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Rep. Stewart named Co- Chair of Mental Health Caucus

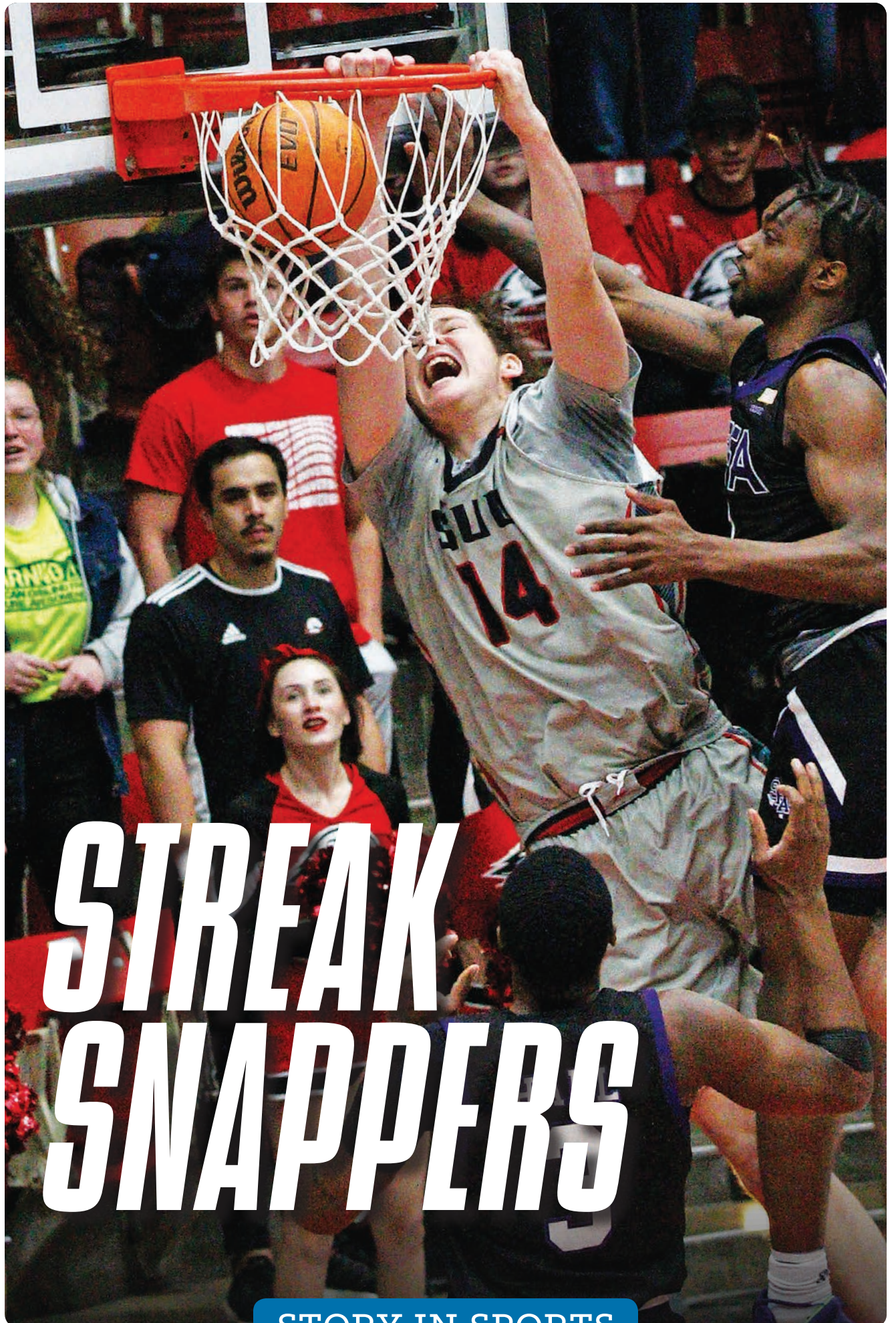
WASHINGTON — This week, Rep. Chris Stewart (R-UT) was named Co-Chair of the Mental Health Caucus. He joins Rep. Grace Napolitano (D-CA) as Co-Lead of this crucial group that is committed to fighting our nation's ongoing mental health crisis.

