ethan Bolingbroke for a three yard touchdown pass.

Both teams would turn to the running game in the third period and despite sustained drives of over four minutes each team would be forced to punt. The Trailblazers found

"This is just us scratching the surface of our potential...We are going to continue to get one percent better every day and today was a step in that direction."

Coach Fitzgerald

culminated in an eighteen yard touchdown reception by Rickie Johnson.

The second quarter started with a booming punt by Jake Gerardi that sailed out of bounds at the Utah Tech ten yard line pinning the trailblazers deep in their own territory.

no time in scoring again as Justin Miller hit Isaiah Wooden in stride. Wooden raced sixty-five yards down the field for the go ahead score. Wooden said of the connection with Miller "It all started in the summer... Justin and I have been working hard to be on the same page and it is

Falcons rally again, beat Templars

by Tom Zulewski

IRON COUNTY TODAY

For the second straight week, the Canyon View Falcons had a double-digit deficit in the first half. For the second straight week, the offense found enough of the right formula to push the team into the win column again.

Jaxon Jensen threw three touchdown passes and the Falcons converted two turnovers into touchdowns as CV rallied to beat the Manti Templars, 35-28 on Homecoming Night at the Falcons' Nest on Sept. 23. Nick Macias scored on a 5-yard run with 2 minutes, 37 seconds left that proved to be the game-winning points as Canyon View improved to 5-2 overall and 2-0 in 3A South.

"The defense stepped up tonight. We've been waiting for that," head

coach Burke Miller said. "They played a great second half and made some good adjustments. They got us the ball back in a key moment when they (Manti) were looking to go ahead and win this game. It was a great job by the defense flipping the script."

With the game tied at 28-28 in the fourth quarter, the Templars were driving inside the Falcon red zone, but the defense recovered a fumble at the CV 10-yard line with less than five minutes left. On a third-and-8 at their own 25, Jensen dropped back and found Traie Buhler on a 66-yard pass that gave Canyon View a first-and-goal at the Templar 9. Macias won the foot race

to the corner of the end zone two plays later, and the Falcons had the lead.

Holding on to the lead wouldn't be easy, though. After a penalty on the final play gave Manti an untimed down, a last-gasp pass was intercepted at the CV 10 and the student section celebrated the team's best seven-game start since 2015.

"Those guys just know how to make something out of nothing," Burke said of the Jensen-Buhler duo. "A lot of times we just want to let our playmakers play, be the ones to have the ball at the end of the game."

see **FALCONS** » 28



Canyon View

35



Manti

28

Manti	7	6	15	0	--	28
Cyn. View	0	21	7	7	--	35

- Q1** – M – Stevens 2 fumble recovery (Thomas kick), 5:24
- Q2** – M – Frischknecht 9 pass from Douglas (kick failed), 8:19
CV – Ludlow 69 pass from Jensen (Slack kick), 6:02
CV – Roundy 31 run (Slack kick), 4:36
CV – Ludlow 8 pass from Jensen (Slack kick), :58
- Q3** – M – Pogorzewski 85 kickoff return (Thomas kick), 11:44
CV – Buhler 89 pass from Jensen (Slack kick), 10:33
M – Pogorzewski 10 run (Wade pass from Douglas), 2:43
- Q4** – CV – Macias 5 run (Slack kick), 2:37

Flyers gamble pays off in tight victory over Reds

by Tom Zulewski

IRON COUNTY TODAY

After giving up 51 points to Desert Hills last week, the Dixie Flyers went to a simple approach in search of a Region 10 victory. With a two-point gamble in the final minute, it produced the desired result.

On fourth down, Jaxon Barben caught a 27-yard touchdown pass from Jalen Schultz with 59 seconds remaining, and Schultz ran for the two-point conversion that gave Dixie a 25-24 win over the Cedar Reds on Sept. 23. The Flyers improved to 2-1 in Region 10 and 4-2 overall, while Cedar dropped its regular-season home finale and fell to 2-2, 3-4.

In a back-and-forth matchup that saw the lead change hands six different

times, the Reds looked to be in good shape when Tredyn

Elliott caught a 13-yard touchdown from Koden Lunt – his third scoring catch of the night – with 3 minutes left for a 24-17 lead.

Behind the play of Schultz, who finished with three TD passes of his own, the Flyers made the most of its final drive, taking just over two minutes to produce the winning score. Dixie missed the first chance at a two-point conversion, but Cedar was whistled for pass interference.

The Flyers didn't miss with their second chance and sealed the win when Blake Watson picked off a Lunt pass with the game clock winding down.

Ranked at No.7 in the RPI, Cedar will be idle Friday and return to play Oct. 7 on the road at Desert Hills.



Dixie

25



Cedar

24

Dixie	3	6	8	8	--	25
Cedar	0	7	7	10	--	24

Q1 – D – FG Bibiano 27, 1:02

Q2 – C – Elliott 6 pass from Lunt (Hernandez kick), 8:26
D – Watson 46 pass from Schultz (kick blocked), :52

Q3 – C – Elliott 43 pass from Lunt (Hernandez kick), 11:17
D – Watson 20 pass from Schultz (Watson pass from Schultz), 7:38

Q4 – C – FG Kucifer 27, 6:07
C – Elliott 13 pass from Lunt (Hernandez kick), 3:01
D – Barben 27 pass from Schultz (Schultz run), :59



(Left) Cedar's Tredyn Elliot lunges for the touchdown and Damien McGarvey battles for the ball during a difficult loss for the Reds.



