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WEDNESDAY, DECEMBER 7, 2022

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DECEMBER 5 - DECEMBER 10

Utah's alcohol related deaths higher than national average

from BreAnn Veater

SOUTHWEST BEHAVIORAL HEALTH CENTER

In light of a recent study published by the Journal of the American Medical Association and conducted from 2015–2019, over 14% of Utah's total deaths were caused primarily by excessive alcohol use -1.5% higher than the National average, (Esser et al., 2022). This statistic is alarming to say the least, and more importantly, preventable; and proves a desperate need for reform and community action to reverse these deadly effects.

Alcohol use is not only legalized for adults in the United States, but it is also socially endorsed. Many people may enter adulthood and adopt the habit of drinking without ever receiving proper education on the consequences of their actions. This complacency and casual approach to a substance that statistically has such deadly consequences is (literally) poisoning our society from the inside out. The CDC reports that 40,143 people were killed from 2015–2019 by alcoholic liver disease and alcohol poisoning in the United States alone, (Esser et al., 2022).

When comparing deaths attributable to excessive alcohol use with recent suicide rates in the United States, the connection is significant. Deaths due to alcohol abuse and deaths due to suicide prove a strong correlation. This gives us a major insight as to how alcohol consumption can heavily contribute to mood disorders. "Alcohol dependence is an important risk factor for suicidal behavior.

Mood disorders are a more powerful risk factor for suicide among problem drinkers as age increases. Intoxicated people are more likely to attempt suicide using more lethal methods," (Sher, 2006). As this study discusses, not only can alcohol contribute to physical illness and death, but it also drives negative emotionality among users, and threatens lives in a myriad of ways.

Research shows that taking action as a community to educate individuals on the consequences of excessive alcohol use, in addition to reducing alcohol retailers within the community, will save lives. We encourage the leaders and members of Iron County as well as the surrounding areas to take action to enact change in an effort to create a community focused on the health and safety of its people.

Source: Esser MB, Leung G, Sherk A, et al. Estimated Deaths Attributable to Excessive Alcohol Use Among US Adults Aged 20 to 64 Years, 2015 to 2019. JAMA Netw Open. 2022;5(11):e2239485. doi:10.1001/jamanetworkopen.2022.39485



Santa flying into Cedar City tomorrow morning

from Joanne Brattain

FOR IRON COUNTY TODAY

On December 8 at 8:30am, twenty-four volunteer pilots of the Utah Wing of Angel Flight West will depart from various Salt Lake area airports on their annual Santa Flight. Their destination is the airport at Cedar City, UT, where they will deliver donated toys, school supplies, books, backpacks, and warm clothing to the 400 children at Parowan Elementary School.

Angel Flight pilots and various community groups throughout
Utah have gathered donated school supplies, winter coats, books and toys based on the needs of the school.
Additionally, KUED will be providing over 600 books through it's "Ready to Learn" program encouraging literacy and other key family development programs.

The children will be bused to the airport and await Santa, Mrs. Claus, and the elves in the North Hangar at Sphere One Aviation. Once Santa arrives, there will be a short assembly, hosted by Principal Trevor Heaton. The children will serenade the pilots with holiday songs and Steve Bollinger, AFW Wing Leader, will present the donations to the school.

Members of the National Guard "Triple Deuce" will help unload the



Mr. and Mrs. Claus and two trusty elves fly in to greet guests at the Cedar City Airport.

"We are very grateful for the generosity of our pilots and the community groups who have raised money and gathered donations so that even during this tough economic time, we can bring some holiday cheer to these kids."

Steve Bollinger

planes and transport the donations to the school.

Since the first Santa Flight in 2000, the members of the Utah Wing have worked with their local communities to gather needed supplies & toys and deliver them to Title One Schools in rural communities throughout Utah. Santa Flight coordinators Steve Bollinger, AFW UT Wing Leader and AFW Outreach Coordinators Phil Titus and Joanne Brattain have worked on this project since September. According to Bollinger, "We are very grateful for the generosity of our pilots and the community groups who have raised money and gathered donations so that even during this tough economic time, we can bring some holiday cheer to these kids."

As with every Angel Flight mission, the pilots donate their time, talent, airplanes, fuel and operating expenses.

Founded in 1983, Angel Flight West is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs. The Utah Wing has 92 pilots and flies 150+ missions a year within Utah and throughout the intermountain west. www. angelflightwest.org. www.facebook.com/angelflightwest



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New Harmony Veterans recognized

from Deborah Leoni

FOR IRON COUNTY TODAY

The Patches4Patriots group of Iron County awarded five New Harmony Vietnam Veterans their Quilts of Valor, for Veterans Day.

It was a very memorable event for the community of New Harmony, Utah. Group Leader, Esmeralda Carter and her board members were honored to award quilts to Private Eddie Lara, Senior Airman Kent Turner, Sergeant John Sands, Staff Sergeant Gary Dixon and Lt. Col. Bill Lane.

The community joined in celebrating and supporting these Vietnam Veterans. Each Veteran was awarded the Presidential Vietnam Commemoration Pin commemorating the 50th Anniversary of the Vietnam War and their Vietnam Era pins.



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opinion

FROM THE EDITOR

THE FINAL COUNTDOWN

ot to add pressure, but for anyone who likes to wait until the last month of the year to dream dreams, accomplish goals, or set things right, that month and moments have arrived. Actually, I think there is too much pressure, or rather, we have a tendency to add too much pressure on ourselves, during the end of the

year. And when

MANAGING EDITOR

we add into the mix the logistics of the holidays, it seems the showdown with chaos overshadows and shuts down Christmas and New Year's.

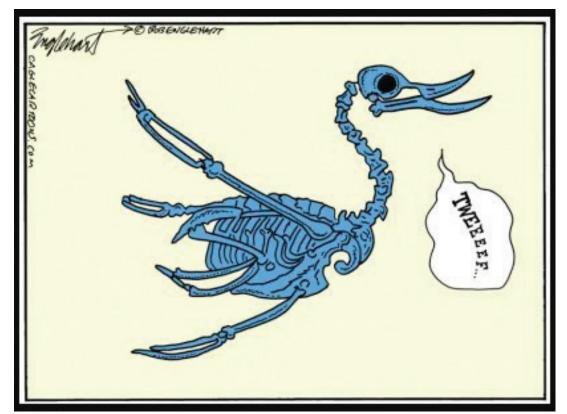
The proverbial poinsettia in my proposition is this...now matter how crazy the next few weeks get—I know for some there will also be grieving and feelings of loss and even guilt—I hope we can each help ourselves and each other take off some of the pressure and just enjoy each other and the season of joy.

And no matter the miles in-between the smiles and loved ones, and whether you have decorations and expectation of gifts and gatherings, don't forget to breathe and believe that another amazing reason for the season is you.

WORD OF THE WEEK

VISION

The ability to think about or plan the future with imagination, innovation, wisdom, creativity. With 2023 approaching, may you have greater visions than sugar plums dancing within your head and heart.



QUOTE OF THE WEEK

"Life is an exciting business and most exciting when it is lived for others."

Helen Keller

A proper perspective on property taxes

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

f the three major taxes (the three-leg stool for funding the government), I hear more complaints about one (property tax) than the other two.

The reason is obvious: for many, it comes in one lump sum. Income tax payments are taken regularly from paychecks, so, not only is the tax not as noticeable, but a majority of Utahns receive a refund in February or March or each year. Similarly, sales

taxes are hardly seen since they are an incremental portion of every transaction, and few people get upset paying 94 cents in tax on a \$13 pizza.

But property tax is a different animal. A good portion of homeowners have paid off their mortgage, so they see a sizeable tax bill, often made worse by the increase in the value of their home. The increased

value would normally be a good thing, but not when you have to write a check in late November. This year I wrote a check to my county for more than \$2,000. After analyzing where the money went, I wasn't angry. Honestly, in many ways my payment is a bargain.

Take a look at mine; yours is

Bryan Gray

probably similar.

The largest portion goes to the school district. In my case, the cost of the county and state school levies was \$116 per month, an increase of about \$4.50 monthly over the past year. I view the school taxes in two ways. First, someone else paid for my education, and since I'm not a deadbeat, it's only fair that I pay back

what I received. Second, the societal costs of having uneducated hoards flooding into our communities and unable to contribute to our lifestyle and economy is certainly more than \$116 per month.

I paid about \$4 per month in library taxes. I feel like a lottery winner since my savings this year

for my wife and I on library use vs. purchasing books is approaching \$800.

My county taxes are \$22 per month, a \$4 increase. For \$22 monthly I get potentially life-saving paramedic service, upkeep and snow removal on county roads, flood deterrence, a jail, and mosquito

abatement crews. Gee, just keeping criminals and mosquitoes out of my neighborhood is worth \$22.

I paid \$2 each month to the sewer district, a whole 12 cents more than last year. If you hate paying for an efficient sewer system, please don't ask me to visit your home

see **TAXES** » 5

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Senator Lee, colleagues call for "no additional spending..."

WASHINGTON — Sen. Mike Lee (R-UT) and colleagues delivered a letter to Leader Mitch McConnell expressing the need to pass a short-term Continuing Resolution that funds the federal government ONLY until shortly after the 118th Congress is sworn in. In the letter signed by Senators Lee, Cruz, Scott of Florida, and Braun, the Senators said in part:

'The undersigned stand with the voters. We believe it would be both imprudent, and a reflection of poor leadership, for Republicans to ignore the will of the American people and rubber stamp an omnibus spending bill that funds ten more months of President Biden's agenda without any check on his reckless policies that have led to a 40-year high in inflation. Since taking office, President Biden has overseen a \$4.8 trillion increase in the national deficit, costing the average American household an estimated \$753 more a month. It should be up to the new Congress to set spending priorities for the remainder of this fiscal year."

The Senators concluded their letter by stating, "Now is the time for Republicans to get serious about leading America towards a better future. The current Continuing Resolution funds the federal government through December 16, 2022. We must not accept anything other than a shortterm Continuing Resolution that funds the federal government until shortly after the 118th Congress is sworn in. No additional spending, no additional policy priorities should be included. Any urgent items that require the Senate's attention should be considered separately and under their own terms."

TAXES

« CONTINUED FROM PAGE 4

without a HazMat suit!

I paid less than \$4 per month to my water district. Considering we have some of the most inexpensive water in the U.S., I consider it a steal. In fact, we should have to pay more as the drought

"If you hate paying for an efficient sewer system, please don't ask me to visit your home without a HazMat suit!"

Then I have my city tax, another \$22 per month, a relatively small number for driving on city streets and knowing that if I call 911, trained police and fire professionals will arrive within minutes.

In all, I'm paying about \$15 more per month than last year. At the same time, my house increased in value by more than \$100,000.

Granted, I didn't open up the champagne to celebrate writing out the check. But I also recognized that a tax is our payment to live in a civilized society. So, since I'd rather live in Utah than in Ethiopia, my check is in the mail.

Want to submit a letter to the editor?

Submit your letter to the Editor on our website at ironcountytoday.com, or by emailing it to news@ironcountytoday.com. All letters must be brief (generally under 300 words in length), list the writer's name, city and telephone number (phone number will not be printed). Iron County Today reserves the right to edit all letters for length or content.

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.

Sara Vaigafa Retail Theft

NOV 29

Carene A Baldwin DRUG – Poss C/S

James G Bates DRUG - Poss C/S

NOV 30

Fahad M Alanazi No Proof of Ins, No Valid DL

Andrew G Wirsing

CEDAR CITY, U' DRUG – Poss C/S, Paraphernalia Sterwin Jay

Criminal Trespass Michael R Dunn

Tyler O Davis

Retail Theft

DUI, DRUG - Poss C/S,

Daniel P Henry

DRUG – Poss C/S, Paraphernalia

Timothy E Henry DRUG – Poss C/S, Paraphernalia

DEC 3 Michael S Torres

Criminal Trespass

DEC 4

Roxanne L Shattuck

CEDAR CITY, U' DRUG - Poss C/S,

WEDNESDAY, DECEMBER 7, 2022 5

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IRON COUNTY

A MIX OF SUN AND CLOUDS FOR IRON COUNTY INTO THE WEEKEND, INCREASING MOISTURE OVER THE WEEKEND WILL BRING SNOW SHOWERS TO THE REGION THAT WILL LINGER INTO NEXT WEEK.

FORECAST



ABC4.com/weather



WEDNESDAY Mostly Cloudy

36°/17°

PRECIP: 20% WINDS: W 5-10

THURSDAY Mostly Sunny

41°/19° PRECIP: 0%



FRIDAY Partly Cloudy

43°/23°



SATURDAY Partly Cloudy

40°/23°



SUNDAY Snow Showers

37°/18°



MONDAY Chance Snow

34°/15°



TUESDAY Partly Cloudy

37°/21°



UTAH LEGISLATIVE UPDATE

Friends and Neighbors,

I hope you have enjoyed the beginning of the holiday season. As we approach the end of 2022, I hope you will take time to reflect on what this time of year means to you. In the spirit of gratitude that abounds during this season, I want to express my gratitude for you. I am grateful every day for the honor to represent the good people of District 28. Your involvement in the legislative process contributes to the wonderful freedoms we enjoy in our state and nation. Thank you for caring and being involved. As always, please reach out and let me know your thoughts on the issues that are important to you.

Speaking of important issues, the Utah State Flag Task Force proposed a final design for a new state flag. The Task Force proposed this design after receiving a lot of feedback from Utahns throughout the state.

Other issues we've worked on in the last

Utah Housing Summit

At the 2022 Utah Housing Summit, I joined other legislators, stakeholders and government agency representatives to have important conversations about Utah's housing needs. Among the topics discussed were housing affordability, community housing development programs, rural housing and homeless services strategies. We recognize affordable housing is a statewide concern and considered initiatives to further make housing attainable to homebuyers in our state.

Child I.D. Kits

During the 2022 General Session, we passed S.B. 220 Missing Child Identification Program. This bill provides every parent or legal guardian of kindergarten-aged students the option of receiving an I.D. kit in case their child ever goes missing. While I hope these kits will never need to be used by law enforcement, they can provide essential information immediately following a child's disappearance and will help bring missing children back home safely. I hope these kits will continue to assist our dedicated law enforcement officers as they work to find and protect the most vulnerable in our society, our children.

Working to Preserve the Great Salt Lake

After in-depth evaluation and intensive research into the record low water levels of the Great Salt Lake, Gov. Cox issued a proclamation suspending new water appropriations within the Great Salt Lake Basin, including the Bear, Weber and Jordan River basins and the body of the Great Salt Lake. The suspension pauses further appropriations of surface water and groundwater that are tributary to the lake. It also provides an opportunity for some of the conservation measures proposed during the 2022 legislative session to be implemented while allowing time for additional research to be completed.

This past legislative session, we approved \$40 million for Great Salt Lake restoration, part of a historic investment that allocated nearly \$500 million to water infrastructure, planning and management. This effectively changed decades of major water policy in Utah. We are committed to doing more to preserve and protect this critical resource, as the Great Salt Lake is pivotal to our economic, ecologic and environmental well-being here in Utah.

St. George Hosts the IRONMAN 70.3 World Championship

Very proud that our area features such a

top, world-class event like the IRONMAN. St. George hosted the IRONMAN 70.3 World Championship last month. More than 6,000 athletes completed the 1.2 mile swim, 56 mile bike ride and 13.1 mile run. The rugged St. George terrain created a challenging test of endurance for the athletes who came from 104 countries to compete in this event.

Utah Hosts 13 National and International Competitions this Winter Season

Utah is well-known for hosting world-class winter sports events. This winter season, we will host more than 13 Olympic and Paralympic national and international events in our state. After hosting the 2002 Olympic Games, Utah has continued to be a top location for winter sports competitions, like bobsledding and speedskating. We look forward to potentially hosting another Winter Olympics in the future.