"I couldn't be prouder to Co-Chair this bipartisan caucus and elevate the conversation around mental health," said Rep. Stewart. "Congresswoman Napolitano has done outstanding work as Co-Chair of this caucus, and I'm eager to join her efforts on this all-important issue. It's a topic that hits home for everyone — suicide is a top ten cause of death nationwide, as well as in my home state. We are wholeheartedly committed to finding real-world, bipartisan solutions to help all Americans struggling with mental health challenges, and we will work tirelessly to uphold that commitment."

"I am thrilled to announce Congressman Stewart has agreed to serve as Co-Chair of our Mental Health Caucus," Napolitano said. "With great passion for the issue of mental health, especially in the areas of suicide prevention and life-saving services for veterans, our entire caucus and our constituents will benefit from him serving in this expanded role. I am very grateful to Congressman Stewart for his willingness to be Co-Chair, and I look forward to our continued work to reduce the stigma associated with mental health, raise the visibility for mental health reforms, and find solutions to improve mental health care and delivery of services to all in need."

Rep. Stewart was the author of the National Suicide Hotline Designation Act, legislation to designate 9-8-8 as the universal telephone number for the national suicide prevention and crisis services lifeline. The Senate companion of his bill was signed into law in October 2020 and took effect in July 2022. Prior to the launch of 9-8-8 last summer, Rep. Stewart was named a Co-Chair of the newly formed 988 & Crisis Services Task Force, which operates under the Mental Health Caucus.

Congresswoman Napolitano is the founder and Co-Chair of the Congressional Mental Health Caucus, where she promotes access to mental health for children and adolescents, improved mental health resources for veterans and seniors, and increased mental health coverage for all.



STREAK SNAPPERS

STORY IN SPORTS

COREY BAUMGARTNER

News from the Iron County Republican Party

by **Hillary Carter**

FOR IRON COUNTY TODAY

The Iron County Republican party convened a meeting of the County Central Committee on December 15 to appoint a replacement for the County Auditor and vote on a resolution. Dan Jessen was re-elected to the auditor position this November but immediately resigned following the election to take a position with the city of Parowan. Deputy Auditor Lucas Little and Cedar City Council member Tyler Melling ran for the

position. Little won the election and was therefore appointed by the party to serve as Iron County Auditor. Richard Genck, party secretary, introduced an election integrity resolution to the body for a vote.

It read, "Whereas, in the year 2020, The Utah State Legislature passed HB 36 titled "Election Amendments," which eliminated an election officer's discretion to administer an election in any manner other than primarily by mail; and "Whereas, in the years 2021 and 2022, general elections in Iron

County experienced ballot mailing delays due to our reliance on third party vendors, which potentially disenfranchised voters; therefore "Be it Resolved, that in the interest of maintaining local control of the election process, protecting the rights of the voter, and providing for complete transparency, the Iron County Republican Party supports a change to Utah Code section 20A-3a-202(1)(a) restoring the discretion of election officers to administer elections primarily by mail or in-person as local needs demand."

After some debate the resolution passed. The Republican Party Executive Committee announced they are forming a committee to clean up voter rolls in Iron County. All precinct chairs, vice chairs and delegates are encouraged to be members of this committee. The committee will also be open to members of the general public. If you are interested in helping with this effort please contact a member of the executive committee at ironcountygop.org. The first meeting will be held February 4th at 9 am in the Cedar City Library.

SUU student attends One Young World Summit in England

by **Abbie Cochrane**

FOR IRON COUNTY TODAY

Southern Utah University student Paige Raw had the life-changing opportunity to attend the One Young World Summit in Manchester, England this fall. Raw, hailing from Eswatini, Southern Africa, is a junior majoring in psychology and double minoring in ethnic and sustainability studies. She also serves as an International Student Ambassador for the University.

"I wish I could live that experience every single day," Raw said about the summit. "It's been a critical perspective shift to have my views challenged. Traveling is so healthy and allows you to see things through the lens of locals and appreciate your culture and their culture more. It truly was magical."

One Young World is an international organization that works to solve global problems and provide innovative solutions. Every year, they bring people together from around the world to a summit held in various cities in different countries.

One of the world's largest gatherings of different countries, the Summit hosted leaders from 196 countries and a myriad of speakers including Mary Robinson, Ban Ki-Moon and Meghan Markle, Olympic athletes, and two of Raw's own idols; Thuli Madonsela and Dr. Sylvia Earle. The Summit provided its attendees with keynote addresses, panels, interactive workshops, and opportunities to meet and collaborate with new people. While the speakers range in age and origin, the One Young World Ambassadors like Raw averaged between 25-35 years of age—some even younger.