Tigers run wild, rout Rams

by Tom Zulewski

IRON COUNTY TODAY

Kilo Tsosie threw three touchdown passes and ran for two more scores as the visiting Milford Tigers built a big halftime lead and beat the Parowan Rams, 55-14, on Sept. 23 at Alma Richards Stadium. The Tigers won their 1A South opener and improved to 6-1 overall, while Parowan fell to 0-1, 1-5.

Bo Hardy caught one of the touchdown passes from Tsosie and got the scoring started for Milford in the first quarter when he found the end zone on a 43-yard run. Tsosie added a 2-yard run with 7 seconds to play in the period, and Milford moved out to a 14-0 lead.

Parowan's big highlight came with 4:51 to play in the



Milford
55



Parowan
14

Milford 14 27 14 0 -- 55
Parowan 0 7 0 7 -- 14

Q1 – M – Hardy 43 run (Montoya kick), 4:45
M – Tsosie 2 run (Montoya kick), :07

Q2 – M – Barnes 15 pass from Tsosie (Montoya kick), 8:57
M – Rose 15 pass from Tsosie (Montoya kick), 5:50
P – Robinson 81 pass from DeGroff (Townsend kick), 4:51
M – Hardy 7 run (kick failed), 3:44
M – Thompson 5 pass from Tsosie (Montoya kick), :39

Q3 – M – Hardy 64 pass from Tsosie (Montoya kick), 11:18
M – Tsosie 8 run (Montoya kick), 3:32

Q4 – P – Robinson 15 pass from DeGroff (Townsend kick), 1:46

first half when Justin DeGroff hit Waylon Robinson on an 81-yard touchdown, but Hardy struck again just over a minute later with a 7-yard score and Tsosie connected with Quaid Thompson on a 5-yard TD with 39 seconds left that gave Milford a 41-7 lead at the break.

The Tigers finished their offensive output for the night with two more scores in the third quarter as Tsosie threw a 64-yard touchdown to Hardy and added an 8-yard run of his own. Parowan was able to get one final TD on the board with 1:46 to play in the fourth on a 15-yard touchdown from DeGroff to Robinson.

The Rams will return to play Friday when they travel to Duchesne to face the Eagles in a 7 p.m. kickoff.



Rams QB Justin DeGroff races to escape the Tigers defense during a tough loss last week.

SCOREBOARD

SCORES

Region 10 Football

9/23 Dixie 25, Cedar 24
Snow Cyn. 42, Desert Hills 20
Crimson Cliffs 49, Hurricane 17

3A South Football

9/23 Canyon View 35, Manti 28
Juab 52, North Sanpete 28
Richfield 47, Carbon 2

1A South Football

9/23 Milford 55, Parowan 14
Enterprise 58, Water Canyon 8
Layton Christian 28, Kanab 7

Region 10 Girls Soccer

9/19 Cedar 8, Parowan 0
9/20 Desert Hills 7, Pine View 0
Snow Canyon 6, Dixie 2
Crimson Cl. 3, Hurricane 2, 2 OT

9/22 Cedar 2, Hurricane 1
Crimson Cliffs 4, Pine View 0
Snow Canyon 2, Desert Hills 1

Region 12 Girls Soccer

9/20 Carbon 4, Richfield 2
Emery 4, Grand 1

9/22 Canyon View 8, Grand 0
Richfield 1, Emery 0

STANDINGS

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

	REGION	OVERALL
Juab (2)	2-0	7-0
Canyon View (4)	2-0	5-2
Richfield (5)	1-1	5-2
Manti (9)	1-1	3-4
North Sanpete (8)	0-2	2-5
Carbon (12)	0-2	2-5

1A South Football

	REGION	OVERALL
Enterprise (2)	1-0	7-0
Milford (3)	1-0	6-1
Kanab (5)	0-1	5-2
Parowan (9)	0-1	1-5

Region 10 Girls Soccer

	REGION	OVERALL
Snow Canyon (4)	8-1	10-3
Desert Hills (3)	7-2	10-4
Cedar (6)	7-2	10-3
Crimson Cliffs (8)	5-5	6-9
Dixie (10)	3-6	3-11
Hurricane (12)	3-7	4-9
Pine View (13)	0-10	1-12

Region 12 Girls Soccer

	REGION	OVERALL
Canyon View (2)	6-0	11-3
Carbon (6)	4-2	9-4
Richfield (9)	3-3	8-5
Emery (15)	2-4	4-10
Grand (19)	0-6	1-6

SCHEDULE

Region 10 Football

9/30 Desert Hills at Hurricane
Dixie at Snow Canyon
Crimson Cliffs at Pine View

3A South Football

9/30 Canyon View at Juab
North Sanpete at Carbon
Manti at Richfield

1A South Football

9/29 North Sevier at Enterprise
9/30 Parowan at Duchesne
Milford at Kanab

Region 10 Girls Soccer

9/27 Cedar at Snow Canyon
Dixie at Crimson Cliffs
Hurricane at Desert Hills

9/29 Desert Hills at Cedar
Dixie at Pine View
Snow Canyon at Hurricane

Region 12 Girls Soccer

9/27 Canyon View at Richfield
Carbon at Emery

9/29 Emery at Canyon View
Grand at Carbon
Delta at Richfield

FALCONS

« CONTINUED FROM PAGE 27

Canyon View fell behind Manti 13-0 in the second quarter, but a big gamble on fourth-and-1 at their own 24 paid off when Jensen completed a quick pass for seven yards to move the chains. On the next play, Jensen hit Trenton Ludlow for a 69-yard touchdown that got the Falcons on the board.