Unique to Utah - This Month 103 Years Ago

Zion National Park is one of the most popular national parks in the country, and for good reason. Any of us here in southern Utah already know how truly magnificent Zion is, and it's hard to describe in words what we get to see for ourselves in person, but the word is definitely out. Zion's sandstone cliffs and breathtaking views encourage more than five million visitors a year to explore this prominent park. In 1909, President William Taft signed a declaration creating Mukuntuweap National

mine which states have the best environment for an individual to reach their full potential. The Legislature will continue to focus on policies that will allow Utahns to prosper.

STATE ADVENTURE DESTINATION RANKING:

Utah was named one of the world's top 2023 adventure destinations by National Geographic. With five national parks, eight national monuments and 43 state parks, Utah places a high priority on outdoor recreation and active, healthy lifestyles.

STATE MATH AND READING RANKING:

Utah eighth graders did better in their math scores than all other states in the nation. The pandemic caused a drop in scores throughout the United States, but the

out the United States, but the resilience of our students and teachers helped Utah stay relatively stable in their education scores.

STATE SELF-EMPLOYED WOMEN RANKING:

Utah has the highest percent of self-employed women in the nation. Fifty-three percent of

those who are self-employed in Utah are women. Utah's economy invites innovation and encourages self-employment.

ExcelinEd's National Summit on Education

Legislators, educators and education professionals attended the National Summit on Education which was hosted in Salt Lake City. This is the first time in 14 years that this summit has been to Utah. The Foundation for Excellence in Education (ExcelinEd)

springville.org to get access to this form.

Highlights from November Legislative Meetings

Each month, we hold legislative interim meetings to discuss potential legislation and review study items. During November interim, we discussed a variety of issues.

The Natural Resources, Agriculture and Environment Interim Committee considered draft legislation that implements a more accurate and efficient analysis of the state's per capita water consumption, assisting the progress of water conservation efforts with accurate reporting.

The Natural Resources, Agriculture, and Environment Interim Committee received an update on state reservoir levels from the Division of Natural Resources. As of mid-November, statewide reservoir levels were averaging 41%, with snowpack on pace to be better than this time last year. However, several more winter storms with heavy precipitation are needed to maintain this course.

In the Executive Appropriations Committee, we heard an economic update from our chief economist. As a nation and state, we are facing uncertain times. Being financially prepared for any circumstance is of the utmost importance to the Legislature. Because of our state's fiscally conservative approach and effective policies, I feel confident about Utah's future.

In the recent Political Subdivisions Committee, members and attendees came together to discuss how housing issues should be addressed. The wide conclusion is that housing should be dealt with at a local level, with the state's support.

The passage of S.B. 48 in 2021 established a State Flag Task Force. After reviewing thousands of design suggestions from the public and spending countless hours on the project, the State Flag Task Force released the proposed design for a new state flag earlier this month. During the 2023 General Session, the Legislature will vote to adopt the design. If it passes, the design will become the official flag of Utah. I would very much like to know what you think about the final proposed design. You can let me know what you think by taking a one-minute survey at https://forms.gle/ZtouBCtwDY33EQyd6

The Natural Resources, Agriculture and Environment Interim Committee has been studying Utah's radon levels for the past several months. Radon exposure can lead to lung cancer, incentivizing measures to reduce radon exposure in our state. The committee discussed proposed legislation that would encourage public buildings to test for radon and mitigate radon levels. This piece of legislation will be considered during the 2023 General Legislative Session.

The Revenue and Taxation Interim Committee examined a change to the Utah Constitution that would help address the recent increase in property tax valuations. The amendment would change the current 45% property tax exemption for primary residents from a maximum allowable rate to a minimum allowable rate. This improves flexibility in tax exemptions, allowing counties to balance valuations for commercial and residential properties. Additionally, the amendment would prohibit the state from imposing a real estate transfer tax.

Thank you all for your continued support and engagement in the political process. I am looking forward to a wonderful holiday season and hope you have great plans to celebrate the reason for the season with your family and friends. Please reach out anytime with questions, feedback, ideas, and more. Thank you again.

Sincerely, Evan



UTAH STATE FLAG TASK FORCE

Proposed final design for a new Utah state flag.

Monument, today's Zion National Park. The word "mukuntuweap" comes from the Paiute name for the area, which means "straight canyon." The monument was officially made into Zion National Park on November 19, 1919.

In Case You Missed It - Utah Rankings

Utah has recently achieved top national and world rankings in several categories. While not surprising, these rankings serve as a reminder of why Utah is the best state in the nation, largely due to the hard work of the good people of Utah. You can review several of Utah's new rankings below.

STATE PROSPERITY RANKING:

Utah was ranked fifth in the nation for overall prosperity by the American Dream Prosperity Index. Researchers measured the level of inclusive societies, open economies and empowered people in each state to deter-

was founded by former Florida Gov. Jeb Bush in 2008 to build on and expand successful education policies. The excitement of the National Summit on Education brought over 1,100 people to Salt Lake City to engage and promote education.

Senate Art Contest

I am always impressed by the creativity and skill of artists in our state. In the coming months, we will have the chance to support Utah's young artists once again with this year's annual Utah All-State High School Art Show. This show, run by the Springville Museum of Art, allows qualifying students to display their incredible work in the museum. A winner will be chosen by an independent judging committee. The winner's artwork will be on display in the Capitol and they will be awarded scholarship money. Starting on Thursday, December 1, an online entry form became available. Teachers can email APinegar@

Experience the power of giving this season!

by Lisa Larson

INTERMOUNTAIN HEALTHCARE

Jordan Merrill, Intermountain Cedar City Hospital's community health program manager (pictured, left, at Cedar City Hospital's health fair in September) says there is nothing in the world that feels better than to truly help someone else in need.

Merrill says, "Giving and serving brings a sense of accomplishment, a sense of connectedness and a sense of excitement and joy."

Contrasting those benefits with society's sometimes hyper-focus on self-care and taking care of your needs first, Merrill said giving and serving others can actually do both by bringing profound fulfillment to the giver, while also taking care of someone else.

"Often, when you're taking time to serve and give to others, you realize that some of the things you've been focusing on about yourself don't matter as much," Merrill said.

Although many non-profits and charitable organizations are in need year-round, there tends to be a greater focus on giving back during the holiday season, making it the perfect time to dip your toe into the water of service and donation and see how it feels.

"Just start somewhere, that's the key," Merrill said. "It doesn't have to be a lot of time or money, you can start with 30 minutes or an hour, or donating a few items. We have so many opportunities to serve, so many organizations in need right here in Washington County."

While it would be difficult to provide an exhaustive list of the places in need of donations and time, a few of the places Merrill's office has worked with include:

- » ROOT FOR KIDS helping underserved children ages 0-5
- **» MEMORY MATTERS** dedicated to helping those with dementia and their caregivers
- **» SWITCH POINT** community resource center for those experiencing homelessness
- » CHERISH FAMILIES connecting individuals and families, primarily from polygamous cultures, with tools and resources for generational success
- » FAMILY HEALTHCARE affordable patient-cen-



"Often, when you're taking time to serve and give to others, you realize that some of the things you've been focusing on about yourself don't matter as much"

Jordan Merrill, Cedar City Hospital

tered medical and dental care for hard-working

There are also many opportunities for all kinds of service listed on www.JustServe.org.

Sometimes the opportunities are even closer to home.

"Our neighbor is a widow, and she has these big maple trees out front," Merrill said. "My kids can't wait for the leaves to fall because they look forward to raking them up. It brings our whole family together and we're connected to her forever because of the friendship that started through this simple act of service."

Merrill said he learned from a young age from his parents the power in giving to others.

"We'd often wake up early to go chop someone's wood, or help with something my parents knew about," Merrill said. "Now, it's just become part of my life."

After seeing the many benefits, and the power of giving, Merrill said he encourages everyone to start somewhere. And then write down how it makes you feel and encourage others to do the same.

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public & health

Be fire safe this winter with tips from Cedar City firefighters

According to statistics from the National Fire Prevention Association (NFPA), one in every seven home fires and one in every five home fire deaths involve heating equipment. Half of the heating fires in the nation occur in the winter months of December, January, and February.

Here are some tips from the NFPA and Cedar City Fire Department to help us all stay fire smart:

Fireplace Safety:

- » Have a qualified professional clean and inspect your chimney or wood stove, especially the flue and vent piping every year.
- » If you store your firewood inside, make sure it is at least 3-5 feet from the heat source. Keep anything that can burn away from the heat source as well.
- » Do not burn paper or cardboard in your fireplace or wood stove.
- » Remove ashes and store them outside in a metal container with a lid at least 10 feet from your home and any nearby buildings. Dispose of the ashes once they have completely cooled.



COURTESY PHOTO

Portable Heater Safety:

- » If you are using portable heaters, make sure they are the type that will shut off automatically if they tip over.
- » Plug only one heat-producing appliance into an electrical outlet at a time and never use an extension cord or power strip.
- » Keep portable heaters at least 3 feet from anything that can burn and turn them off when you leave the room or go to sleep.

Smoke & Carbon Monoxide Alarm Safety:

- » Make sure you have working smoke/carbon monoxide detectors in your home.
- » Have one in each bedroom, in a central location outside the sleeping areas and one on each level.
- » Test detectors monthly and change the batteries annually.
- » Clean each one annually using a vacuum or a can of compressed air.

Kitchen Safety:

- » When preparing food, do not leave the stove/ cooktop unattended or leave the home.
- » Burning candles should not be left unattended. Extinguish them if you leave the house or go to sleep.

Christmas Tree Safety:

- » If you choose a live Christmas tree, select one that is fresh and has not dried out.
- »Do not leave the tree in the home too long after
- » Dispose of tree in furnished recycling containers.

- Check and replace strings of lights with worn, frayed, broken cords or loose bulb connections.
- » Read instructions for the proper number of strands to connect.
- » Use lights that are listed by a testing laboratory. Some lights are only for indoor or outdoor use.

As a reminder, having a home escape plan and practicing that plan twice a year can greatly benefit you and your household in the event of a home fire. Make sure everyone knows how to escape and have a meeting place outside that everyone is aware of. Don't forget to let your visitors know of this plan!

Cedar City Fire Department wishes everyone a safe and happy holiday season! For educational videos and more information on holiday safety, please visit www.cedarcity.org/fire.

Gabbie Costello, Cedar City Community Relations & PIO

Final Smart Driving Class

The final AARP Smart Driver class for 2022 will be held on December 12, at 1:00 pm in the Cedar City Visitors' Center. This will be your final opportunity, this year, to learn about the latest vehicle technology, save on your car insurance and brush-up on the latest traffic laws. The class is four hours long and costs \$20 for AARP members and \$25 for non-members. You must register for the event by calling (435) 865-5825.



Southern Utah University

Another successful sales event at SUU

from Nikki Koontz

SUU AVP, MARKETING COMMUNICATION

Southern Utah University's Professional Sales Program and club hosted the second Sales Never Fails competition in October, giving students of all majors the opportunity to hone their sales skills through a sales pitch competition and feedback from judges.

The Professional Sales Program often holds events or activities designed to set students up for success by preparing them for real-life sales-related scenarios, pushing them outside their comfort zone and encouraging them to think outside the box. Sales Never Fails is open to students of all majors who wish to participate in a sales pitch competition and receive feedback. The competition entailed the student participants receiving a prompt on which they based their pitches, with this round emphasizing wedding planning services.

Similar to the first competition in March, only now with a different prompt, each participant offered a three-minute pitch to a client, explaining what they would do for their wedding as their hypothetical planner. Each pitch took place in front of a diverse panel of judges who offered feedback after each and chose three winners at the end. These judges included Jerry Thomas from Boulevard Home, Easton Pedersen from Federated Insurance, Shawna Smith from VASA Fitness, and Jim Zierse from Zonos.

Zonos, Boulevard Home, and Federated Insurance all provided prizes for and/or sponsored the event; A Cotopaxi backpack and Minky Couture Blanket from Zonos and a set of \$300 luxury pillows from Boulevard Home were the chosen awards for the top three winners.

First-place winner Marlee Ressler chose to participate to take advantage of both networking opportunities and a new learning experience, gaining a better understanding of what comes from sales. The SUU senior is double majoring in management and marketing rather than pursuing a sales-focused career, yet she has found this competition very beneficial to further practicing the skill that could help with her career plans of marketing management or in another upper management position.



"I had never written a sales pitch before, so it was a learning opportunity, and I wanted to see how it went," Ressler said. "It was only three minutes of my life, so I just decided I might as well try and see what happens."

Beyond gaining experience in sales, the competition provided a segue for Ressler and a few participants from the Professional Sales club into the Utah State University MarketStar competition, a similar event in which the students compete against others from several universities throughout the state by presenting a sales pitch to MarketStar professionals. The Sales Never Fails and USU MarketStar events also serve as a practice and preparation round for the upcoming, higher-stakes Thunder Sales competition next semester.

Kurt Wankier, the director of SUU's Professional Sales Program, believes that giving students chances to present real-world sales cases to potential employers is a highly rewarding experience. According to him, being able to see them take risks and seek professional growth opportunities is one of the core elements of the department's mission.

One of the biggest reasons students of all majors are encouraged to participate is due to the fact that sales is a highly transferable skill that can and often is utilized throughout businesses and several business careers.

"Entering the workforce without quality experiences that stretch students is a real risk," Wankier said, mentioning how students who participate gain invaluable learning opportunities and get to build a competitive edge when going into the workforce.

Any SUU student is welcome to participate in the upcoming Thunder Sales competition happening in spring 2023. For more information on the Thunder Sales competition or SUU's Professional Sales club, contact Kurt Wankier at kurtiswankier@suu.edu.



Holiday Meat

CIFT PACKAGES

STARTER PACKAGE \$35

- 2 Sirloin Steaks
- 2 Pork Chops
- 1-lb Bacon
- 1-lb Ground Beef
- 1-lb Pork Sausage

15-LB BASIC PACKAGE S80

- 5-lbs Bacon
- 5-lbs Ground Beef
- 5-lbs Pork Sausage

25-LBS GROUND BEEF \$130

25-LB BEEF VARIETY PACKAGE \$215

- 2 Chuck Roasts
- 2 T-Bone Steaks
- 4 Rib Eye Steaks
- 4 New York Strip Steaks
- 4 Sirloin Steaks
- 7-10 lbs Ground Beef

S100 MEAT PACKAGES

CROCK POT PACKAGE

- 2 Chuck Roasts
- 2 Tri-Tips
- 2-lb Beef Stew Cubes
- 2-lb Ground Beef

BEEF & PORK PACKAGE

- 3-lbs Bacon 3-lbs Ground Beef
- 4 Pork Chops
- 2 Rib Eye Steaks
- 2 New York Strip Steaks
- 2 Sirloin Steaks

25-LB PORK VARIETY PACKAGE

- 2 Pork Roasts
- 5-lbs Bacon
- 6 Pork Chops
- 20 Pre-Cooked Sausage Links
- 7-10 lbs Pork Sausage

BEEF STEAKS PACKAGE

- 4 Filets
- 2 Rib Eve Steaks
- 2 New York Steaks
- 2 Sirloin Steaks

MUST PRE-ORDER



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showcase

Red Rock Film Fest announce 2022 nominations

Gurgle: Pulling Water

from Matt Marxteyn

DIRECTOR, RED ROCK FILM FESTIVAL

The Red Rock Film Festival & Market has selected more than 100 new films from its 16th Annual international festival representing 18 countries. Many of the films premiered during the first section held last October in Cedar City with screenings in the Second Section coming to St. George in January. From these films, the Festival announced

89 nominees in multiple categories in competition from 18 Documentary Features to 11 Utah Filmmakers.