"The key emphasis of One Young World is for people to know that it's never too early, and you're never too young to start something. And they gave us the resources to start," said Raw. "Where lots of global conferences talk about problems, this was about solving the problems. It gave me the initiative to start something of my own."

The summit helped attendees learn how to network and collaborate with other people who have the same drive. Everyone who participated had a similar mindset, and it reflected in the atmosphere of the gathering. In the end, the most important thing that Raw learned was that collaboration is progress, and that's what makes a good global leader and service-oriented citizen.

Raw was a recipient of the Global Leaders Scholarship Fund, a program established by the Utah Council for Citizen Diplomacy; an organization that helps people in the state of Utah build relationships with other cultures and promote



ABBIE COCHRANE

"I've always been very interested in global issues. Gaining understanding about lots of different cultures is also something I find important"

Paige Raw

respect and understanding between Utah and other nations.

"I've always been very interested in global issues. Gaining understanding about lots of different cultures is also something I find important," Raw explained. "This looked like an opportunity for me to learn from different cultures, so naturally I was excited about it."

The program is available to high school and college students who want to focus their careers

or receive certification in environmental or global issues. They sponsor students to go to a national or international event that covers global issues—and they did the same for Raw. In the process of learning about GLSF, Raw realized that this could be the beginning of an opportunity to give back to the community in Cedar City and the community in Eswatini.

As an international student at SUU, Raw's international journey began when she first started applying for colleges. Her parents were always keen on the idea of traveling and learning about different cultures, and they encouraged Raw and her brother to explore the world.

"Reading and watching movies about culture is completely different than fully immersing yourself in it. You get a greater appreciation for the people and their way of life," Raw said. "When I decided I wanted to study internationally, they were very supportive."

It was her parents' connections that helped her get acquainted with SUU. Raw's parents were friends with SUU professors Anne and Jon Smith who had previously lived in Eswatini. When she started the application process, the professors acted as Raw's eyes and ears, to help answer questions about the school. They also provided her with contacts to SUU International Affairs to help personalize her time at the University.

"The process of moving was very smooth as everyone here is supportive and wanted me to love SUU like they did," said Raw. "They really rooted for me. I think I was sold on SUU when I had several conversations with Nicole Funderburk, Jamie Orton, and Stephen Allen. They were really helpful with all the international student aspects of applying."

Raw's future career path is to continue using research to advocate for both humans and the environment. She plans to pursue a graduate degree in conservation psychology.

"The Summit has only made me love these two groups even more, and has helped me visualize the steps I need to take in order to benefit these two groups," she said.

Students from all over the globe are welcome at Southern Utah University. Currently, SUU is home to 748 students from 77 countries and territories around the world. By 2025, SUU hopes to host over a thousand international students and have the same amount traveling on study-abroad trips. Along with excelling in their classes, international students help make campus a more diverse and wonderful place.

Pace Clarke leaves legacy at Utah Summer Games

by Nikki Koontz

SUU MARKETING COMMUNICATION

Executive Director of the Larry H. Miller Utah Summer Games, Pace Clarke, has announced he will be leaving the Utah Summer Games to pursue an exciting new opportunity. Hosted by Southern Utah University, the Games have grown significantly under Clarke's leadership.

"Pace has done an exceptional job directing the Utah Summer Games," said SUU President Mindy Benson. "His leadership has elevated all aspects of the Games and set the organization up for ongoing success. We wish him the very best."

As the executive director, Clarke led growth in athlete participation from 8,010 athletes to a record-breaking 10,189 athletes in 2022. He also successfully expanded the operating season from the summer months to year-round activities.

"It has been my privilege to oversee the growth and development of the Larry H. Miller Utah Summer Games," said Clarke. "The Games play a significant role in our community, but more importantly they play a significant role in the lives of thousands of people every year as we realize the mission of the games – to celebrate excellence in the human spirit through extraordinary events and competition."

Clarke enhanced the community experience by building relationships with major local partners including Cedar City, Iron County, and Iron County School District. In addition,



Pace Clarke

COURTESY SUU

his leadership supported increased economic impact for the Cedar City community through new partnerships such as the Iron Games and working with the Utah High School Activities Association to bring the Utah High School State Football and Basketball Championships to SUU.