The Templars returned the ensuing kickoff for an apparent touchdown, but it was wiped out on a holding penalty during the return. When a short punt put the Falcons in business, Kyle Roundy ran for a 31-yard score to give CV its first lead of the night at 14-13 with 4:36 left in the half.

CV's defense would recover a Manti fumble on the next series at the Templar 36, and Jensen

would connect with Ludlow again for an 8-yard touchdown with 58 seconds remaining to extend the advantage to 21-13 at the break.

Manti's Larson Pogorzewski took the second-half kickoff back for an 85-yard touchdown, but Jensen had an answer as he hit Buhler in single coverage. Buhler ripped the ball out of the hands of a Templar defender to make the catch and won the foot race to the end zone on an 89-yard score that put CV back up by eight, 28-20.

The Falcons will face one of its toughest tests of the season when they travel to play 3A South co-leader Juab on Friday in a 7 p.m. kickoff. The Wasps are one of three unbeaten teams in 3A at 7-0 and they built a big halftime lead on the way to a 52-28 win over North Sanpete last week.

Tolman breaks tie, Reds slip past Tigers

by Tom Zulewski

IRON COUNTY TODAY

Sometimes, it isn't about style on the soccer field. The Cedar Reds learned that lesson against the Hurricane Tigers, and it paid off in an important Region 10 victory.

Sophomore Kenzie Bird broke a scoreless tie with a rebound goal in the 57th minute, and Keana Tolman scored a penalty kick with 14 minutes remaining that proved to be the game-winner as Cedar edged Hurricane, 2-1 on Sept. 22 to improve to 7-2 in region play, 10-3 overall.

For Reds head coach Scott Kamachi, Bird's goal was a simple case of being in the right spot at the right time.

"She was doing her job on the back side. She held the back post, the ball came through, and she knocked it down and put it in," Kamachi said of Bird's third goal of the season. "She's scored three goals, and they've all been scrappy goals. I told them 'people get paid millions of dollars to score scrappy goals. Not all of the goals can be 30-yard bangers to the far post."

"Doesn't matter if it's inside the 6-yard box or outside the 18...they all still count."

Hurricane was able to tie the game less than 30 seconds after Bird scored when Mikayla Stewart

booted a clearing attempt past keeper Cambria Simper from about 20 yards out to tie the score. Nine minutes later, a Reds player was fouled inside the 18-yard box and Tolman converted the penalty kick, her 20th goal of the season. From there, the Cedar defense did the rest as they stayed within a game of region leader Snow Canyon with three to play in the regular season.

The Reds went out of region for a make-up game Sept. 19 as Rylan Tebbs led the way with a hat trick in an 8-0 road shutout over the Parowan Rams, scoring four times in each half. Tolman scored twice while Tylee Nielson, Parli Lewis and Gabby Gomez added goals in the win.

Cedar traveled to play at Snow Canyon in a key Region 10 showdown on Tuesday, which was too late for press deadline. They will host Desert Hills on Thursday in a 4 p.m. kickoff.

Across town, Canyon View moved closer to the Region 12 title with an 8-0 shutout over Grand on Sept. 22. The Falcons scored six times in the first half and stayed unbeaten in region play at 6-0.

Hallie Newman and Hadlee Farrow scored two goals apiece for CV in the victory, and additional offense came from Maylee Spencer, Breanna Cornelius, Bethanee Vargas and Harmony Lopez.



Kenzie Bird is congratulated by her teammates after scoring a "scrappy" and crucial goal in the Reds' victory over the Tigers.

JR ROBINSON

Gracie Burt earned her eighth clean sheet of the season in goal for the Falcons.

Canyon View played a final road game at Richfield on Tuesday which was too late for press deadline, and they will host the Emery Spartans in the regular-season finale Thursday starting at 4 p.m.

SUU defeats rival Utah Tech in dramatic fashion

THUNDERBIRDS EARN FIRST CONFERENCE VICTORY

by Tyler Francis

SUU ATHLETICS

CEDAR CITY, Utah - The Southern Utah University volleyball team hosted in-state rival Utah Tech on Saturday, winning their first conference game in a decisive four set victory.

The Trailblazers jumped out to an early 7-2 lead to kick off the first set. The Thunderbirds would rally from an early deficit to get the score within two points (10-8), but Utah Tech would go on a run to stretch their lead to nine points (21-12). Southern Utah would make the set competitive again with a 5-0 run of their own, but it was too little, too late. The Trailblazers took the first set 25-20.

Southern Utah looked to bounce back in the second set, starting strong by building a 3-0 lead. The lead wouldn't hold for long, however, as Utah Tech stole the momentum back, catapulting themselves ahead by scoring nine unanswered points, taking a six point lead (9-3). The Trailblazers maintained their advantage, keeping the Thunderbirds at bay as the match reached its midway point. The situation began to look dire when Utah Tech took a 18-11 lead, eyeing another set victory. Southern Utah responded, thanks in large part to Molly McDermott. McDermott had her fingerprints all over set two, scoring five of her 10 kills in the set. The onslaught of Thunderbird points began to pour in, culminating in a Raegen Beeson kill to set up a 25-24 score, set point for the T-Birds. Sarah Gasper set up the final play perfectly, finding a scorching hot Molly McDermott for the kill, seizing the second set with a score of 26-24.