Most of these films also qualified for its sister festival, the Utah (Red) Film Market's Best Hook category in addition to another 37 films! In recent years the Festival has pulled back on special screenings making its format mostly competition. The Festival also reported more than four dozen previewers consisting of mostly filmmakers from around the world who



reviewed and scored the submitted films — less than half of the films ever make it past the second round out of five rounds.

Keyframe

The detailed selection process often is a reason for the filmmakers to submit. Diogo Varela Silva director of the documentary featurette "João Ayres, an Independent Painter" said,

Those tricky holiday traditions

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

hose tricky holiday traditions! As any mother knows—yes, she is usually the VP in charge of traditions—what begins so innocently can suddenly become a mine field requiring forethought and careful steps. A Thanksgiving tradition in our family involves sitting down at a sumptuous table but having just 3 kernels of corn on our plates. I then tell the legend of a Pilgrim mother who could give each of her children just 3 kernels of corn one chilly night. Straightforward, right? Well, until some tween piped up one year with "What if they didn't like corn?" The other kids snickered, the adults frowned, and I went onto the concluding point: "We need to be thankful for the husbands and fathers who work to provide for their families. We are very blessed to be taken care of." Just a simple expression of gratitude—until it wasn't.

The single female at the table couldn't be restrained from pointing that it's not only men who provide, that women are just as capable, etc., etc. Meanwhile, the steam is rising from the

mashed potatoes and there is a general chorus of eye rolling

beginning. Someone say the blessing, please!

The menu itself can be tricky. One year, my sister took her two young daughters to visit another sister who lives in New

Jersey. The plan was to see the Macy's Parade in the morning in New York City and then

return to Jersey for a late afternoon meal. Now, the visitee happens to be someone who dislikes cooking, but the Thanksgiving Godmother smiled on her and she won a fully-prepared dinner for 6 from her local grocery store. Saved!

Enter the Picky Eater. On Wednesday she asked her aunt what was on the menu and began to express horror when the green bean-onion casserole wasn't on the list. Neither were yams with marshmallows on top or chocolate cream pie. A quick trip to the grocery store and some last-minute cooking soon put things right.

Things get really complicated when new young-adult families have to deal with in-laws. She: "My mom always sits down at 4:00 sharp. We need to be there on the dot." He: "Wait. My mom eats at 2:00. I won't be hungry 2 hours later. Can we go later, just for pie?" She: "Are you kidding?! Nobody misses Thanksgiving dinner." And that is if both families live in the same city. It gets really fraught with peril when traveling is involved. Then families move into the alternating years solution, until the year one family wants to be out of sync and there are tears.

I have two friends who managed beautifully and will do so again for Christmas. The announcement is sent—er, emailed out. "I will be cooking dinner on Christmas Day. The menu is thus and so and anyone who shows up will be fed and hugged. Just let me know, if you please."

When I asked Carol how things went on Thanksgiving, she said just fine. She had 25 people show up. It might have been 40.

NOMINATIONS

« CONTINUED FROM PAGE 10

"The Red Rock Film Festival is one of the most prestigious festivals in the state of Utah and always have a very well curated selection."

Diogo also saw the quality of filmmakers as a Grand Jury member from the 2019 season and some filmmakers appear to want to be surrounded this quality such as directer Richard Van Kleeck who said,

"It is always an honor to be in the good company of skilled film makers, and Red Rock Film Festival is one of those places."

Richard's film is a documentary featurette about the sport of rowing called "Gurgle: Pulling Water".

Other filmmakers were recommended such as Min Bae founder of Cactus Film Cinematics

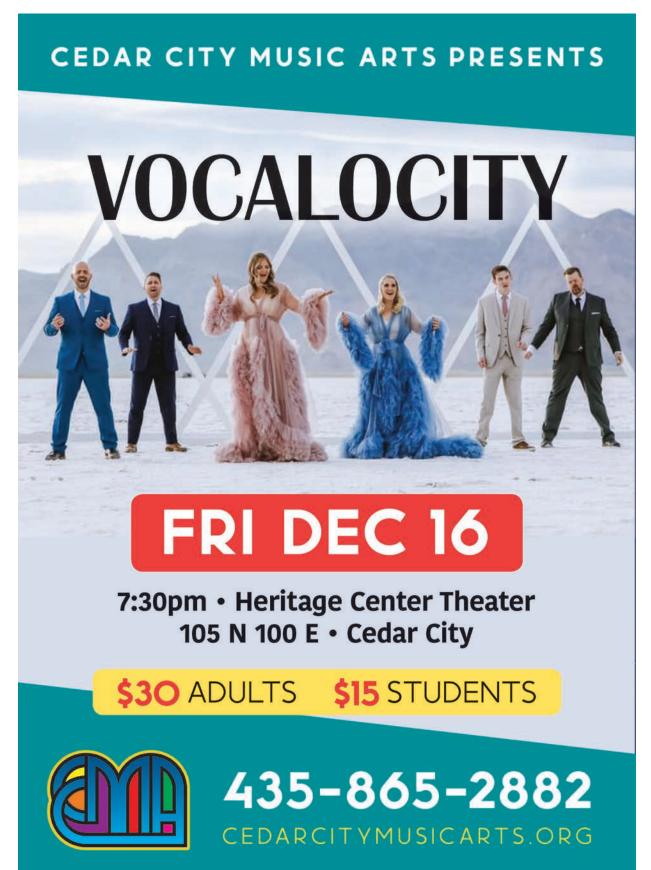
of Ontario, Canada and director of the new documentary feature "Reset" about the South Korea's worst maritime disaster who said that his Associate Producer recommended the Red Rock Film Festival.

Closer to home from Provo, Utah, student director Brandon Carraway of "Lover's Retreat" said.

"I entered Red Rock Film Festival because I had heard from multiple people about how wonderful it is, and I have family in Cedar City."

The festival has opened ticket sales for the second section which will take place at the Pineview Stadium theatre in St. George on January 12-14 as well as the Winners Showcase which is currently scheduled for the following week at the Cedar Fun Center in Cedar City.

The full schedule and tickets are available at https://redrockfilmfestival.eventive.org/schedule just in time for the Holidays.





Merry and Bright

Cedar City kicks off holiday season with Downtown Lighting Ceremony

by Gabrielle Costello

CEDAR CITY PUBLIC INFORMATION OFFICER

The lights in Historic Downtown Cedar City brightened the hearts and eyes of thousands this holiday season at the annual Lighting Ceremony event on Saturday, November 26th presented by Cedar City Events.

Pre-show events kicked off at 4:00 p.m., with a speed tree decorating contest in support of Iron County Care and Share where pre-selected participants had 30 minutes to decorate a tree to be judged. Food trucks and food booths were staged nearby on Candy Cane Lane offering corn dogs, popcorn, cotton candy, nachos, mini donuts, and more as bundled-up guests continued to arrive, quickly filling up the audience chairs.

At the start of the official ceremony, a robust selection of donated prizes was given out at random to audience members based on creative holiday gestures such as finishing the lyrics to a song and having a special elf icon on the chair. A heartwarming story was also shared by Cedar City Mayor Garth O. Green, as he reminisced on his childhood in town.

Entertainment was provided by local dancers who performed professional choreography from world-renowned choreographer Mic Thompson. As the sun began to set, Christmas carols were sung by the audience in unison as Santa

see **LIGHTING** » 19



Checking for a Pulse

ou may remember I wrote a rut about a similar scene back in our August 3rd edition. It was also a doctor checking the heart of a young girl's doll. She was trusting him with all of his education and wisdom to let her know if her doll was alright. That doctor was using

a stethoscope to listen to the doll's heart. This doctor is checking the doll's pulse by counting the beats per minute. Of course we know the doctor is really checking on and

caring for the heart of the little girl who entrusted her dear doll to his care. As such, I think this rutty and heartfelt topic is worth another painting and perspective.

If you've ever been to the doctor for a checkup or physical, one of the very first things they do is check your pulse. The doctor isn't just listening to see if your heart is beating, but also how it is beating. The doctor is checking the 3 R's – Rate, Rhythm and Regularity.

The power and persistence of your heartbeat can signify any series of serious problems such as hunger, fatigue, infection, and anxiety or anger. This initial exam can help direct doctors as to how best proceed with the examination. Your pulse can help them pinpoint where and how to

to proceed with the examination.
Your pulse can help them ing pinpoint where and how to than not, where the process of the pro

begin treatment; a regimen that will most often include more R's – Recovery through Remedies and Reinforcement through Rest and Recreation. There should also be a discussion of diet (Nutrition) as well as your environments which can include physical, emotional and spiritual.

Corey Baumgartner

The point is that the doctor listens—first—to learn so they can discern the proper diagnosis and then begin treatment. If your doctor just

prescribed medication without the proper detection and identification of the affliction, their prescriptions would more than likely be useless.

more than likely be useless.

During our daily lives, we each have many opportunities to listen to the pulse (heart) of other people. More often than not, we don't need a

stethoscope to tell if someone's heart is happy, hurting, sad or angry. We may not have a doctorate, but we can each learn to listen and discern how other people are doing. We can

learn to detect their well-being through more than only their words and their actions. While it's easy to listen, it's easier to get into the rut of not hearing.

For example, you may ask someone how they're doing and they may say, "I'm fine." Or, they will answer "It's okay" when you ask how their day or life is going. Too often, we accept (give) this answer at face value, but not heart value. If you really want to know



NORMAN ROCKWELL

how someone's doing, ask them follow-up questions. Take a moment to hear their response, not just listen to their words.

When was the last time

you truly heard someone's heart? How about your own heart. Today is a great day to begin a regimen of listening, hearing, discerning, reinforcing, and healing.





PARC

SHOP - D

MER

WONDERLAND

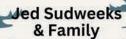
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Saturday Nights 6-8 pm
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Christmas Characters





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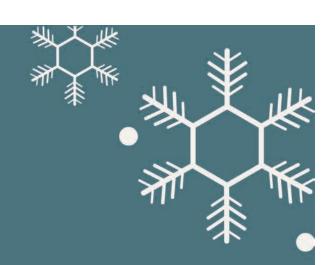






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calendar

WED, DEC 7

PEARL HARBOR

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.

YOUTH SERVICE LEAGUE (YSL) MEETING

(3:30-4:30pm) @ Cedar Visitors Center Conference Room (581 N Main). Opportunity for youth between ages of 11 - 18 to volunteer in making a positive difference in our community. Hours look great on college applications.

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.

THURS, DEC 8

TIME TRAVELER DAY

BIBLE STUDY CLASS (1-3PM) @ CEDAR CITY

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 435-267-2234 or 435-238-3078, www.precept.org

MOMS FOR AMERICA (7-8:30PM) @ CEDAR

City Visitors Center (581 N Main). Keep Liberty Alive in your heart and home by being part of our local group of mothers to reclaim our culture for truth, family, freedom and the Constitution. Together we can heal our nation from the inside out! INFO: Kami Merrill 435-592-4152, email ironcountymoms4america@gmail.com.

HOLIDAY FILM FESTIVAL (7PM) @ SUU

Theatre (Sharwan Smith Center). Kipp Howard's Short Film Collection: Halloween and Christmas. Free event. INFO: kipp_howard@yahoo.com.

YOU'RE A GOOD MAN, CHARLIE BROWN

(7:30pm, Dec 8 & 9. 2pm, Dec 10) @ Randall L. Jones Theatre (351 West Center, Cedar).

FRI. DEC 9

LOST AND FOUND DAY

STROLL THROUGH BETHLEHEM (THRU DEC

30th) 5:30-9:30pm @ Hillcrest Circle (The Ridge Subdivision, Enoch, UT). Come celebrate the season and support our fundraiser to help Reagan beat cancer while re-living the beautiful story of Christmas. Stroll or drive by beautiful lights and displays. Hot Cocoa and Treats for purchase (9th and 16th). Donations accepted @ www.gofundme.com (Help Reagan Beat Cancer by Chantel Anderson) or Venmo @ Reagan-McDermott.



SUMA - MYSTERY AT THE MUSEUM (6PM) @

SUMA (13 S 300 W, Cedar). Tickets \$30 per person. Available online at Eventbrite. A chilling night full of mystery and whodunnits at SUMA's winter murder mystery fundraising event! You can select your character for the evening's story or opt-out and simply be a guest at the dinner. Guests must be 21+ to attend.

SAT, DEC 10

SALESPERSON DAY

CEDAR CITY FARMERS MARKET (10AM-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

(10am-1pm) Summer. (10am-1pm) Winter. @ W Center & 100 S. By Bristleconé Coffee. FREE Festival City Farmers Market offers the bounty of local farmers, backyard gardeners, fresh fruits, veggies, and local artisans for jewelry, art, wood, pottery. INFO: Text 760-580-0116.

CEDAR BOWLING CENTER - SANTA PARTY

(Noon – 4pm) @ Cedar Bowling Center (421 E Hwy 91, Cedar). Meet Santa and his crew at our annual kids' holiday party. All children receive a small bag of goodies and a card for a free game of bowling including shoes. Use the free bowling on Saturday or save for a later date.

STRATUM REAL ESTATE SPIRIT OF

CHRISTMAS FESTIVAL (1-5pm) @ Stratum Real Estate (365 S Main, Cedar). Admission FREE. Holiday treats, crafts, and visit with Santa and Mrs. Claus. Elementary School students can earn money for their school by attending. INFO: (435) 586-4874.

THE PIANO GUYS (8PM) @ AMERICA FIRST

Event Center (351 W University Blvd, Cedar). Tickets \$36 students, \$48 reserved seating, \$123 concert & merch package, \$173 concert & meet/ greet. Tickets available at Tbirdtickets.com.



SUN, DEC 11

APP DAY

UNITARIAN UNIVERSALISTS MEETING

(Noon) @ Gazebo Pavilion in City Park. Bring a chair. If inclement weather meet at 1280 E Midvalley Rd in Enoch. Please call Bonnie at 435-590-0596 and leave a message for details.

MUSICAL DEVOTIONAL - BEHOLD A SAVIOR!

(7-8pm) @ (725 S 1100 W, Cedar). Admission FREE. Songs and stories of Jesus' birth.

Featuring the Cedar West Stake Choir and Children's Choir and The Southern Utah Handbell Choir.

ORCHESTRA OF SOUTHERN UTAH - MESSIAH

(7:30pm) @ Heritage Center Theater (105 N 100 E, Cedar). Admission FREE. Tickets required. Available @ Heritage Center Box Office or online @ www.myosu.org. Children over 6 with adult supervision. No small children or babies please as concert is recorded.



MON, DEC 12

CANDLE DAY

WINTER WONDERLAND (6-10PM) @

Parowan Main Street Park. Admission FREE. An enticing wonderland of Christmas lights, incredible displays, Christmas Characters, Santa, and hot chocolate. Paint a free ornament to hang in the tunnel. Lights turned on every night from dusk until 10 pm.

ORCHESTRA OF SOUTHERN UTAH - MESSIAH

(7:30pm) @ Heritage Center Theater (105 N 100 È, Cedar). Admission FREE. Tickets required. Available @ Heritage Center Box Office or online @ www.myosu.org. Children over 6 with adult supervision. No small children or babies please as concert is recorded

SUMA: EXHIBITS (11AM-6PM, MON-SAT) @

SUMA (13 S 300 W, Cedar City). Admission Free. INFO: suu.edu/suma.

TUES, DEC 13

U. S. NATIONAL GUARD BIRTHDAY

LABYRINTH WALK (6:30PM) @ ST JUDE'S

Episcopal Church (70 N 200 W, Cedar). Advent is a time for anticipating the birth of Christ with a symbolic candlelight journey to the place of his Nativity. Music and narrative will quide you. No experience necessary. Facilitators available to assist you in this time-honored tradition that connects body, mind, and spirit. INFO: Rev. Lee (435) 592-0034.