"The Utah Summer Games is an integral part of Iron County's visitor economy bringing thousands of athletes and their families to experience an Olympic-style sports competition," said Maria Twitchell, executive director of Visit Cedar City Brian Head. "Pace has proven himself a great community leader by taking the Utah Summer Games to new heights with additional sports competitions throughout the year, significantly impacting our hotels and restaurants at a time our community can use the influx of business."

Clarke, along with his wife Amanda and their four children, plan to remain in Cedar City and look forward to staying involved in the community.

As one of the premier sporting events in Utah, the Utah Summer Games is a festival for athletes of all ages and abilities. Since 1986, this event has been conducted at Southern Utah University in Cedar City, Utah with an average total of 9,600 participants, 50,000 spectators, and 1,200 volunteers in attendance each year.

Registration for the upcoming 2023 Utah Summer Games will open on February 1, 2023. This year's Opening Ceremony will be held Friday, June 9, 2023. To learn more about the Utah Summer Games and for a full schedule of events, visit utahsummergames.org.

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opinion

FROM THE EDITOR

A community of compassion

There are no words adequate enough to describe or completely comfort in times of trial and tragedy. Thankfully, we live in a community of people with both words and works to help alleviate grieving and provide help and hope until the raging storm passes. This is the true meaning of community. It's

about people, not politics. It's about relationships, regardless of religions. It's about unity no matter the day or time.

May we each take a moment to be grateful

we live in such a community—one of compassion and caring. Also, that we do not take such valuable values for granted and to protect and improve our unity with integrity.

We will continue to do so together. Because we know the better we are at mourning together, the better we will be at moving forward together, no matter what.

WORD OF THE WEEK

COMMISERATE

The act of empathizing, or expressing sympathy or sorrow for someone.

In tragic times of need, we each have the compassionate commission to commiserate with and to console our grieving community members, in any way we can, great or small.

BOOKINGS

Our local bookings/arrests information has can now be found online at: <https://ironsheriff.net/jail/recent-bookings>. This website will provide more information and details about current arrests in Iron County.



COREY BAUMGARTNER
MANAGING EDITOR



QUOTE OF THE WEEK

“Our actions in the present build the staircase to the future. The question is whether that staircase is going up or down.”

Craig D. Lounsborough

TO THE EDITOR

The visible manifestation of our lack of ambition

Dear Editor,

The plan to house migrants at a former Chicago school brings up an idea mentioned in Utah from time to time. Why don't we temporarily free up ill-occupied or unoccupied downtown buildings or floors to serve as winter homeless shelters for our wandering mentally ill?

The problem with we Americans today is that we have lost our ambition to innovate. And we have also lost the thing that comes before ambition, and the thing that comes after ambition. We have lost a lot.

Our ancestors were tremendously ambitious. Think about it... they arrived on a continent with nothing but wide-open geography before them, a geography stocked full of nature, but virtually nothing else. No towns, no technology, no trading posts, no friends, no enemies, nothing but themselves.

The thing that always comes before ambition is survival. The need to survive gave our ancestors plenty of ambition. But the thing that comes after ambition is just as important—a social support system...people to help them survive.

Today, almost nobody worries about survival except maybe the homeless and new immigrants to this country. For most Americans, things are pretty much handed to them from the moment they are born. Food, toys, friends, homes, clothing. They must work for none of it. Their parents don't ask them to work either, just to play.

Without ambition to survive, our young people no longer need a support system. A spouse is nice, but not essential. They aren't going anywhere, so they don't need anybody.

That pretty much explains boomers down to Zers. Our homeless are just the most visible manifestation of our lack of ambition. Something needs to change.

Kimball Shinkoskey, Utah

Want to submit a letter to the editor?

Submit your letter to the Editor on our website at www.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.

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opinion

Folding with the Trump Card

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.



For Utahns who deplored Donald Trump, the national nightmare is over. For those who supported the guy, their glory is in the rearview mirror. Pres. Biden has said that he would love to run against him. Biden won't get his wish.

As regular readers know, I was never a fan of our former president. Actually, most voters weren't either. The 2016 election was a choice between a scandalous liar and a scandal-plagued Hillary Clinton; Trump couldn't have beaten any Democrat other than Clinton or Bernie Sanders.

For those who doubt this analysis, look at how Trump won his party's nomination. He didn't do it through sheer force; he won it because the 2016 GOP election featured more contestants than the Utah Symphony.