The Thunderbirds didn't slow down to begin

set three, building a 4-1 advantage. This set proved to be a true battle, with neither team seeming able to maintain a lead for long. The Trailblazers never backed down, playing exceptional volleyball to take a slim lead over the Thunderbirds (12-10). A 6-1 run by Southern Utah stole the lead back, but not for long, as Utah Tech answered the run with three consecutive points to tie the set at 16 points apiece. Rylee Achtzehn recorded her fourth kill of the set to tie things up once again at 19-19. Utah



SUU ATHLETICS

Carissa Richie celebrates with her T-Birds teammates after a decisive victory over rival Utah Tech.

Tech scored once more, now standing a mere five points away from a set victory (20-19). When the lights were the brightest, it was the Thunderbirds who shone, mounting a 5-1 run to inch closer to taking a 2-1 set advantage. Macy Short executed to perfection, feeding Makenzie Templeton for the final kill, taking the third set 25-22.

The fourth set was a nailbiter, as the two squads played an intensely close game. The Trailblazers took a narrow lead (7-6), but it wouldn't last long. What ensued next was a series of runs from both teams. The Thunderbirds scored three straight, followed by the Trailblazers firing off three points of their own, just for Southern Utah to respond with another 3-0 run, highlighted by a huge kill from Rylee Achtzehn to give SUU a 12-10 lead. After Utah Tech tied the game once more, the Thunderbirds fired on all cylinders, scoring six of the next nine points to take a 18-15 lead. Utah Tech never gave up, clawing back into the game with some kills of their own, trailing by just one late in the set (20-19). Southern Utah remained calm and collected under the pressure, synergizing as a team to set up match point (24-22). Utah Tech scored the next point, and was desperate for another to keep the match alive. With the game on the line, Macy Short set up Makenzie Templeton the following play, who delivered a powerful hit to win the set 25-23, and the match 3-1.

The win was a total team effort, with many T-Birds chipping in. Rylee Achtzehn proved again why she is a prolific scorer, leading the Thunderbirds with 12 kills. The clutch play of Makenzie Templeton was on display today, who recorded 10 kills, including two set clinching hits to win the third and fourth sets. Molly McDermott was versatile today, playing fantastic offense and defense by totaling 9 kills and team-high 21 digs. With the win over the rival Trailblazers, the Thunderbirds improve to 1-1 in conference play.

Parowan volleyball: a complete 180

If you looked at the Parowan volleyball team a season ago, you wouldn't have thought much based on its record. The Rams won five matches and were seeded 19th in the 2A state playoffs.

Parowan went on the road and ran No. 14

Freedom Prep out of its gym in a 3-0 sweep, but lost the next two matches at UVU – 3-1 to St. Joseph and 3-2 to Region 19 rival Enterprise.

Fast forward to 2022, and Parowan volleyball, in its fourth year with Macey Yardley as head coach, has flipped the script and become a force. Through Sept. 22, the Rams are 16-0 on the season and have dominated the opposition. With all matches played as best-of-5, the Rams have needed a fourth set just three times.

Canyon View found out just how good Parowan is when the Falcons faced them at the Nest last Thursday. The Rams won the opening set, 25-17, and scored the last six points to win the second by a 25-16 count.

With the noise level reaching hard-to-hear proportion, CV fought back in the third set, moving out to a 9-1 lead and forcing Yardley to call a timeout. The home team would extend the lead to 11-2 before Parowan started its charge. A five-point run cut the gap to 11-7. The Falcons called timeout.

The run continued until the set was tied at 14-14. It would be tied two more times, and then the Rams took the lead for the first time at 23-22 on a net error. They would finish off the set at 25-23 and win another match.

Yardley said the team's postseason performance last year was the start of the turnaround to where they are now, at the top of the 2A rankings.

"We peaked towards the end of the season," Yardley said. "We took Enterprise to five games, and I have a lot of young girls on this year's roster."

They've been playing since they were really young, and now they're starting to get it."

And the third game against the Falcons proved Yardley's point.

"They handled the pressure wonderfully and stayed together as a team," she said. "They knew they were in control and that the pressure was on Canyon View. They're the bigger school and should beat us in theory, so we just reminded them of that. Just get your job done, battle back, and see what happens."

Yardley couldn't recall any set that had a bigger deficit to overcome to date, but the Rams pulled through and kept the winning feeling on track.

"I'm wondering how they'll react when that first loss finally comes, but they've handled things with a lot of grace and heart," she said. "They're in the gym working to get better every day."

A big addition that's been a boost for the Rams is the addition of sophomore outside hitter Paige Felder. Her mom is former Dixie State/Utah Tech head coach Robin Felder, who is serving as an assistant on Yardley's coaching staff. Even with Felder's presence on the bench, the team isn't letting the winning streak go to its collective head.

"It's been pretty much all business," Yardley said. "It's been mentioned that we're undefeated and the crowd will chant, but it's just one game at a time, keeping it real."