JAZZCAST (7PM) @ OFF THE CUFF (913 S

Main, Cedar). It's the season for Christmas Jazz and the Jazz Alliance of Cedar City! The house band will perform Christmas favorites with a swinging flavor. FREE admission.

WED, DEC 14

MORE GOOD TODAY

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.

THURS, DEC 15

IN JUBILO WINTER CONCERT (7PM) @

Heritage Center Theater (105 N 100 E, Cedar). Admission FREE and open to everyone. INFO: injubilochorale@gmail.com.

FRI, DEC 17

WREATHS ACROSS AMERICA (2PM) @

Cedar City Cemetery (685 N Main St, Cedar). The mission is to Remember our fallen US Veterans, Honor those who serve, and Teach your children that value of freedom by carrying out coordinated wreath-laying ceremonies across America. INFO: wreathsacrossamerica.org.



SAT, DEC 18

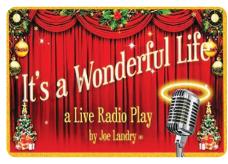
MASTER SINGERS CHRISTMAS CONCERT

(7-8pm) @ Heritage Center Theater (105 N 100 E, Cedar). Admission FREE. Bring your friends and family and enjoy the Master Singers in concert again. Masks optional.

WED DEC 21

SIMONFEST THEATER CO. - IT'S A

Wonderful Life (7pm, 21, 22, 23) @ Heritage Center Theater (105 N 100 E, Cedar City). Come be part of the audience at a 1940s live radio broadcast of this timeless and heartwarming story. Tickets \$20 adults. \$12 children (6-17yrs)



FRI, DEC 23

SONRISE CHRISTMAS PROGRAM (6PM) @

Sonrise Christian Church (6843 W 1800 N, Cedar). Join us for "Jesus – The True Gift of Christmas." INFO: 435-586-3640.

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.

calendar

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. ironcountyrepublicanwomen.com

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child

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 •

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)

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

Alzheimer's/Dementia

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

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

Caregivers

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

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.

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 5 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

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 • Sonrise Church. These Free meetings begin January 8th. Questions? 435-586-3640 or

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

Sth-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

Fidthal Yoga

* Tues & Wed, 6 pm, \$10, Retro
Fitness (929 S Main St, Cedar City)

• Fri, 815 am & 6 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. Kirsti 435-327-1200.

Hey Cedars Square Dance Club

Mon 6-7:30 pm (Beginners), Dancing 7:30-8 pm • Cedar Visitor Center (581 N Main). Returning to Aquatic Center in November. All former square dancers invited. INFO: Call/Text Neil Mattson 909-477-9795.

International Folk

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

Motivational Mondays

Mon, 6:30-7 pm • Cedar Yoga Space (736 N Main. Add a positive mindset and experience Cognomovement. Leave feeling more balanced, energized, and motivated. No mat

needed. \$12 drop in/first time to studio is Free. 541-291-7856.

Parowan Pickleball

Mon, 6-8 pm • Tues-Thurs, 9-12 pm • Iron County Exhibit Building. Range of skill levels, 3 indoor courts, beginners welcome. INFO, fees and signup: Parowan Visitors Center 435-477-8190.

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

Sagebrush Fiber Artisans

Wed, 9:30-11:30 am • Grind Coffee House (19 N Main, Cedar City). Knit, crochet, weave, spin, etc. Come learn a craft, work on a project, or just socialize. Beginners wélcome! Questions: Jane 435-233-8366.

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 Creék Crisis Center.

Tai Chi For Health

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

Take Action for Freedom

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

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

TOPS - Take Off Pounds

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

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

Hello December!

by May Hunter

FOR IRON COUNTY TODAY

lease be a good month and bring smiles and happiness to all family and friends. A month of lights, snow, coziness, and lots of eating. Grab your hats and gloves to settle into a winter wonderland. It's also time to make amends and tie up all your loose ends, finish what you started and make all your wishes come true.

"December has the clarity, the simplicity, and the silence you need for the best FRESH START of your life."

Leave a little sparkle wherever you go this December. May you never be too grown up to search the skies on Christmas Eve. The color of springtime is in the flowers; the color of winter is in the imagination. Let your imagination soar. The sky is the limit. Look skyward on the night of December 13th, after 9 P.M. for a chance to catch a glimpse of the Gemini meteors.

"December has the clarity, the simplicity, and the silence you need for the best FRESH START of your life."

As we come to the close of another amazing year, let us look forward to improving our thoughts and actions. Let those who are troubled find a peaceful heart. Help us understand those who have needs and help them find solutions to live a better and more positive life. Let us all live each day to our fullest potential.

A fun fact: If you're born in December, you live for a long, long time. A study published in the Journal of Aging Research reports that people born in December are more likely to live to 105, or even longer. Their birthdays may be late in the year, but they have a lot of them! They do better in school, they are smarter.

December is the month that brings Christmas home, and Christmas brings families together. It brings infectious positive vibes. It's a month of a new beginning, new mindset, new focus, new start, new intentions, new results. Welcome December!

"Hello December, you are the last one, so be the best one." — Unknown

How to keep your 'sleigh' up and running

by Kylie Leavitt

FOR IRON COUNTY TODAY

I have guessed that Santa was truly on to something brilliant by riding in a big, clunky sleigh pulled by eight magical reindeer. That is, until my car broke down, leaving me stranded up North (and no, I don't mean the North Pole) for over a month.

It turns out, I am not the only one who has car troubles when Jack Frost nips at more than just your nose. When the weather gets cold, it affects multiple parts of your car, making it much more likely to break down.

One of the most common car fixes this time of year is your car battery. When it gets cold, it makes it harder for your car battery to hold charge can check your car's battery voltage by using a voltmeter. If your car's voltage is around 12.40–12.75 volts, you are probably safe to trust your car will start when you need it to. If not, you may want to look into getting a new car battery– preferably one that has a high rating for cold temperatures. If all else fails, ask your mechanic to check your battery.

Another common car fix occurs when your car overheats. When the motor oil in your car gets cold, it runs more thickly, making it harder to circulate around your car. A simple and easy fix is to use a multi-viscosity oil, which tends to adapt better in cold weather.

Now, picture this. You wake up on time, get ready, you're having a good hair day. You get into your car, ready



GETTY IMAGES

"It turns out, I am not the only one who has car troubles when Jack Frost nips at more than just your nose."

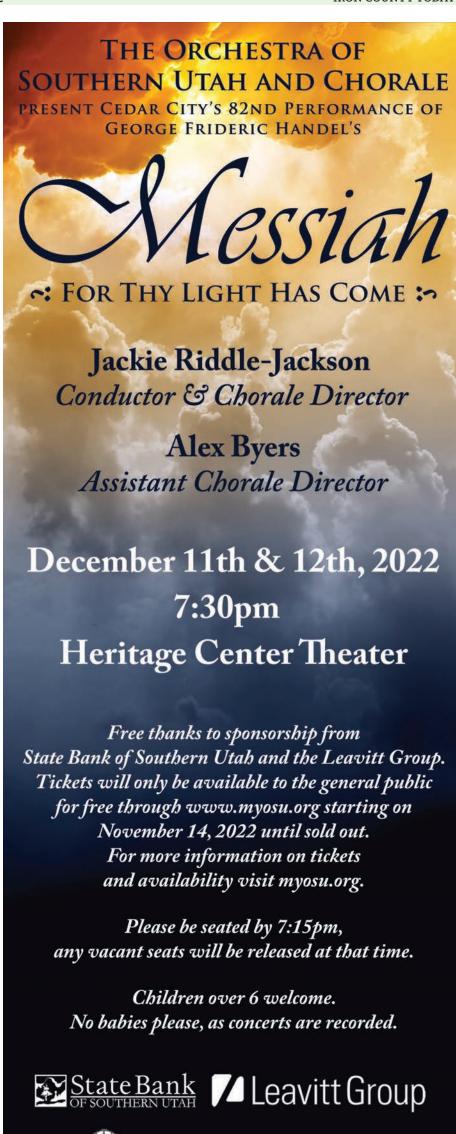
(this is true for your phone too!). If your battery doesn't have enough charge, it can't start your car, thus, making you late for work, school, your dentist appointment, or whatever important thing you had going on that day.

Luckily, there are a few things you can do to prevent your battery from failing you. Before it gets too cold, you

to get to work early and impress your boss, but before you can even pull out of your driveway, your car makes some squealing noise that sounds like the Loch Ness monster has grown legs and decided to storm your driveway. Your engine won't turn over, your warning lights come on, steam starts coming from the hood. You're late, and now, your good morning is filled with stress.

If this sounds familiar, it's possible your radiator has frozen over or is cracked. If this is your situation, check your car's coolant concentration before winter blows in. It is called antifreeze for a reason! And, if possible, park indoors. This will be your car's biggest protector from the cold weather.

Whether it's a big fix or small fix, when it comes to cars, any fix is stressful. Hopefully, by keeping your eye on these common winter breaks, you can keep your sleigh running. If not, I hear Santa is taking requests around this time of year, and if you can't fix it, he most definitely can.



NATIONAL ARTS

Arts & Museums

Out of ideas for Christmas gifts this year? Think "KISS"

ours of scanning online stores, walking aimlessly through store after store, or purchasing something and then second-guessing whether it was a good choice. If any of these statements ring true for you this holiday season, maybe it's time to give yourself a break and approach Christmas with the acronym, KISS, in mind—or Keep it simple, silly! (A better word choice than judging one's intelligence!)

Let's take a step back from all the hype and commercials enticing us, the consumer, to make

purchases beyond our financial means, that invite us to buy more to get the best deal, or finally select items from someone or a business that shows up in our social media and when it arrives, is simply junk.

Here are some ideas to get your brainstorming started.

Think plant instead of pet. Plants are alive and serve as a reminder of nature year-round. They are much easier to care for than animals and can be

shared with others at home and the office. If you are uncertain whether the recipient will take good care of your gift, consider a succulent that requires

by Kathleen Riggs

minimal maintenance.

Spas are not just for women! While a buddy (or spouse) may need to accompany him, gifting a facial, time in the sauna, and a mani-pedi can relieve overworked back, shoulder, hands, and feet for many men (and women). The benefit of a professional manicure removes calluses and trims nails that may be stained or rough-edged. Finally, a massage can increase overall circulation.

Together in the kitchen. This favorite "date" gift option provides time to share with a family member who has asked to learn how to make some family-favorite recipes. Think of your time and resources to provide as gifts and pass a tradition on to the next generation. Whether it's a dessert, main dish, or something else, you offer to bring the ingredients and take the lead setting a workable timeframe.

LIGHTING

« CONTINUED FROM PAGE 12

made his grand entrance by Southern Utah University (SUU) Aviation's helicopter.

Perhaps the most magical moment of all was when the crowd of thousands counted down from 10 to see Main Street light up for the first time, followed by a loud cheer for all to hear and a firework display sponsored by Visit Cedar City | Brian Head.

Events Director, Brooke Twitchell, raved about the community partnerships and volunteers that made the event possible.

"The magic truly came to life thanks to everyone who donated time, money, and resources to make this event so special for everyone," said Twitchell.

"Cedar City is known for the community coming together, and it truly warms my heart to be a part of something so magical."

If you attended the ceremony, Cedar City Events would appreciate any feedback to continue improving every year. To fill out the survey, please visit www. bit.ly/dtccxmas. To view the event video, check out Cedar City Events on Facebook and Instagram.

Wall Hanging or Desk Décor. Put yourself in the role of a coach or cheerleader. What's a favorite saying, go-to phrase, or inspirational quote you'd like to make into a gift as a framed wall hanging, embroidered pillow or painted wooden block you could share with a close friend or co-worker? For example, "Impossible' is an opinion" could be vinyl-printed on a small painted wooden block to be strategically placed near a computer monitor at the office.

Historical Photos. Finding old family photos through a genealogy/family history site and then

printing and framing as a gift is simple with ancestry.com, familysearch.org, and other websites that collect and make available historical records and photos. This would be very meaningful to a sibling, child, or

grandchild—especially if it is accompanied by a biographical sketch.

Community, family, or personal service. Maybe you can't come up with any ideas you are excited about. If so, keep in mind that individually, as a family, or a larger community of co-workers, you can agree to not gift anything to each other this year, rather, it may be determined it is more important to donate money and/or time to a local charity, a few names on an Angel Tree, or maybe volunteer at a

This is only a smattering of ideas for meaningful gifts that may not cost much but the value and warmth behind them are sure to be appreciated. Who doesn't like a personalized gift where time, love, and thoughtfulness went into its creation or purchase?

May you have a blessed holiday season.

Kathleen Riggs is the Utah State University Extension professor in family and consumer sciences for Iron County. Questions or comments may be sent to kathleen. riggs@usu.edu or call 435-586-8132.



people

1ST BIRTHDAY

Alexander Timothy Hansen

Alexander Timothy Hansen, son of Zachary and McCall Hansen of Cedar City, celebrated his first birthday Nov. 19, 2022. His siblings Claire, Tommy, and

Christian adore their brother and enjoyed celebrating with him on his big day. His grandparents are Roland and Julie Williams of Cedar City and Noal and Debbie Hansen of Kanab. His great-grandparents are Sheridan and

Annette Hansen of Cedar City, Noal and Joan Ainsworth of Sandy, and Bruce Hansen of Kanab/California. Alex is a little guy, but is always on the move. We seldom see him without a smile. He is loved by his family.



MISSION

Jace Matheson Little

Jace Matheson Little has been called to serve in the Villahermosa Mexico Mission, Spanish speaking. Jace is the son of

Rick and Daina Little of Paragonah and the Grandson of Dave and Laurel Matheson and Richard and Barbara Little. Jace gave his farewell talk on Sunday December 11, 2022, in the Paragonah Ward. He will start the home MTC on December 12 and will enter the MTC December 21.

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



schools

by Kayleah Madsen

FOR IRON COUNTY TODAY

When you think of the word power you may think of a superhero, a president, or a hurricane. However, power can be found in the smallest actions, the kindest smiles, the most honest words. Of late, at Canyon View, I have found power in the hum of a song, the steps of a dancer, persistence of mind, the cheer of a crowd, and the swish of a net.

Just before Thanksgiving our theater department put on a phenomenal performance of the musical Tuck Everlasting. From Ivy Colbert's stunning vocals and the "golden" stage presence of Gavin McLelland to the lively performance from our favorite partners in crime, Shelby Fawson and Blake Dunn, the stage was teeming with talent. The time and effort that the cast and crew put into the performance most certainly paid off. I would like to especially acknowledge the hard work of Jennie Grimes, Choreographer; Randy Seely, Set

POWERFUL PERFORMANCE

NEWS FROM THE NEST

Designer; Alex Byers, Music Director; and Holly Barrick, Director for making the show come to life.

Recently, 15 students were recognized as Sterling Scholars at Canyon View. Reese Ganci won Agricultural Science, Tristin Martinez won Business and Marketing, Jacob Crawford won Computer Technology, Hannah Brandt won Dance, Kayleah Madsen (me) won English, Regan Miller won Family and Consumer Sciences, Kyle Nichols won Foreign Language, Emma Armour won General Scholarship, Cadence Johnson won Mathematics, Kaelice Eastman won Music, Taytum Stratton won Science, Elsie Call won Social Science, Clara Call won Speech and Drama. Lane Cox won Trade and Technical Education, and Christy Peterson won

Visual Arts.