Republican activist Peggy Noonan noted last month that there were 17 separate candidates. All of them took votes away from others. In the early primary contests, Trump consistently won only about one-third of the votes, never close to a majority. The 33% who liked him were mesmerized by this brashness; he handed out more insults than Don Rickles in a Las Vegas showroom. In Iowa he did even worse (24%) losing to Ted Cruz whose father Trump slandered as a criminal involved in the Kennedy assassination.

Unlike Ronald Reagan, Trump never built a foundation for the Republican Party. Reagan was a builder, assembling former Southern Democrats and rural Midwest farmers into a conservative movement. In contrast, Trump was like a little boy who saw a political structure, then kicked it apart as if it were

a finely assembled Lego set. Reagan made people feel good about themselves whereas Trump turned Americans against each other.

I believe some of Reagan's actions were destructive (i.e., emptying mental facilities and turning thousands of psychotic patients out on the streets). But Reagan believed in the Constitution, a document that Trump spits at and has attempted to override. Reagan was serious and knowledgeable about issues in contrast to Trump who his aides say rarely read the pros and cons of legislation and was quick to anger rather than being reflective. Reagan had personal dignity while Trump leaned in on crushing arrogance.

And as we know now from the issuance of Trump's tax returns, he, unlike the fiscally responsible Reagan, told whoppers on his IRS tax returns and was littered with debt and business losses.

All of this has Florida Gov. Ron DeSantis smiling like a poker player with four aces. He knows he can win against a weakened Joe Biden; all he must do is make sure other GOP presidential hopefuls remain on the sideline. DeSantis knows a Democrat could still come forward to make the presidential race competitive, but at this stage no one can point to one. If DeSantis chooses an esteemed GOP woman like Nikki Haley as his running mate, he can waltz into the Oval Office.

Unlike Ronald Reagan or John F. Kennedy, Trump will never go down in history as a respected "father figure" for his party. History will regard him as the obnoxious neighborhood bully, a feared carnival barker who cared more about spite than governance.

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IRON COUNTY FORECAST

A BIT OF A BREAK FROM THE WEATHER TO BEGIN THE WORKWEEK WITH MOSTLY SUNNY SKIES FOR WED. SLIGHT CHANCE OF SNOW ON THURSDAY AS TEMPS STAY CHILLY. SKIES LOOK MOSTLY DRY TO ROUND OUT THE WORK WEEK. HIGHS WILL CONTINUE IN THE 30S WITH LOWS MAINLY IN THE TEENS.

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Mentally strong: Starting 2023 on the right foot

by Lisa Larsen

FOR IRON COUNTY TODAY

For many people, the weeks after the rush of the holiday season can be like a sigh of relief, a chance for the world to catch its collective breath. But for others, the dark, cold months of winter can be a particularly difficult time, with some battling seasonal depression and others just not sure what to do now that the bustle of the last few months has calmed.

While it's true that the stress of the holidays can be challenging, and even detrimental for some, Dr. Aaron Vazquez, adult psychiatrist and medical director for Behavioral Health at Intermountain Healthcare, based in St. George, said the sudden absence of that lengthy "to do" list often leads to a sense of loss.

"Once that stress goes away, so does the sense of purpose and meaning," Dr. Vazquez said. "Some people start to feel depressed and kind of hopeless."

And while southern Utah doesn't deal with the same kind of darkness and gloomy weather more prevalent in other parts of the nation this time of year, Dr. Vazquez said people's circadian rhythms can still be thrown off by less sunlight and potentially fewer opportunities to enjoy the outdoors.

"It's still cold. It's still dark. People aren't getting together or going outside as much, which can lead to some social isolation," Dr. Vazquez said.

Some warning signs to watch for, whether in yourself or in your loved

ones, include irritability, disturbed sleep, as well as changes in appetite and sleeping patterns.

For those people already diagnosed with depression or anxiety disorder, Dr. Vazquez said it's a good time to check in with a therapist or your physician if you're experiencing any of these or any other symptoms.

"We have treatments that work

very quickly that can be particularly helpful in getting someone to bounce back from a low spot," Dr. Vazquez said.

In addition to seeking professional help, Dr. Vazquez suggests several other strategies to aid in maintaining stronger mental health.