The Rams still have nine regular-season matches, including six in region, before the 2A playoffs begin, but at the rate they're going, what they've achieved to this point is worth celebrating. Only time and continued effort will tell if it translates to the school's first state title.

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

RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY



"It's been mentioned that we're undefeated and the crowd will chant, but it's just one game at a time, keeping it real."

Macey Yardley, Parowan head coach

T-BIRDS

« CONTINUED FROM PAGE 26

the endzone late in the third period as Kobe Tracy found Joey Hobert on a fifteen yard pass to make the score twenty-four to seventeen.

Despite a quick three and out to begin the final period the Southern Utah defense would protect the lead. Roderick Ward intercepted a pass in the Trailblazers first drive of the fourth quarter to give the ball back to the T-Birds. The two teams traded short drives but each would punt before the T-birds took over with decent field position barely in their own territory at the forty yard

line. Southern Utah moved the ball efficiently in the drive using seven plays to extend the lead to fourteen points. The touchdown came on a nine yard rush by Bobby Cole into the endzone.

Roderick Ward added his second interception in the quarter as the Trailblazer offense tried to force a pass late in the game. Even though the T-Birds missed a field goal they were able to hang on in the fourth quarter for the win. Coach Fitzgerald said of the win "This is just us scratching the surface of our potential...We are going to continue to get one percent better every day and today was a step in that direction."

Justin Miller finished the game having completed seven-

ty-eight percent of his passes for three-hundred and fifty-two yards and two touchdowns. Wooden caught five passes for one-hundred and twenty-nine yards and a touchdown. The Thunderbird defense was led by Kohner Cullimore who had eight tackles, a sack, and a forced fumble. Roderick Ward added six tackles of his own plus two key interceptions and a pair of important pass break-ups.

Utah Tech will look to bounce back next week at home against fellow WAC team Abilene Christian University. Southern Utah will be back on the road next week for a tough road game against Eastern Kentucky University in Richmond.

TOM'S SPORTS TRIVIA

Our "Jeopardy" brains spotted an interesting category called "Budweiser and Sports" last week, so we decided to spread things out a bit. For this week's dozen, we'll give you the stadium name, you choose the team it's attached to. Please remember...no wagering!

1. Progressive Field (not including Flo and Jon Hamm)
A. Chicago White Sox
B. Cleveland Guardians
C. Kansas City Royals
D. Minnesota Twins

2. American Family Field (formerly Miller Park)
A. St. Louis Cardinals
B. Pittsburgh Pirates
C. Milwaukee Brewers
D. Chicago Cubs

3. Coors Field (it was site of the 2020 MLB All-Star Game)
A. Colorado Rockies
B. San Francisco Giants
C. Los Angeles Dodgers
D. Arizona Diamondbacks

4. Rogers Centre (made its debut as the Skydome)
A. Baltimore Orioles
B. Tampa Bay Rays
C. Boston Red Sox
D. Toronto Blue Jays

5. Citi Field (the 2022 team is a contender)
A. Atlanta Braves
B. New York Mets
C. Philadelphia Phillies
D. Florida Marlins

6. T-Mobile Park (this team is looking to end a long playoff drought)
A. Houston Astros
B. Seattle Mariners
C. Oakland Athletics
D. Texas Rangers

7. Target Center (former home of Kevin Garnett)
A. Utah Jazz
B. Portland Trail Blazers
C. Oklahoma City Thunder
D. Minnesota Timberwolves

8. Golden 1 Center (this team's original home was Arco Arena)
A. Sacramento Kings
B. Phoenix Suns

C. Golden State Warriors
D. Los Angeles Lakers

9. Little Caesars Arena (this team used to play in The Palace)

A. Indiana Pacers
B. Detroit Pistons
C. Chicago Bulls
D. Cleveland Cavaliers

10. Scotiabank Arena (among these choices, the team is the most recent winner of an NBA title)

A. Brooklyn Nets
B. Philadelphia 76ers
C. Toronto Raptors
D. New York Knicks

11. Capital One Arena (last NBA title came 44 years ago)

A. Washington Wizards
B. Atlanta Hawks
C. Miami Heat
D. Charlotte Hornets

12. American Airlines Center (team owned by a Shark)

A. Memphis Grizzlies
B. New Orleans Pelicans
C. San Antonio Spurs
D. Dallas Mavericks

LAST WEEK'S ANSWERS

1. C: Chris Davis. Davis hit 53 home runs for the Baltimore Orioles in 2013. Judge hit 52 homers for the Yankees in 2017 and as of Sept. 23, he's one away from Roger Maris' AL record of 61.
2. A: Pete Alonso. Alonso hit 53 home runs for the New York Mets in his rookie year.
3. C: Jose Ramirez. As of Sept. 23, Ramirez has 117 RBI and Tucker is third at 102.
4. D: Luis Arraez. As of Sept. 23, Judge has moved into the AL lead in batting average with .316. Bogaerts is second at .314 and Arraez is third at .313.
5. B: Trea Turner.
6. C: Doubles.
7. B: Pedro Martinez. Martinez finished with a 1.74 ERA for the Boston Red Sox in 2000.
8. C: Five. Verlander's best strikeout season was 290 in 2018.
9. C: Clayton Kershaw. Kershaw has led the NL in strikeouts three times, but they came in 2011, 2013 and 2015.
10. D: Sean Manaea. Manaea had two shutouts in 2021, but he was with the Oakland A's.
11. A: Brian Wilson. Wilson had 48 saves for the San Francisco Giants, who won the first of their three World Series titles in 2010.
12. B: Mariano Rivera. Rivera had 45 saves for the Yankees as they won the 1999 World Series title.