This is an amazing accomplishment as Sterling Scholar Awards recognize the pursuit of excellence in scholarship, leadership and citizenship of high school seniors in the state of Utah. Although it won't be easy, considering the long portfolios and nerve wracking interviews, I am excited to have the honor of representing Canyon View on a regional level alongside all these amazing students!

The boys varsity basketball team had a spectacular start to their season, winning their first game 55 to 52 against Hurricane. It was the kind of game that kept you on the edge of your seat. Neck n' neck the entire time, I was wracked with anxiety, and excitement and with 7 seconds left of

the clock #22, Chad Hartmann, shot the winning basket. It was everything a spectator could have asked for. However, for some, the game meant far more.

If you had the pleasure of attending the game you would have noticed the sea of gray in the student section. We decided to wear gray to show support for Sarah Hartmann, the mother of Chad Hartmann, who is currently fighting for her life against cancer. When everyday could be the last, it's important to make them count, and that is exactly what Chad did. I would encourage you all to keep their family in your prayers and support them in any way you can.

Your actions, your words, your successes, and even your failures, have power. The power of influence, the power of change. This holiday season, I encourage everyone to remember your power because something just as simple as a musical, an award, or a game can remind you to take advantage of every moment and live life to the fullest!

ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

Canyon View Middle School

The Canyon View Middle School eSports team competed on Friday, November 11 at the Ken Garff Regional Competition at Southwest Tech. The Mario Kart 8 Team: Alanna Buttler, Sullivan Merrill, Kyler Miller, and Logan Baker, took third at the competition.



The Cedar City Lions Club held a contest where students were able to choose a variety of 2-dimensional media, and submit a poster showing their idea of Peace and Leading with Compassion. 190 students competed. CVHS is pleased to announce our winner: 1st place-Kord Dalton, 2nd place- Aidyn Gallego, 3rd Place-Chandler Crawford. All of their artwork is on display at the Cedar City Library.



South Elementary

This month as we have focused on the character trait "gratitude." Our South Elementary Family has many things to be thankful for. South Elementary has enjoyed a fun, busy month. The Utah Opera came and put on an entertaining and informative assembly about the music style of opera.

The students were enthusiastically involved. Visitors from Discovery Gateway Museum taught the kindergarten and 5th grade students about potential energy. The students enjoyed fun hands-on STEM activities. Also, this month, our amazing 1st grade classes presented a beautiful tribute to our veterans. It was an honor to have the Master Singers and our 1st graders share their gratitude for our country and the service and sacrifice of our veterans.



Fiddlers Canyon Elementary

The Santa Shop is coming to town! Students can find gifts within their budgets for family and friends. Santa Shop will be December 13-16. Watch your child's homework folder for more information.

Our choir will have its Christmas concert on Monday, December 19 at 6 pm in the school gym. They have been working hard, and we can't wait to hear them perform!

Please follow Fiddlers Canyon Elementary PTA on Facebook for all the latest news, updates, and highlights from our school.

Three Peaks Elementary

On November 21, Three Peaks Elementary held their eighth annual Turkey Calling Contest. The winners for K-2 were: Grayson White, Kennedy Knowles, and Stella Moreno. Grades 3-5 winners were: Jack Clark, Haylee Blackner, and Jaxton Melling. Honorable Mention went to Leo Liddle and Taylee Barker. Thank you to all who participated in this fun and silly event. Thanks also to the PTA who created the cute prizes, Outdoor Vitals who donated some of the prizes, and those who volunteered to judge the contest.





Three Peaks Elementary had the pleasure of hosting the Canyon View High School Marching Band on November 16. The students enjoyed learning about each of the different instruments and hearing the unique sounds they make. Band members performed some very upbeat songs and taught us the CV Fight Song. Thank you to the band director, Mr. Will Zeller, for arranging the chance to hear this very talented group of musicians.

Iron Springs Elementary

5th grade students at Iron Springs Elementary study American History and in November they focused on the establishment of the original 13 colonies. They learned the details of how and why each original colony was founded. Students chose famous colonists to research and write a biography on, focusing on the early, middle and late years of their life. Before the Thanksgiving break students and teachers came dressed

as people from the colonial era. During colonial days they learned to make things like butter, brick, and candles. They learned skills of cross stitch, weaving, and rag dolls. They played games like marbles, 9 Men Morris, stick and ring game, jacks, and card houses. The kids had such a fun time bringing what they had studied to life.



Enoch Elementary

Enoch Elementary filled 100 shoeboxes for Operation Christmas Child. These gift boxes will be sent to needy children all around the world.



During the month of November, each class created a service chain. A link was added to the chain each time a student performed an act of service in school, at home, or in the community. Mrs. Roundy's 5th grade class has the longest chain at 338. All the chains combined totaled 1,766 acts of service.



Congratulations to the Tigers of the Month for your hard work!

family

Traditions old and new



is the season to deck the halls, trim the tree, bake the treats, shop for gifts and much more. So much more so that some families have decided to cut the list of "requirements" during the holidays and personalize their traditions.

I know one busy mom who has put her foot down on wrapping gifts. Instead, she places presents in beautiful, reusable bags and places them under the tree.

I, for one, love gift wrapping and enjoy every festive minute of it. On the other hand, gingerbread houses just aren't my thing. I'll decorate cookies all December long but icing a hard, stale structure that is going to be picked bare and left for foreclosure on the countertop doesn't appeal to me.

My husband grew up with a real Christmas tree in his home to fill the house with a festive pine scent. Now he's married to me and after removing pine needles from toddler's mouths the first few years, he has conceded to a fake tree-for now.

"Gingerbread houses
just aren't my thing.
I'll decorate cookies all
December long but icing a
hard, stale structure that
is going to be picked bare
and left for foreclosure
on the countertop doesn't
appeal to me."

We have a tradition of letting the kids decorate the tree themselves and after our oldest lost his balance and tipped over (along with the tree) I was again grateful that we didn't have a live tree to clean up after this year.

However, in another few years when the kids have matured and can resist the urge to play in the stand water, pluck the needles and crawl around the limbs, we will revisit my husband's longstanding tradition of a real Christmas tree.

Some families eat a Christmas Eve feast complete with turkey, pie and as many family members as they can fit under one roof while others enjoy the holiday out dining on Chinese. Many traditions go back generations, but some have just begun.

What traditions will your kids treasure as adults? Now is the time to gather your family and celebrate however you see fit.

Whether you're singing carols on the ski slopes or making "snow angels" on a warm and sunny beach, enjoy the time you have to come together and do what you love most as a family.



obituaries

Patricia Carolyn Kiser



Patricia Carolyn Kiser, age 81, passed away peacefully on November 23, 2022, surrounded by her family. Pat "Teeny" was born December 18, 1940, in Culver City, California. Teeny was the daughter of the late Clarence and Maria Hedrick. Teeny met the love of her life, Jack, at a Beach Boys concert in Las Vegas, Nevada in 1962, and they were married on December 28, 1963. Teeny and her husband were both retired bank executives in Las Vegas, Nevada for many years.

Teeny is survived by her beloved family, husband Jack S Kiser Jr., daughter Jacqueline Kiser Parker and husband Jim, daughter Kimberlee Kiser Caci and husband Russell, son Patrick "Sean" Kiser, daughter Melissa A Kiser; grandchildren Jimmy Parker Jr. and wife Ann, Jenna-Marie Johnson and husband Justin, Freddie Doumani III, Addison, Shelby, Mikahl, Payton, Gavin; step-grandchildren Daniel, Michael Parker and wife Raquel, and Russell and Dominic Caci; great-grandchildren Marlee, Jaelynn, Jemma, Jaxson, Everett, Dominic; step-great granchildren Brodan, Camdan, Gabby, and Cartier and Christian Caci; "Paco" her beloved four-legged companion; and over 50 nieces and nephews.

Also survived by siblings, Kathleen Hedrick Barnes, George Hedrick and wife Alexandria, Nela Hedrick Kroll and husband David, and brother-in-laws Reg Kiser and wife Lori, and Fred A Kiser and wife Kelly. Predeceased siblings, Clarence Hedrick III, Joseph Hedrick,

Predeceased siblings, Clarence Hedrick III, Joseph Hedrick James Hedrick, and Madeline Hedrick Day.

Teeny especially enjoyed spending time at their "home away from home" cabin in Tommy Creek, Utah. She loved to do crafts, paint, make gift baskets, sew, bake and decorate cakes for all of her friends and family. The time with family and friends in the mountains was most precious to her, not to mention the outdoor adventures they would go on. She cherished spending the holidays with her family. Her family was most important to her.

In lieu of flowers, the family requests that donations be made to Jubilee Home II, located in St. George Regional Hospital, St. George, Utah.

A memorial service will be held on December 10, 2022, at 2pm at Southern Utah Mortuary (190 North 300 West, Cedar City, UT). Online condolences may be sent and a livestream of the memorial service may be viewed on Patricia's obituary page at www.mortuary.org.

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.

Bob Crane



Robert Lovell Crane, 89, passed away peacefully in Cedar City, Utah on November 29, 2022.

November 29, 2022.

Bob was born on February 15, 1933, in Salina, Utah, to Lovell and Maudell Crane. He lived with his parents and older sister, Bonnie, in Salina until 1944 when his father got a job with the railroad in Milford, Utah. Bob's family quickly realized the town of Milford becomes your family and remains so for the rest of your life. During this time there was no housing in Milford, so they moved into the Silver Horn

Hotel and worked hard in the hotel cleaning and helping with maintenance. They welcomed a younger sister, Ileene in 1947 and made many memories together. Bob played football and basketball at Milford High School

Bob played football and basketball at Milford High School and was awarded All-State honors. He also played football and basketball for Branch Agriculture College, which is now known as Southern Utah University. During this time, he earned All-Conference honors. He received his Associates degree in 1953 and then worked for the Standard Stations in Beaver, Cedar City and the Grand Canyon before enlisting in the Army. He spent 21 months in Korea and upon his return he continued his basketball career at Utah State University. There he graduated with his bachelor's degree in 1958.

In 1960, Bob went to Las Vegas to manage service stations downtown and on the strip. He also taught health classes and continued his love for basketball by coaching at Western High School. After he spent some time teaching, he decided he liked the service station business better and that is where he remained for the rest of his career. In his spare time, he played basketball for the Vegas City League with many star players. He was also a referee for the Western Athletic Conference and many high schools in Utah and Nevada.

Throughout his life, Bob developed a love for horse racing. He enjoyed the experience and the many friends, jockeys, trainers, owners, and veterinarians he associated with

owners, and veterinarians he associated with.

Bob married Betty Larson in 1962 and helped raise her three daughters, Mitzi, Becky and Lisa. Together they had one daughter, Michelle. They later divorced and in 1994 he married Jaine Adams and added three more stepdaughters, Sherry, Cindy, and Bonnie.

He is survived by his loving wife, Jaine Adams Crane, Daughter Michelle (Michael) Coss, stepdaughters Mitzi (Steve) Ashner, Becky Taleck, Lisa (Dan) Brown, Sherry (Jon) Allred, Cindy (Cary) Larson and Bonnie (Ryon) Bowler and many grandchildren, and great-grandchildren.

Bob loved us all and he made sure we knew it.

The family wishes to thank Brenda Bentley and all the medical staff at Stonehenge Assisted Living for the loving care they provided to Bob over the past several months. And the team at Cedar City Hospital Infusion Center.

A viewing was held Monday December 5, 2022, from 9:30-10:30am at Southern Utah Mortuary (190 N 300 W). Interment followed in the Milford Cemetery at 2:30pm under the direction of Southern Utah Mortuary. Online condolences can be made at www.mortuary.org.

obituaries

Annette Hyer Hansen



Annette Hyer Hansen was born in Logan, Utah on New Year's Day 1936 to Ira Hyer and VaLeria Leavitt Hyer as the youngest of their eight children. Surrounded by loved ones on both sides of the veil she passed away peacefully at home in Cedar City, Utah on November 30, 2022. Annette experienced an idyllic life on the Hyer Farm in Lewiston, Utah where she enjoyed the constant companionship of her large extended family of grandparents, aunts, uncles, and cousins. One of her many accomplishments during this time of life was being named the Lewiston Rodeo Queen.

While she was still a student at North Cache High School, Annette met Sheridan Hansen from the neighboring farming community of Amalga. Their courtship, marriage, and devotion to each other for the past seventy years is the perfect example of how this should be done. It's only fitting that Mom and Dad were selected to be the 2022 Grand Marshals of the Iron County Fair.

When Dad was able to get permission to leave his Army duty post for a few days, he and Mom were married on December 23, 1953, in the Idaho Falls LDS Temple. Annette was able to graduate early from high school and join her new husband at Fort Lewis in Tacoma, Washington. This established a pattern for the next chapter of her life. Annette always supported Sheridan in his professional career, uprooting her life several times to establish homes in Logan, UT, Richfield, UT, Monticello, UT, Burley, ID, and Battle Mountain, NV. The last of these relocations in 1979 brought their family to Cedar City, UT. Dad's work often took him away from home when the family was young, leaving Mom to manage on her own.

Wherever she lived our mom made positive contributions to these communities. She never met a stranger and collected lifelong friends in each of these locations. She was an active member of such organizations as; The Jaycettes, Lions/Lady Lions, Daughters of the Utah Pioneers, Independence Day Committee, PTA, and many others. Some of her favorite hobbies were sewing, crocheting, and collecting dolls. The quality and scope of her doll collection is truly amazing! Mom's favorite job was that of a wife, mother, grandmother, and homemaker. She was a very successful "Avon Lady" and she also worked as a florist for fifty years. Mom especially enjoyed the many years she spent working with the Jolley Family at "Zion Sun Floral."

Our Mother has a fervent testimony of Jesus Christ and of the restored gospel, which she taught her family. She served devotedly and tirelessly in all of her church callings, from Primary Teacher to Relief Society President. Mom loved family history and regularly shared stories of our pioneer heritage. She gathered and completed the temple work for many of her family members. She was a faithful visiting teacher her entire adult life

visiting teacher her entire adult life.

Mom made Christmas magical for children and adults alike. She always had a beautiful, flocked tree that was the centerpiece of her festively decorated home. All of the children were spellbound by Grandma's extensive collection of nutcrackers, Santas and miniature rocking horses. Special treats were prepared and freely shared. The decorations could never come down before her birthday. She loved this holiday and her favorite music genre was Christmas Music. She enjoyed the giving part, but Mom never tired of receiving another doll for Christmas!

If her kids or grandkids were involved in any activity near or far, it was almost assured that she would be there. Nothing was more important to her than her family. She also enjoyed the many trips with Sheridan, family, and friends throughout the country and around the world. When the family was young this entailed vacations every summer as a family in a pickup camper to various locations from Mexico to Canada. Some of Annette and Sheridan's memorable trips include going to pick Kris up at the conclusion of his mission in Ecuador, an RV tour through central Mexico, Hawaii, an Alaskan cruise, several trips to Midwest area antique tractor shows, and their trip of a lifetime to China. Another thing that Mom and Dad enjoyed together was watching Utah Jazz Basketball.

Annette was predeceased by her infant daughter, Lorie Hansen, son-

Annette was predeceased by her infant daughter, Lorie Hansen, son-in-law, Scott Lewis, her parents, her sisters; Hortense (infant) Hyer, Lydia Comish, and Rosalie Spackman Hancey. Also by her brothers; Wendell Hyer, Larry Hyer, and Andrew "Pug" Hyer. She is survived by her husband, Sheridan Hansen, children; Sheree Lewis of Orem, UT, Kip (Kayleen Dearden) Hansen of Richfield, UT, Julie (Roland) Williams of Cedar City, UT, KathiJo (Todd) Smith of Lehi, UT, and Kris (Shelly Baldwin) Hansen of Washington, UT. She is also survived by one sister, Ira Lu Stoddard, sister-in-law Colleen Hyer, brothers-in-law Keith Hansen and Dean (Relle) Hansen. Grandma is presently blessed with 17 grandchildren and 22 great-grandchildren with two more on the way.

We are so grateful for our dad and the loving care he has provided for our mom. We will miss Mom, but look forward to being reunited as an eternal family.

There will be a memorial service starting at 11:00 am on Saturday, December 10, 2022, at the SUU Married Stake Center, 520 South 1100 West, Cedar City with a visitation at the church, from 9:30 am to 10:30 am prior to the service. There will be another visitation at Southern Utah Mortuary,190 North 300 West on Friday evening from 6-8 pm. Annette will be interred in the Cedar City Cemetery immediately following the memorial service. Services are under the direction of Southern Utah Mortuary. Online condolences may be sent and a livestream of the memorial service may be viewed on Annette's obituary page at www.mortuary.org.

Larry Hoyt Reed

In Loving Memory Of Larry Hoyt Reed September 25, 1947 - November 5, 2022

Larry Hoyt Reed, aged 75, passed away in the comfort of his St. George, Utah home after succumbing to his cancer diagnosis. He is survived by his son, Jesse Hoyt Reed and grandson Hunter Hoyt Reed of Brentwood. California. He is predeceased by his father, Chuck Butters of Salt Lake City, Utah. His mother, Elane Decena of St. George, Utah and his daughter, Kelly Marie Reed of Reno. Nevada

Reed of Reno, Nevada.

Larry was very athletic throughout his youth and loved track and field, wrestling, boxing, and hunting. He attended and graduated from Cedar City High School. Larry suffered a severe leg injury as a teen when his leg was pinned between two trucks, crushing his knee and leaving him in a cast for nearly a year. He was later drafted into the US Army despite having an injured knee. Larry served in the US Army as a mechanic during the Vietnam War.

Upon being Honorably Discharged, Larry returned to civilian life in the California Bay Area. He worked as a quality control manager for Betts Springs Company before eventually getting into the trucking industry and becoming a lifelong truck driver. Larry moved to Reno, Nevada and drove for Thrifty Drug Stores for over 15 years before changing employment to Cantex, delivering pipe throughout the western United States. Wanting to be home more with his family he then changed employment again and started working for Q & D Construction as a water truck driver. Ultimately, he returned to his home state in Utah for his retirement years where he cared for his elderly mother Elane Decena until she passed in 2016

Larry was quite the character and will be sorely missed! He will always be remembered for being a friendly neighbor who often had an inappropriately funny joke to tell! Larry has an enormous heart that was full of love for his family and friends! He loved receiving videos and photos of his growing grandson and got quite good at navigating the use of an iPhone which enabled him to participate in his son's and grandson's lives despite living hundreds of miles away. Larry will be deeply missed and loved forever by all that knew him!

For those that want to pay their respects we will be holding a "celebration of Life" on December 13th at 2 pm Mountain Standard Time at Hughes Mortuary, 1037 E 700 S, St. George, Utah.

Bill Vaughn Lathim



Our beloved father, grandfather, brother, and friend passed away on November 29, 2022, in his home in Cedar City, Utah.

Bill was born June 21, 1946, to Darrell and Oneita Lathim in Kanab, Utah. He grew up in Fredonia, AZ. where he played high school football and basketball. Bill was the oldest of three boys, followed by Bob and Rod.

three boys, followed by Bob and Rod. Shortly after graduating high school, Bill married Rayola Griffiths. He was then drafted during the Vietnam War, where he was fortunately sent to Germany. During their years of marriage, Bill and Rayola had two children together: Wayne and Winna.

Bill later met the love of his life, Melanie Hansen. With their marriage he gained 2 more children, Kristen and David. In later years, Bill and Melanie adopted their granddaughter Alyssa.

Bill worked as a mechanic and a tow truck driver for Lunt Motor Company, where he worked long days and late hours; going above and beyond for those in need. In his retirement years

those in need. In his retirement years he spent his days helping his wife with her sewing business.
Bill loved spending time in the mountains, camping, four wheeling, and hunting. He also enjoyed spending time with his children and grandchildren. Bill loved to laugh and was always joking with someone in the room. Everyone knew if he was teasing you it meant he liked you.

Bill is preceded in death by his parents: Darrell and Oneita Lathim, his son Wayne Owen Lathim and most recently his wife Melanie Lathim. He is survived by his 2 brothers Bob (Lisa) Lathim and Rod (Rita) Lathim, four children: Winna Lathim Hesser, Dr. Kristen (C. Ray) Gregory, David Ballard, and Alyssa Lathim. Six grandchildren and six great-grandchildren.

A viewing was held on Saturday December 3, 2022, at Heartlight Affordable Funeral Home at 2002 N. Main Street, Cedar City, from 11:30am to 12:30pm followed by a graveside service at 1:00 pm at the Cedar City Cemetery.

Karen Christine Bennett



Karen Christine Christensen Bennett, 78, passed away peacefully during the night on November 27, 2022. She was born September 15, 1944, in Richfield, UT to Rex W. & Frances Christensen. She married Raymond E. Bennett on June 11, 1970, in the Manti Temple. They just celebrated their 52nd anniversary.

Karen got her teaching degree from SUSC. She taught elementary school for many

years. She taught for 5 or 6 years in the Alpine School district before she met Ray. She was the 1st student from SUSC to be hired as a teacher in Alpine School District. She taught a variety of different grades. She loved teaching and loved the students as her own. She started teaching half day 2nd grade. The following year, she got a position as a Kindergarten teacher. She taught at both Fiddlers Elementary and Enoch Elementary. She taught Kindergarten and 1st grade for many years. This was her true calling in life. She finished her teaching career after teaching 3rd grade for a couple of years. Her students left her class loving to read.

students left her class loving to read.

Karen was a kind hearted and beautiful lady, inside and out. She was very artistic. She loved to do various types of crafts, like sewing, crocheting, ceramics, and toll painting. In her later years, she took up scrapbooking and jewelry making which she really enjoyed doing. She learned to make earrings which she enjoyed wearing and giving away. She also learned to decorate cakes and did quite a few throughout her life. During her younger years, Karen was also trained in Color Analyzing. She color analyzed many friends, family and neighbors.

Karen was a very active member of the Church of Jesus Christ of Latter-day Saints. She served in many different callings. She was called to be the Relief Society and Young Women presidents while serving in University wards, and a Relief Society Board Member in a University Stake. She taught many Relief Society and young women lessons. She served as a Counselor in the Ward Young Women Presidency. She also designed the bulletins for Relief Society meetings. The calling she loved the most was serving as an ordinance worker in the Cedar City, UT Temple. She also has been arranging meals for the missionaries. She was also involved in designing and building floats for different parades. She loved to travel. Some of the places she loved to visit, were San Diego, CA, and Alaska. She also enjoyed Yellowstone National Park.

She is survived by her loving husband Raymond E. Bennett, of Cedar City; her four children, Eric (Vickie) Bennett of Hinckley UT, Christine (David) Jones of Murray UT, Lisa Stewart of Enoch, UT, and Lance (Krissy) Bennett of Grand Junction, CO. She has 18 grandchildren, Stephanie (Bryson) Steck of Gunnison UT, Michael (Lydia) Bennett of Oak City, UT, Jared (Sally soon to be Bennett) of Cedar City, UT, Shawn, David, Kaytie Bennett of Hinckley UT, Duncan, Mallory, Morgan Jones of Murray UT, Kelson (Sarah Stewart) Jones of Provo, UT, Camden, Brielle, Dalton, Xander, Emberlynn, and Finlee Stewart of Enoch, UT, and Brooklyn and Cooper Bennett of Grand Junction, CO.

She has 4 great-grandchildren, Aden and Logan Steck, Gunnison, UT, and Hazel and George Bennett of Oak City, UT. The 5th great-grandchild will be born in February 2023. She is also survived by her older sister Gail Bell, Texas, her brother Steven (Clarice) Christensen Ivins, UT, and younger sisters Judy (Jerry) Miller American Fork, UT, and Joan (True) Ott of Pleasant View, UT. She is also survived by her in-laws Kathleen (Bill) Shaw, Morgan, UT, Neil (Judi) Bennett, Washington, UT, John Bennett, Enoch, UT, and Diane Bennett, Morgan. UT. She has many nieces, nephews and great-nieces and -nephews.

Karen was preceded in death by her father Rex. W. Christensen, and her mother, Frances Erickson Christensen. She was preceded in death by her father-inlaw Everett Bennett and Grace Hall Bennett.

Funeral Services were held on Saturday, December 3, 2022, at 11:00 am at the Cedar Rock Church (75 E Center, Cedar). Viewings were held on Friday December 2, 2022, at 6:00–8:00 pm at Southern Utah Mortuary (190 N 300 W Cedar) and Saturday December 3, 2022, from 9:00–10:30 am. Interment was in the Cedar City Cemetery, under the direction of Southern Utah Mortuary. Online condolences can be made at www.mortuary.org.

<u>HIS HAND IN MINE"</u>

"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

Please Lord Guide My Hands

by L. Brent Jones

My hands were made to serve Thee, To help others as 1 go. Outstretched and willing to be used, To help Your blessings flow.

They're eager to receive Your call, To go where You might guide. To help Your children with their needs, With Thy Spirit by my side.

I ask for inspiration's power, Daily in my prayers. To help me know what I might do, To help relieve their cares.

You've bestowed gifts upon my hands,

To help You with Your work. And with them to serve others, Those promptings I won't shirk.

Help me Lord to take those thoughts, And help me use my gifts. So with them I might change a life,

And their spirits I might lift.

My hands are the extensions, Of my soul's devout desire. To constantly be serving Thee, As I kindle my own fire.

That fire where love is burning, Unquenchable and strong. So it will spark another's flame, And tell them they belong.

For it's through loving service, That joy in life is found. Where my hands can be an instrument, And capabilities can astound.

For with Your help, they're more than two.

And they just have to lift. For as you add to them Your strength,

Then faith becomes my gift.

For I know You're there to guide my hands, To those who wait for them. And as 1 listen for Your guiding

voice. My hands work it will not condemn.

He's coming again! Prophetic good news – (Part 10)

by Edy Meredith

FOR IRON COUNTY TODAY

One scholar has estimated that there are 1,845 references to Christ's second coming in the Old Testament where 17 books give it prominence. In the 260 chapters of the New Testament, there are 318 references to the second arrival of Jesus the Messiah/Christ which is an amazing one out of every 30 verses. While more than a fourth of the Bible is predictive prophecy, approximately one-third of it has yet to be fulfilled. Twenty-three of the twenty-seven New Testament books refer to the tremendous happening when Jesus spoke of His return (second coming) when He said during His last supper with His close followers: "In my $\bar{\text{Father's}}$ house are many mansions. I am going to prepare a place for you, and I will come again to take you to Myself, that where I am you may be also." He also referred to events that would happen in the end-times before His return. Please read the Book of Revelation in the Bible for more information about these yet to come

I have subscribed to a wonderful and insightful magazine for years

called "Israel My Glory." I recommend it to everyone. It is produced by The Friends of Israel Gospel Ministry which is a worldwide ministry proclaiming Biblical truth about Israel and the Messiah/Savior while bringing physical and spiritual comfort to the Jewish people. The November/December 2022 issue is titled: "How Well Do You Know Your Jesus? A Look at What Jesus Said While on Earth." Jesus always told the truth, unlike many of our contemporary politicians. So when He told His followers that He would return (even though 2,000 years have passed since He ascended to Heaven) we who love Him know that He will return and may be coming back soon (Revelation 3:11, 22:7, and chapters 12 and 20).

Jesus' Second Coming will bring to completion scores of prophecies in the Hebrew Scriptures, as well as the many promises Jesus made Himself while on earth. Regarding Israel, Jesus predicted that because the nation rejected Him and His Kingdom, Israel will suffer a judicial blindness that will not be removed until toward the End of the Age. In Matthew chapters 24, 25, and 26 we are told how to prepare for His second coming. In Matthew 26:64, He said, "Hereafter you will see the

Son of Man sitting at the right hand of the Power and coming in the clouds of heaven." This will fulfill Daniel's prophecy about the promised Messiah (Daniel 7:13-14).

The Messian also promised that when He returns, He will "send his angels with a great sound of a trumpet, and they will gather together His elect (referring to Israel) from the four winds," from one end of the skies and heavenlies to the other. He also refers to believers in the Church age, when He meets them, dead and living, to bring us all to Heaven to live with Him. His prayer to His Father regarding His followers in John 17:24 is "I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me.

The Jewish people are increasingly turning to the Messiah. Did you know that there are three Messianic congregations in Las Vegas, Nevada, for Jewish believers in the Savior who was sent 2,000 years ago to both Jew and Gentile? The Messiah will indeed return and dwell with His people as was predicted so long ago in Zechariah (520 to 518 B.C.) and throughout the Bible. He is coming again. Are you ready for His return?

The Sun is Rising (Britt Nicole)

t is not a coincidence that last week's song was about storms and this week's song is about sunshine. Sunshine will always follow storms. And as we strive to praise God in our storms, He also teaches us to rejoice in our sufferings because of the greater endurance and character they will create within us (Romans 5:3-5). This divine directive doesn't make the storms and darkness less daunting, but it does provide hope that we are not alone.

Interesting (yes, sometimes frustrating) that God doesn't promise perennial peace in this life. That is why He gave us a Savior (John 3:16-17). One who confidently and compassionately counsels us to let not our hearts be troubled, nor afraid (John 14:27). Who says that we will have tribulations (John 16:33), but promises that as He overcame His tribulations, He will help us overcome ours. How does Jesus know how to comfort us in our tribulations?

Because during His mortal ministry He became acquainted very well with grief and was despised and rejected

(Isaiah 53:3) so that He would know how to bear our griefs and carry our sorrows (Isaiah 53:4). He was oppressed and afflicted (Isaiah 53:7). He was wounded for our transgressions, crushed for our iniquities (Isaiah 53:5). Why? So that He could give us beauty for our ashes (Isaiah 61:3), peace through our broken pieces and be healed (Isaiah 53:5).



Even in the middle of our raging storms and despair in the valley of the shadow of death (Psalm 23:4-6) this is where and when we truly learn of the love of our Heavenly Father and Savior. It is in our darkest moments that we realize we are not alone and Someone does understand our hearts and hurts completely. It is here we find God's tender mercies and grace to help us in

all our times of need (Hebrew 4:15-16).

Today, trust that your storm will end and the darkness will retreat and be defeated by the light and love of Christ (Luke 1:78-79). It seems like you've been walking in darkness but the Light is coming, keep pressing forward and holding on (Isaiah 9:2).

The sun will rise from the darkness as the Son of God rose from the dark

> tomb. He lives, so that you may also live. He will wipe away every tear from your eyes (Revelation 21:4-6). Also, so that you may bless others in their storms and darkness (2 Corinthians 1:4-5).

Keep fighting the good fight! God is on and by your side (1 Peter 5:10). They that are with you are truly greater than any

that are against you (2 Kings 6:15-17). All things really will work together for your good (Romans 8:28).

And during your temporary trials, no matter how great and grueling, God will remind you that the night is ending (Romans 16:20), that the sun is rising and the Son of God is bringing healing in His wings just for you (Malachi 4:2, Isaiah 40:31).

sports

Reds fall to Riverhawks

Cedar's

by Tom Zulewski

IRON COUNTY TODAY

For the Cedar Reds boys basketball team, the home opener provided a big challenge with the taller, quicker Ridgeline Riverhawks. From the opening tap, the green-clad visitors from Region 11 started fast and didn't let up on the way to an easy victory.