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DOCUMENTARY PHOTOGRAPHY: \$15 BOOKING FEE FOR 60 minutes coverage anywhere in Iron County. Photos available for purchase afterward via online gallery. Document home life, work, parties, visiting Grandma, sporting events, etc. Visit www.ironcountyphoto.com or call 801-598-4486.

YARD SALES

ESTATE SALE: FRIDAY SEPT 30/SATURDAY OCT 1, 11AM-2PM at 2798 Clark Parkway. Men's size medium Ben Hogan golf shirts, women's clothes size 8-10 all seasons, exercise equipment, outdoor & indoor tables, furniture and more!

GARAGE SALE FRI/SAT, SEPT 30/OCT 1 FROM 8AM-1PM AT 1938 N Ashdown Forest Rd. Miscellaneous items, furniture, clothing, home décor, kitchenware, toys, and more!

SATURDAY, OCT 1ST FROM 8AM-12PM AT 279 N BEACON Drive in Cedar City, Computer stuff, kitchenware, books, and lots of other wonderful things!

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legal notices

SUMMONS

IN THE FIFTH JUDICIAL DISTRICT COURT IN AND FOR IRON COUNTY, STATE OF UTAH

STEVEN ARTHUR THOMPSON and LESLIE MICHELL OWEN
aka LESLIE MICHELLE OWEN,

Plaintiffs,

v.

THE ESTATE OF HAROLD HUFFSTUTTER and JOHN DOES I-X,
Inc.,

Defendants.

SUMMONS FOR PUBLICATION

Case No. 220500112

Judge Ann Marie McIlff Allen

THE STATE OF UTAH TO DEFENDANTS:

The above-entitled Court has entered an Order granting Plaintiffs the right to serve

Defendants, THE ESTATE OF HAROLD HUFFSTUTTER and JOHN DOES I-X, Inc., by Publication. You are thereafter hereby summoned and required to file an answer in writing to a Complaint on file with the clerk of the above entitled Court, located at 40 N 100 E, Cedar City, UT 84720. You are also required to file an Answer with the Court and serve upon, or mail to, Plaintiff's attorney, a copy of said Answer within twenty-one (21) days after the service of the Summons upon you if you reside within the State of Utah, or thirty (30) days after the service of Summons upon you if you reside outside the State of Utah.

If you fail so to do, judgment by default will be taken against you for the relief demanded in said Complaint, which has been filed with the Clerk of said Court.

Please be advised that this action seeks to quiet title to certain property and water rights identified in Plaintiffs' Complaint, Exhibits "A" through "O", which is located in Iron County, Utah, and once quieted, the land and water shall be titled solely in the names of Steven Arthur Thompson and Leslie Michelle Owen, to the exclusion of all parties.

A copy of the Complaint in this action has been deposited with the Clerk of the Iron County District Court, with a description of the Real Property, and can be picked up by anyone claiming an interest in the above matter at no charge.

DATED this 31st day of August, 2022.

WAYMENT & JONES LAW

/s/ Justin W. Wayment

JUSTIN W. WAYMENT

Attorney for Plaintiffs

Published September 21, 28 & October 5, 2022
Iron County Today • ICT #0490

SUMMONS

Westwood, Law, P.C., J. David Westwood, Counsel for Plaintiff, 98 W. Harding Ave., Cedar City, Utah 84720, Telephone (435) 267-2145, david@westwoodlawfirm.com In the Fifth Judicial District Court in and for Iron County, State of Utah, Case No. 220500115, Judge Ann Marie McIlff Allen. Joseph Travis Harper, Plaintiff vs. the estate of Stephen J. Krawiec and all persons unknown, claiming any legal or equitable right, title, estate, lien, or interest in the property rights described in the Verified Complaint which are adverse to Plaintiff's title, or any cloud on Plaintiff's title thereto. You are summoned and required to answer the Verified Complaint filed with the court in the above matter. Within 21 days after service of this summons you must file your written answer with the clerk of the court at the following address: Iron County Courthouse, 40 N. 100 E., Cedar City, Utah 84721, and you must mail or deliver a copy of the Answer to Plaintiff's attorney at the address listed above. If you fail to do so judgment by default may be taken against you for the relief demanded in the Verified Complaint. The subject matter of this Verified Complaint is to quiet title to real property. The Complaint is on file with the clerk of the court.

Published September 28, October 5 & 12, 2022
Iron County Today • ICT #0491

STORAGE UNIT AUCTION

Starts: September 10, 2022, at 3:00 pm

Ends: October 22, 2022, at 10:00 AM

Thunderbird Storage

www.storage-treasures.com

435.238.6160

The following storage units are to be sold in accordance with Utah Code 38-8-4. Each unit will be sold as an entire unit to the highest bidder. Inventory was taken from outside the unit. The unit was sealed and will remain sealed until the auction ends on the above date.