Carson Cox scored a game-high 24 points, and Ridgeline broke the game open in the third quarter to beat Cedar, 75-52 on Dec. 3, the Reds' second loss in three games of the North vs. South Challenge.

'They got after us early," Cedar coach Tyler Monks said. "We know we're undersized and have some things we want to implement, but we just didn't execute the game plan."

Ridgeline (4-0) raced out to an 11-2 lead late in the first quarter, but Cedar was able to close within 16-9 by the end of the period. From that point forward, the Riverhawks took full control., extending the lead to 34-21 at the half.

Cox would add the offensive spark for the Riverhawks in the third quarter, scoring 11 points as his team outscored the Reds 26-11 to stretch the margin to 60-34 and allow the benches to get plenty of work over

Boston **Garrett** races to the hoop. Ridgeline Cedar Ridgeline 16 18 26 15 - 75 9 14 11 18 - 52 Ridgeline – Workman 11, Blotter 4, Cox 24, Skinner 6, Jenks 6, Vazquez 2, Sorensen 6, Francom 16. Totals 29 9-11 75. 3-pointers – Workman 1, Cox 2, Skinner 2, Jenks 2, Francom 1. Cedar – Rogers 5, S. Albrecht 15, Garrett 15, Bronson 3, Kreitzer 7, E. Albrecht 5, York 2. Totals 20 5-8 52. 3-pointers – Rog-ers 1, S. Albrecht 2. Garrett 1, Bronson 1, Kreitzer 1, E. Albrecht 1.

Garrett led the way for Cedar in the loss with 15 points apiece. Ridgeline made eight 3-pointers among five different players, while the Reds made seven among six players.

Cedar split its earlier games of the week that were played at Pine View High in St. George. The Reds lost to Sky View, 68-52 on Dec. 1, but came back and edged past Mountain Crest,

73-71, on Dec. 2. Ty Bronson paced the Reds with 17 points against the Bobcats while Garrett added

In the win over the Mustangs, Bronson and Albrecht led four players in double figures with 20 points each. The Reds led 40-31 at the half and held off Mountain Crest in the final 16 minutes.

Cedar will return to action a week from Thursday, Dec. 15, against Manti in the Coach Walker Classic at Crimson

Cliffs. Tipoff is set for 6 p.m.

The Cedar girls team opened its season with a 58-24 loss on the road at Carbon on Nov. 29. The host Dinos (4-0) raced out to a 27-7 lead after the first quarter and outscored the Reds 19-5 in the third to put away the win.

Annalyse Shimada led Cedar with 10 points in the loss.

Cedar will return to play Thursday with the first of three straight home games in the North vs. South Challenge. The Reds will take on Ridgeline, last season's 4A runner-up, in a 7 p.m. tipoff.

"We know we're undersized and have some things we want to implement, but we just didn't execute the game plan."

Tyler Monks, Cedar coach



RAMS SPLIT PAIR ON COURT

by Tom Zulewski

IRON COUNTY TODAY

Brock Felder scored 25 points, and the Parowan Rams raced out to a big halftime lead that was good for a 53-44 win over Delta in the Central Utah Boys Preview at the Sevier Valley Center in Richfield. Parowan built a 28-15 lead over the Rabbits at the break and was able to maintain it throughout the second half.

In its second game at the tournament, Parowan suffered its first

loss of the season as North Summit held on for a 50-48 victory Dec. 3. Cash Mortensen led all scorers for the Rams (2-1) with 18 points while Felder added 14.

The Rams will return to play tonight with a road game at Panguitch that starts at 7 p.m.

On the girls side, Bella Robinson and Brooklyn Hulet scored 14 points each, and Parowan pulled away in the second half for a 45-32 victory over the Millard Eagles in its only game of the week Nov. 29. The Rams missed only two free throws (12-for-14) and earned their first win of the season (1-2).

Parowan returned home to play Piute on Tuesday in a game that was too late for press deadline, and they will host the Valley Buffaloes on Friday starting at 7 p.m.

PREP SCOREBOARD

SCORES

Region 10 Boys Basketball

11/29 Snow Cyn. 61, Green Valley 51
11/30 Canyon View 55, Hurricane 52
12/1 Sky View 68, Cedar 52
Ridgeline 64, Desert Hills 62
Crimson Cliffs 72, Payson 66
Snow Cyn. 76, Salem Hills 75, 20T
Dixie 86, Mountain View 47
Mtn. Crest 58, Pine View 56
12/2 Cedar 73, Mountain Crest 71
Sky View 71, Desert Hills 37
Dixie 69, Salem Hills 61
Crimson Cliffs 82, Mtn. View 65
Ridgeline 75, Pine View 63
Snow Canyon 58, Payson 48
12/3 Ridgeline 75, Cedar 52
Desert Hills 52, Mtn. Crest 47
Salem Hills 61, Crimson Cliffs 46
Dixie 93, Payson 69
Sky View 73, Pine View 63
Snow Canyon 73, Mtn. View 60

Region 12 Boys Basketball

11/29 Grand 84, Monticello 53
11/30 Canyon View 55, Hurricane 52
Carbon 60, Juab 59
South Summit 64, Emery 57
12/1 Canyon View 69, Uintah 57
12/2 N. Sanpete 55, Cyn. View 47, OT Grantsville 61, Carbon 40
Grand 70, Aztec (N.M.) 60
Morgan 48, Richfield 42
12/3 Cyn. View 53, Ben Lomond 39
Enterprise 66, Carbon 48
Richfield 61, Ogden 47
Montezuma-Cortez (CO) 65,

Grand 54 Region 19 Boys Basketball

11/29 Enterprise 55, Moapa Valley 32 Kanab 50, Virgin Valley 39
11/30 Delta 39, Beaver 29 Manti 72, South Sevier 58
12/2 Parowan 53, Delta 44 Kanab 47, Duchesne 43 Ogden 63, Enterprise 55 Manti 70, San Juan 36 South Sevier 64, N. Summit 58 Millard 50, Beaver 40
12/3 North Summit 50, Parowan 48 Enterprise 66, Carbon 48 Grantsville 56, South Sevier 47 Kanab 63, Delta 56 San Juan 49, North Sevier 46

Region 10 Girls Basketball

11/29 Carbon 58, Cedar 24 Beaver 53, Pine View 39 Hurricane 52, Canyon View 40 Kirtland Central (NM) 44, Dixie 31 Soda Springs (ID) 44, Hurricane 27 Beaver 53, Crimson Cliffs 36 Snow Cyn. 80, Salem Hills 39 Pine View 70, Union 38 Desert Hills 50, Juan Diego 41 Manti 45, Pine View 36 Uintah 54, Pine View 38 Salem Hills 49, Hurricane 44 Soda Springs (ID) 48, Desert Hills 36 Dixie 48, Page (AZ) 33 Snow Canyon 54, Box Elder 41 Viewmont 61, Pine View 39 Snow Cyn. 69, Soda Springs (ID) 52 Desert Hills 58, Salem Hills 53 Casteel (AZ) 50, Dixie 48 Richfield 42, Hurricane 30

Region 12 Girls Basketball

Carbon 58, Cedar 24
Emery 62, Delta 50

12/1 Juab 41, Canyon View 33
Uintah 48, Emery 47
Richfield 56, Box Elder 37

12/2 Richfield 69, Juan Diego 48
Carbon 52, Summit Academy 36

11/29 Hurricane 52, Canyon View 40

12/3 Emery 57, Manti 38 Emery 63, Viewmont 56 Richfield 42, Hurricane 30

Region 19 Girls Basketball

11/29 Parowan 45, Millard 32 Moapa Valley 33, Enterprise 28 Beaver 53, Pine VIew 39 Monument Valley 76, San Juan 50 Kanab 69, Wayne 42 12/1 Beaver 53, Crimson Cliffs 36

12/2 Kanab 62, Millard 47
South Sevier 53, Piute 35
12/3 Kanab 55, Duchesne 35
Moapa Valley 36, Enterprise 34

STANDINGS

Region 10 Boys Basketball

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

Region 12 Boys Basketball

	REGION	OVERAL
Emery	0-0	3-1
Canyon View	0-0	3-1
Carbon	0-0	4-2
Grand	0-0	2-3
Richfield	0-0	0-1

Region 19 Boys Basketball

	REGION	OVERAL
Kanab	0-0	5-0
Parowan	0-0	2-1
Enterprise	0-0	2-1
San Juan	0-0	2-2
South Sevier	0-0	1-2
Beaver	0-0	0-3

Region 10 Girls Basketball

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

Region 12 Girls Basketball

	REGION	UVERALL
Carbon	0-0	4-0
Richfield	0-0	4-1
Emery	0-0	4-2
Canyon View	0-0	1-2
_		

Region 19 Girls Basketball

	REGION	OVERALL
Kanab	0-0	5-0
South Sevier	0-0	2-0
Beaver	0-0	2-1
Parowan	0-0	1-2
San Juan	0-0	0-2
Enterprise	0-0	0-3

Falcons rally, take down Tigers in season opener

by Tom Zulewski

IRON COUNTY TODAY

The Canyon View Falcons had a different feeling for their boys basketball season opener Nov. 30. With Kim Blackner making his debut as head coach, the team made the plays when it counted and left the floor in a celebratory mood.

Myles Topham, a transfer from Cedar, made a layup with 10 seconds remaining, and Chad Hartmann delivered two free throws five seconds later to seal a 55-52 victory over the Hurricane Tigers. Hartmann led all scorers with 19 points for CV, who trailed most of the way before producing the fourth-quarter rally that led to its only lead of the game.

The game was tied 22-22 at the half, but Hurricane led by as many as eight points in the third quarter with Owen Iloa (15 points) leading the way. CV was able to come back as the Tigers went 9-for-26 at the free throw line

Hurricane had a final chance at the win, but a 3-point try was missed and the CV students celebrated on the floor with the team after the final buzzer.

Canyon View added a second straight win Dec. 1 as they posted a 69-57 road win over the Uintah Utes. Four players scored in double figures in the victory, led by 11 points each from Hartmann and Bubba Ludlow.

On Dec. 2, the Falcons suffered their first loss of the season, 55-47 in overtime, to the North Sanpete Hawks. No further details were available. CV finished the week with a 53-39 win over Ben Lomond on Dec. 3 and improved to 3-1 overall on the season.

The Falcons will return home for their next two



games starting tonight against Desert Hills and finishing Friday with a matchup against the Pine View Panthers. Both will tip off at 7 p.m.

CV GIRLS DROP TWO ON ROAD

Canyon View's girls team dropped two road games last week, starting with a 52-40 loss at Hurricane on Nov. 29. Jayda Gleave led the Falcons in the loss with 12 points and Maylee Sorensen added 10.

CV led the host Tigers

12-8 after the opening quarter, but was outscored 19-9 in the second. Hurricane was able to secure the win as it had a 19-11 edge over the final eight minutes.

On Dec. 1, the Falcons fell 41-33 at Juab and are 1-2 overall on the season. CV was held to 11 points in the second half as the Wasps pulled away from a 22-22 halftime tie.

Canyon View returned home to face the Enterprise Wolves on Tuesday in a game that was too late for press deadline. They will travel to play undefeated Kanab on Thursday starting at 7 p.m.

SUU's Lizzy Williamson goes up for the layup hoping to help the Lady T-Birds climb to victory.

Thunderbirds come up short in Flagstaff

by Seth Whitehouse

SUU ATHLETICS STRATEGIC COMMUNICATION

FLAGSTAFF, Ariz — Despite season-highs in scoring from Cherita Daugherty and Megan Jensen, the Southern Utah University women's basketball team fell to the Northern Arizona 76-65 at Joseph Rolle Activity Center, Saturday afternoon.

The Thunderbirds edged out the Lumberjacks in field goal percentage by 40 percent to 38.9 percent. They were efficient from the charity stripe on the night, outshooting the Lumberjacks 69 percent to 57 percent. SUU also outscored NAU in the paint 42 to 38 and had a combined eight blocks.

Cherita Daugherty fueled the scoring for the Thunderbirds with a new season-high 22 points with 12 rebounds and four assists, while Megan Jensen dominated inside the paint for SUU, scoring 16 points, seven rebounds, and three blocks. Lizzy Williamson was one rebound away from another double-double, finishing with 10 points, nine rebounds, and three blocks.

Both sides would trade their jabs in the fourth, with Williamson coming up with two blocks to limit two NAU possessions. Daugherty would continue to make tough contested shots scoring eight points down the stretch in the fourth quarter, but it wasn't enough in the end as NAU would pull away, winning 76-65.

The Thunderbirds will now head to Boulder, Colorado, to take on the Colorado Buffaloes and former SUU head coach JR Payne tonight at 6 p.m. MT.

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

Defensive dominance bests Bengals in grueling game

by Jason Marsteller

SUU ATHLETICS STRATEGIC COMM.

POCATELLO, Idaho. — The Southern Utah men's basketball team utilized a stingy defense to outlast former Big Sky foe Idaho State, 69-59, in a gritty game in Pocatello, Idaho on Saturday, Dec. 3. Southern Utah improved to 5-4 after winning a chippy contest that featured 47 total free throws. The Bengals dropped to 2-7 with the loss. Southern Utah's defensive effort this evening proved to be historic as it was the third-fewest points Idaho State has ever tallied against the Thunderbirds in a series that dates back to 1989. Notably, Southern Utah now owns a commanding 24-12 lead in the series, sporting a seven-game winning streak that began with a 78-72 triumph in Cedar City on Feb. 9, 2019.

Senior forward Maizen Fausett leapfrogged Davis Baker into eight all-time on Southern Utah's career scoring charts with 12 points this evening. Fausett closed the contest with 1,214 points in a T-Bird uniform, moving ahead of Baker's 1,205 amassed from 2007-10.

Senior guard Harrison Butler's team-high 22 points



Southern Utah

69



Idaho State

59

Southern Utah

33 36 -- 69 24 35 -- 59

increased his career count to 1,171 as he looks to push SUU's 1200-Point Club into double-digit membership as the 10th T-Bird to do so

10th T-Bird to do so.
Senior guard Tevian Jones
moved closer to becoming
just the 11th player to score

more than 1,000 points in a

Thunderbird uniform with 13 points tonight. That pushed the Illinois transfer's career tally to 1,075 with 977 coming while at Southern Utah.

Southern Utah's aggressiveness in the paint proved to be the difference maker this evening. The Thunderbirds went shot 87 percent from the line (27-31), while the Bengals struggled at the charity stripe (10-16, 63 percent). Additionally, the Thunderbirds outscored the Bengals, 24-12, in the paint. SUU also won the rebounding battle, 37-33. SUU managed to shoot 40 percent (19-48) against ISU's 38 percent (21-55) while holding the Big Sky's top three-point squad to just 32 percent from beyond the arc (7-22).

Stay up to date during the 2022-23 Southern Utah Men's Basketball season by following @ SUUBasketball on Twitter and Instagram and by liking the Southern Utah Basketball page on Facebook.



Stetson Wright makes NFR history

ith three days down at the Wrangler National Finals Rodeo in Las Vegas, Stetson Wright has crossed a threshold into history. After his winning 88-point bull ride in Round 2, the Milford native crossed the \$2 million mark in career earnings at just 23 years old.

"To cross that \$2 million dollar mark, it's special,"

Wright said to prorodeo.com. "I'm speechless. When I hear something like that, it makes me emotional. I'm the luckiest guy on the planet."

Wright's winning bull ride was good for \$49,666, and he added a \$7,462 check for a

fifth-place saddle bronc ride to push the career total over the top at more than \$2,050,000.

As the NFR headed to Round 4 on Sunday, it was only a matter of time before Wright gets to add to his five world titles - three in all-around (2019, 2020, 2021), one in bull riding (2020) and one in saddle bronc (2021). With \$462,229, his all-around lead was more than double runner-up Caleb Schmidt's \$230,261.

Wright's lead in bull riding after Round 3 was strong. His total stood at \$384,928, ahead of Josh Frost's \$265,371. Frost leads the average by three points over Wright, and he'd claim a check for \$74,150 on Saturday night if he can maintain it until Round 10 is complete.

emotional. I'm the The added pressure will luckiest guy on the planet." come from earning any sort of a check for each night's go mainly because it's always possible there won't be six riders who produce scores. Wright earned his big payday in Round 2 because he was one of only two cowboys to last the full eight seconds. Frost finished fourth in Round 1 and split third-place money in Round 3.

In saddle bronc, Wright has scored on all three rides, collected a second- and fifth-place check, and trails California cowboy Lefty Holman by six points in the average. He's second in the money through

Round 3, trailing leader Sage Newman by \$75,000.

Assuming at least six riders earn scores, an individual round win is worth almost \$29,000, so anything can still happen. We're still sticking with our previous prediction that Wright can clinch a fourth straight all-around gold buckle by Round 7, but everything else is still wide open.

Each night's performance has been moved up an hour from past years. The action begins at 7 p.m. from Thomas & Mack Center in Las Vegas and can be seen on The Cowboy Channel. Check your listings.

Thanks to social media, Utah's comeback **demolition of the USC Trojans** last week in the Pac-12 championship game from Las Vegas produced a fun bit of post-game discussion.

It was discovered that USC quarterback and Heisman Trophy contender Caleb Williams got creative with his motivation for the game. A photo surfaced on Twitter of Williams' fingernails displaying "F- Utah."

Maybe there was subtle karma being sent, but the Utes went on a 44-7 tear over the final 34 minutes and won going away, 47-24. Utah earned special. I'm speechless. its second straight Pac-12 When I hear something crown and denied USC a spot in the College Football Playoff, which was confirmed Sunday.

When asked about Williams in their postgame press availability, Utes quarterback Cam Rising could have cared less. It's all about priorities, and Utah fans will be flocking to the Rose Bowl for the second year in a row. Next time, be careful what you wish for.

It may come back to wreak havoc on your future aspirations.

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

thoughts Tom Zulewski IRON COUNTY TODAY

"To cross

that \$2 million

dollar mark, it's

like that, it makes me

Stetson Wright

TOM'S SPORTS TRIVIA

As we close in on the end of another year, we turn our thoughts to the Halls of Fame across the four major sports leagues – the NBA, NFL, NHL and Major League Baseball. Legacies are enshrined at all of these places, and you can be enshrined as well if you have the chops to answer these questions. Please remember...no wagering!

- **1.** In which U.S. state is the Pro Football Hall of Fame located?
 - A. Michigan
 - B. Ohio
 - C. Pennsylvania
 - D. Illinois
- 2. Which NFL team has the most players inducted in the Pro Football Hall of Fame with 30?
 - A. Pittsburgh Steelers
 - B. New York Giants
 - C. Chicago Bears
 - D. Indianapolis Colts
- 3. Which NFL team got its first inductee into the Hall when tackle Tony Boselli was chosen among the Class of
 - A. Carolina Panthers B. Jacksonville Jaguars

 - C. Tampa Bay Bucs D. Houston Texans
- **4.** Which state is home to the Naismith Memorial Basketball Hall of Fame?
- A. Connecticut
- B. Vermont
- C. Rhode Island D. Massachusetts
- 5. Who was the first WNBA player to be inducted into the Basketball HOF (2010)?
- A. Cynthia Cooper
- B. Dawn Staley
- C. Lisa Leslie
- D. Sheryl Swoopes
- 6. He had a better shooting percentage from the field (47) than the free-throw line (41) in a 15-year NBA career, but which member of the 2004 Detroit Pistons championship team was inducted into the HOF in 2021?
 - A. Chauncey Billups
 - B. Ben Wallace
 - C. Rasheed Wallace
 - D. Lindsay Hunter
- 7. In which U.S. state is the Baseball Hall of Fame located?
 - A. New York
 - B. Maryland
 - C. Georgia
 - D. North Carolina

- 8. Which Boston Red Sox first baseman was elected to the Baseball Hall of Fame in his first year of eligibility in 2022?
 - A. David Price
 - B. Jim Rice C. David Ortiz
 - D. Keith Foulke
- 9. The All-American Girls Professional Baseball League was around from 1943 to 1955 and is immortalized in the Baseball HOF. What was the name of the movie that celebrated the AAPGBL and the 30th anniversary of its
 - A. Field of Dwreams
 - B. A League of Their Own
 - C. For Love of The Game
 - D. The Rookie

release in 2022?

- 10. The Hockey Hall of Fame is located in which
 - A. Montreal
- B. Ottawa
- C. Winnipeg D. Toronto
- 11. Daniel and Henrik Sedin are the most recent set of twins to enter the Hockey HOF in 2022. They entered the NHL at the same time in 2000 and played their entire 17-year careers for which team?

 - A. Calgary Flames B. Edmonton Oilers
 - Vancouver Canucks
 - D. Anaheim Ducks
- 12. Who was the first American woman sister of a former NHL player and the current head coach of the Buffalo Sabres – to be inducted into the Hockey Hall in 2010?
 - A. Cammi Granato
- B. Angela Ruggiero
- C. Geraldine Heaney
- D. Angela James

LAST WEEK'S ANSWERS

1. B: Moscow 2. A: On penalty kicks. The 2006 final was the last that needed the shootout to decide the champion. 3. B: 1994. The U.S. will be hosting the next men's World Cup in 2026. 4. C: Rose Bowl 5. D: Brazil

6. B: Germany. Germany has been runner-up four times, the last coming in 2002, when it lost to Brazil in the

nnal. 7. A: Golden Glove 8. C: Miroslav Klose. The German's career total is one better than Ronaldo of

9. B: France. The French were hosts in 1998 and beat Brazil in the final, 3-0.

10. B: Uruguay 11. A: England 12. C: David Villa (Spain).

SUU track and field secures several high marks in Boston

by Seth Whitehouse

SUU ATHLETICS STRATEGIC COMM.

BOSTON, Mass.— The SUU Track and Field program kicked off its 2022 indoor season at the Sharon Colyear Danville Season Opener at Boston University this weekend, and multiple Thunderbirds had several impressive performances.

Payton Riggs lead the way for the Thunderbird men's team earning two top-five finishes in the 800 meters and the mile.

Riggs blazed to a third-place finish mile, finishing just five seconds out of first place with a time of 4:11.05. He followed that up by taking fifth place in the 800 with a 1:56.16.

Southern Utah also had multiple runners earn solid finishes in the 5k.Travis Feeny clocked a time of 14:16.4, Isaiah Labra was close behind at 14:23, and Santiago Gaitan walked away

On the women's side, Haley Tanne and Madisan DeBos

earned two new all-time finishes for SUU in the 5K. Tanne blistered to a time of 16:49 to take 79th place overall, stamping herself into the record books, making her fifth all-time in the 5k for SUU. DeBos turned on the jets and finished 84th place with a 16:55.9 to put her ninth all-time in the event for the Thunderbirds.

The Thunderbirds will have nearly an entire month off before their next competition when they head to the BYU Cougar Invitational on January 12-14.

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for Shame, Control, Anger, Fear, Perfectionism, Pride, Codependency, Eating Disorders, Financial, People Pleasing, Despair, Anxiety, Adultery, Pornography, Grief, Abortion, Dysfunction, Abuse. 1 out of 3 are there for addictions. God Heals ALL the above. Give CR a try! You won't be alone. Wednesday nights, 6:30 at the True-Life Center, 2111 North Main, Cedar City, Utah 84720. For other information, please call Jeff J. 801-638-1800 or Gary D. at 702-303-5662. God Bless You!

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The Spats







Weekly **SUDOKU**

by Linda Thistle

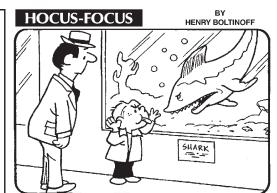
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the

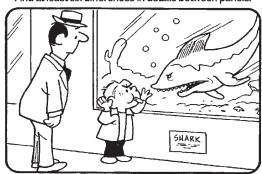
DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

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Find at least six differences in details between panels.



Differences: 1. Hair is different. 2. Pocket is missing. 3. Coral is different. 4. Jacket is opened. 5. Shark is moved. 6. Sign is moved.

SCRAMBLERS e to form four ordinary words. Then tery word, which will complete the gag BAWLER DINES Subtle INFAT **VERSE** derstand they're **TODAY'S WORD**

ACROSS

1 Singer Lovett

12

15

20

24

28

47

49

DOWN

32

38

- 5 "Ben-Hur' studio
- 8 Beanies
- 12 "Madam Secretary" actress
- 14 Opposite of "sans"
- 15 Very hungry
- 16 Gambling city
- 17 Coq au -
- 18 Painter
- Georges 20 Watched sur-
- reptitiously
- 23 Pot covers
- 24 Any time now 25 Stuffed Italian
- pasta 28 Boy king
- 29 Doctrine
- 30 NYPD alert
- 32 Gulches
- 34 Potter's medium
- 35 New newts
- 36 Tint 37 Import duty
- 40 JFK info
- 41 Portent
- 42 Enraptured
- 48 Eternally
- 49 Variety 50 Still, in verse
- 2 Pro vote

51 Playwright

O'Casey

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 - sages
 - 8 Tenor Enrico
 - 9 Say it's so

- 10 Elizabeth of "Jacob's Ladder"
- 1 USPS delivery 11 Highlander 13 Oklahoma city 34 Great divides
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 - 20 Retired jet
 - 22 Greek vowel
 - 23 Highway divi-
 - sions
 - 25 Cheap way to 43 St. crosser live

 - bles
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- 45 Notable time 46 Lair

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33 Like marble

36 Commotion

37 Grabbed

39 Check

two

38 Both (Pref.)

40 Divisible by

44 Weed whacker

29 Squabble

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18 119

36

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- 1. MOVIES: What does Susan Walker want as a gift from Santa in the movie "Miracle on 34th Street"?
- 2. MUSIC: Which famous rock band once called itself The New Yardbirds?
- 3. GEOGRAPHY: Where is the Thar Desert located?
- 4. TELEVISION: Which TV sitcom's theme song was "Thank You for Being a Friend"?
- 5. FOOD & DRINK: When was frozen food invented?
- 6. MOVIES: Which Disney princess is modeled after a real person?
- 7. ANATOMÝ: What is the only human organ
- capable of natural regeneration? 8. ANIMAL KINGDOM: What are male and
- female swans called? 9. U.S. STATES: Which state's motto is "Excel-
- sior!"
- 10. HISTORY: How many people signed the U.S. Declaration of Independence?

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- 9. New York ("Ever upward!").
- 7. The liver. 8. Cobs and pens. the quick freezing process.

 6. Pocahontas.

 7. The liver 4. "The Golden Girls." 5. 1924. Clarence Birdseye invented
 - Led Zeppelin.
 India and Pakistan. Answers

8 1 2 8 8 8 4 8 9 9 1 2 8 1 2 8 7 1 6 8 9 7 4 9 8 7 3 8 7 4 8 5 E ε 9 6 2 1 t 9 6 L b 8 2 4 1 8 7 4 8 7 8 9 6 E 9 5 7 6 1 8 t 2 7 8 6 7 8 8 1 2 8

Answer

- Meekiy SUDOKU

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Solution time: 22 mins. Answers

— **King** Crossword —

STARVED

Τοday's Word

3. Faint; 4. Serve 1. Warble 2. Snide uoitulos

SCRAMBLERS









While the **Kid Scoop** news article below is very silly—we wrote our article in the format of a real news

News reports tell **WHO** did **WHAT WHEN** and **WHERE** and, when possible, HOW.

Kid Scoop reporter Woodword is working on a silly article for the very silly Kid Scoop Fun Times. Can you help him out?

Caution! This article is not real news! It is just for fun!

News Articles Lead with the FACTS

Who, what, when and where are often the first questions people ask when something happens. News reporters put those facts into the first paragraph — sometimes the first sentence — of the news article. This is called the **lead**.

Read Woodword's article. Then fill in the facts in his notes.

	WHO is the news event about?
	WHAT happened?
100	WHERE did it happen?
KIDS	WHEN did it happen?

DOWNTOWN - Clive the crocodile escaped from Downtown Zoo last night. Some people say he put on a costume and stole a pizza from Pete's Pizza Parlor.

> Clive has lived at the zoo for ten years. Pete Pesto, owner of the pizza parlor, says Clive entered the kitchen wearing a chef's hat and apron and tried to make himself 20 large all-meat pizzas.

Police arrived at 9:30 p.m. "We got a call from a person eating at Pete's. They said there was a lot of noise coming from the kitchen, but no pizzas," said Chief Mike

Clive surrendered peacefully. "That's the way the pizza crumbles," Clive mumbled as the police put him in a squad car.

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The tear defensi in the fo thrilling finals

Advancir regional coach Ma

"We've be practice a compete All seaso

It's the fir a local tea residents attend the

Choose a HEADLINE

The **headline** of a news article could also be called the title. It is written in bold type above the story. Most headlines have a subject and a verb that tell the topic of the article and summarize the main idea, or most important part of the topic.

Read the three headlines that Woodword has written. Circle the headline you think is the best for this silly article.

POLICE CAPTURE UNUSUAL PIZZA CHEF AT PETE'S

CROCODILE ESCAPES FROM ZOO

PIZZA-LOVING CROCODILE ARRESTED

Extra! Extra!

Headline

Funnies

Choose a PHOTO for the Article

The photos that go with a news article can give more information. A photo can also create a feeling about a news event. The text that describes a photo is called a cutline and is usually below the photo.

Which picture would you use? Cut and paste it onto the above news article. Write a cutline for the photo you select on the lines at right.







Cutline:

Rewrite one or more headlines in today's newspaper so that they say the opposite of what they say now. For example, **Heavy Snow Predicted for City** could become Hot Weather Predicted for Countryside.

Standards Link: Language Arts:

Scoop Puzzier

PROOF READING

Proofreading a news article is important to make sure it is accurate and fair. Each headline below has an error. Circle the errors and rewrite the headlines correctly.

OWNER SAYS
NEW STORE IS
IS NOW OPEN

AUTHOR'S LATEST BOOK IS A BEST

Double Word Search Find the words in the puzzle ARTICLE

BOLD FACT HEADLINE HOW **LEAD NEWS** РНОТО **PIZZA** REPORTER WHAT WHERE

WHEN

WHO

ZOO

How many of them can you find on this page?

a o as pager										
Н	Е	A	D	L	I	N	Е	A	Z	
В	M	О	T	О	Н	P	T	R	R	
О	E	Q	W	F	L	Н	О	T	E	
L	V	R	Н	T	A	Z	Z	I	P	
D	E	Z	Е	L	X	C	О	C	Ο	
W	K	A	N	Н	U	Н	T	L	R	
P	Q	Е	D	N	W	J	C	E	T	
N	W	U	N	A	Н	В	E	W	E	
S	O	W	Н	V	A	О	О	Z	R	
Α	D	S	7.	O	Т	L	W	V	Y	

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

Kid Scoop Together

Newspaper reporters must gather information and viewpoints from people on both sides of an issue to tell the whole story

Based on the quotes from Clive, the police, and Pete Pesto, do they all have the same point of view?

If not, what is each one's point of view?

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What do you think?

Read the silly news article aloud to a family member. Ask them to identify the WHO, WHAT, WHERE and WHY. Then, ask them to explain which viewpoint they agree with the most.

Share your viewpoint and see if you agree.

> Write On! <

Write a sentence reporting about something new in your life. Be sure to include who, what, when and where!