428 - Contents belonging to Mia Daverson. 630 Tandy Ct Chico, CA 95973

• BIKE, CLEANING SUPPLIES, BROOM, RUG, CLOTHES, MISC. BOXES

453 - Contents belonging to Robin Bottin. 434 W 500 N St. George, UT 84770

• ELECTRIC LAWN MOWER, MATTRESS, VACUUM, HOUSEHOLD FURNITURE, SHOVEL, TOOLS, HOUSEHOLD ITEMS (BEDDING), MISC. BOXES

842 - Contents belonging to Breanna Collinwood. HC 82 Box 2102 Duck Creek Village, UT 84762

• CAR SEAT, KIDS TOYS, MISC. BOXES, CLOTHES, DUFFLE BAGS, SUITCASE, TOTES

The above units will be auctioned through www.storage-treasures.com. If you wish to participate in the auction, you will need to participate online. We will not be taking bids through our office in Cedar City, Utah.

Published September 28 & October 5, 2022
Iron County Today • ICT #0489

LIEN STORAGE SALE

NOTICE IS HEREBY GIVEN, by Enoch Storage Rentals, that the rights, title and interest of the following storage occupant's personal property will be sold at public auction for non-payment of rent. Each unit's contents will be sold in bulk as a single transaction for CASH only on Saturday, October 15, 2022 at 9 am at Enoch Storage located at 660 E 4930 N Enoch, UT 84721, 435-867-4655. A \$100 refundable cash performance deposit, per unit, is required of successful bidders. Successful bidders will be allowed 7 days to clean out the units.

#135 Francisco Eugene Griego; car seat, file cabinet, changing table, reloading equip. **#145** Beverley Isgrigg; leaf blower, mini fridge, microwave, drawers

#166 David A. Hoovan; mountain bike, exercise equip., microwave

#182 Bonnie Norton or Iren D. Leavitt; furniture, tv, mattress, totes

#186 Melissa Ebright; bed frame, table, microwave

#255 Tara A Pearson; tool boxes, shelves, cupboards, tires, luggage, cooler

#343 Ryan Russ; pressure washer, fishing poles, tools, chain saw, ladder

#467 Charles Rice; Honda 4-wheeler, BBQ, mountain bike, chain saw

#474 Charles Rice; aerator, washer, dryer, fridge, ping pong table, golf clubs

#OS 49 Tara A. Pearson; 2007 Travel Trailer / Skyline, VIN #1SE200M277B001156

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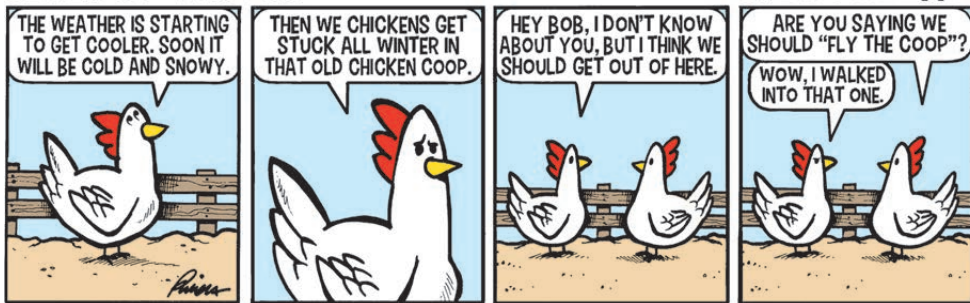
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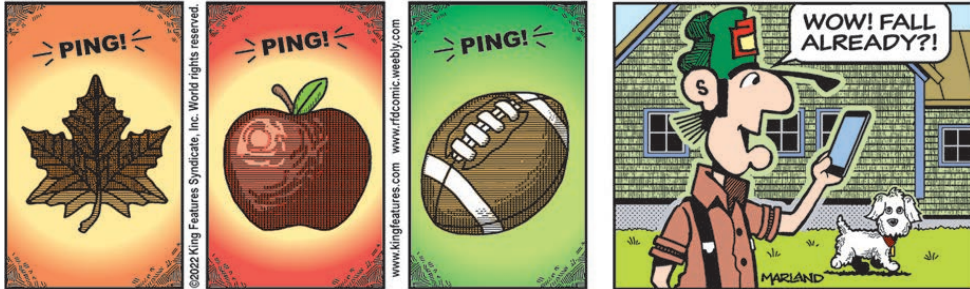
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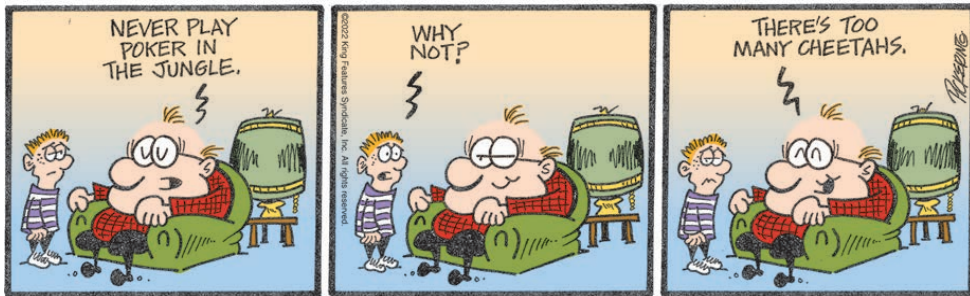
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The Spats



Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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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!

Area: **GREAN**

Lucid: **LACER**

Absorb: **GETIDS**

Joy: **TRIHM**

TODAY'S WORD

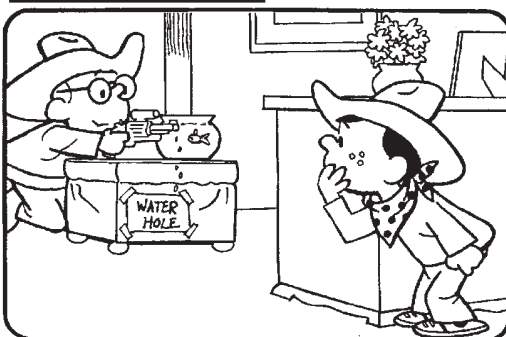
by Dave T. Phipps

by Mike Marland

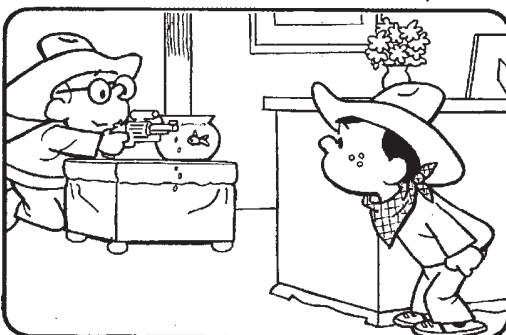
by Jeff Pickering

BY HENRY BOLTINOFF

HOCUS-FOCUS



Find at least six differences in details between panels.

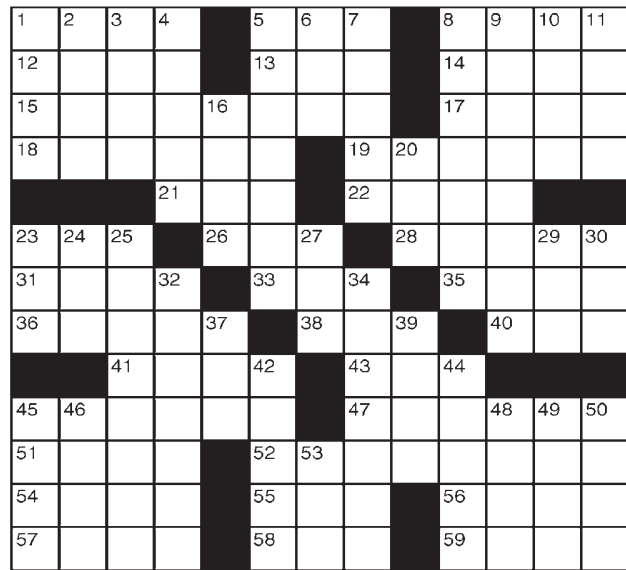


Differences: 1. Hat is different. 2. Sign is different. 3. Vase is smaller. 4. Arm is hidden. 5. Bandanna is different. 6. Picture frame is moved.

King Crossword

ACROSS

- Piratic quaffs
- 605, in old Rome
- Last write-up
- Like some vaccines
- Ecol. watch-dog
- Stratagem
- Turkey's most populous city
- Actress Falco
- Second of two
- Church key-boards
- Six, in Sicily
- Harvest
- Fireplace residue
- Society newbie
- Golf great Sam
- Coach Ewbank
- Passing craze
- Capital on a fjord
- Cardiff's country
- "Uh-huh"
- Kids' game
- Antitoxins
- French article
- Juan's pals
- Cease-fires
- Track assignment
- Brazil's most populous city



- Karaoke prop
- Brit. record label
- Bridal cover
- Writer Kingsley
- Wee bit
- Old U.S. gas brand

- Pizza sauce herb
- Hungary's most populous city
- "The doctor —"
- Casual tops
- Must have
- Scale members
- "How adorable!"
- Mermaid's home
- Finland's most populous city
- Inlet
- Carte lead-in

- Pooch
- "Stayin' Alive" band
- Shoulder muscle
- "No seats" sign
- Criminal, to cops
- Plus
- Debonair
- mater
- Hurt severely
- Poolroom supply
- Yale students
- Without help
- "I — Rock"

DOWN

- Stir up
- Major
- "The Martian" actor Damon
- Bed boards
- Question after a mission
- PC's brain
- Bravery

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Trivia test

by Fifi Rodriguez

- U.S. STATES: Which state's official animal is a panther?
- LITERATURE: What was the color of the man's hat in the "Curious George" book series?
- TELEVISION: Chuck Woolery was the original host of which TV game show?
- GENERAL KNOWLEDGE: What was the location of the first White Castle restaurant?
- COMICS: What's the name of the newspaper where Clark Kent works?
- MOVIES: Which 1980s movie features a character named Aurora Greenway?
- PSYCHOLOGY: What fear is represented in the phobia eisoptrophobia?
- GEOGRAPHY: How many African countries have Portuguese as their official language?
- ANIMAL KINGDOM: On average, cats sleep how many hours a day?
- HISTORY: The ancient city of Rome was built on how many hills?

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

Answer

Weekly SUDOKU

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

Solution time: 24 mins.

Answers

King Crossword

MAGICIAN

Today's Word

3. Digest 4. Mirth

1. Range 2. Clear

solution

SCRAMBLERS

- Florida
- Yellow
- "Wheel of Fortune"
- Wichita, Kansas
- The Daily Planet
- "Terms of Endearment"
- A fear of mirrors
- Six
- About 15 hours
- Seven

Pumpkin FESTIVAL

OCT 10 AM - 4 PM
08



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