"Follow a schedule," Dr. Vazquez said, as one example of how to improve mental health. "If someone wants to get off on the right foot, they need structure. Just like a small child, adult's emotions and

behavior are more stable when they have a consistent routine.

Dr. Vazquez said this is why many patients do well while participating in an in-patient program or hospitalization, because of the structure.

Another key to improving mental health goes hand-in-hand with what most physicians say about physical health: eat healthy and exercise.

"Diet is important to mental health as well as physical health," Dr. Vazquez said. "The amino acids that we consume from our diet are the building blocks for neurotransmitters that help us to feel well. More nutritious foods and fewer processed foods, along with 20 to 30 minutes of aerobic exercise

per day can have a very positive impact mentally."

Dr. Vazquez also suggests getting out of the house and socializing.

"Less texting and social media and more in-person engagement," Dr. Vazquez said. "It's also important to set boundaries and communicate that."

At the end of the day, sometimes it all comes down to doing what you know is good for you, even when you don't feel like doing it. Dr. Vazquez refers to this as "behavioral activation."

"Perhaps you don't have the energy or the desire to walk around the block, but you know this is something that is good for you," Dr. Vazquez said. "Behavioral activation is truthfully acknowledging those

negative thoughts or feelings, and then getting up and walking around the block anyway on principle. This allows one to remain authentic about their perception of difficulty without promoting 'behavioral paralysis.' Mood enhancement will naturally follow positive mood-congruent behaviors."

"The initiation of the activities is difficult," Dr. Vazquez added, "but once you get going, you're happy with the decision to have taken action and momentum will then make it easier to do the thing you were initially struggling to do."

For anyone struggling with mental health, whether seasonal or otherwise, Dr. Vazquez said your primary care provider is a great place to start to find the right help.



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Southern Utah University

SUU wins award for research on impact of Great Resignation

from Susie Knudsen

SUU ASST. DIR. MARKETING AND ENROLLMENT

CEDAR CITY — The SUU Office of Regional Services recently brought home a Golden Spike Award from the Public Relations Society of America (PRSA) Utah Chapter for research measuring the impact of the Great Resignation in southwest Utah, including a model for action-response. A delegation of SUU employees and communication students traveled to Draper, where the gala was held, to commemorate the occasion.

“The Great Resignation is an event taking place across the nation, including right here in southern Utah,” said Stephen Lisonbee, assistant vice president of SUU Regional Services. “Publishing this research helps employers in our region understand what is causing employees to leave their positions, and how to reverse that trend.”

Finalists in the PRSA Utah Chapter research category included Brigham Young University (BYU), *The Other Side Village Measurement and Evaluation*; BYU, *Provo Team for the Lymphoma Research Foundation*; BYU, *YouTube Channel Analysis*; SUU, *Impact of the Great Resignation on Southern Utah*; and Utah Valley University, *Affordable Housing in Wasatch County*.

Commissioned by the Iron County Economic Workforce Development Committee and 16 collaborating partners, SUU’s award-winning research was led by Melynda Thorpe, executive director of SUU’s Community & Professional Development office. The effort commenced in the fall of 2021, due to a large number of unfilled job openings in the region, in an effort to cultivate understanding, combine resources and respond collaboratively to help meet the needs of southern Utah’s workforce in the post-pandemic economy.

“As a team of researchers, we are appreciative of this honor and grateful for the opportunity to help our region of the state respond to an employment crisis through research,” said Thorpe. “This work determines that, while southern Utah has distinct economic and workforce characteristics, we are no exception to the global phenomenon and impact of the Great Resignation.”

In Dec. 2021, the research program began with a regional employer survey garnering 192 responses from employers representing Beaver, Garfield, Iron, Kane and Washington counties. Focus groups representing the employee perspective (including unemployed participants) were conducted in April 2022 and resulted in more than 200 pages of transcribed interviews. Key findings indicate that one, employees need to feel valued; two, onboarding and ongoing training are crucial to employee retention and success in the workplace; and three, employees need to feel meaning and purpose in their work. If these three fundamental needs (among others that emerged in the research) are not met, the economic pitfalls presented by the Great Resignation could continue.

Another outcome of the research has been establishing a regional response and developing the Workplace Ready one-year employment resurgence program. This comes in the form of two no-cost career pathway programs: Hospitality and Tourism or Computer Technology. These programs are funded for 330 regional residents by a \$476,400 grant from the Utah System of Higher Education (USHE). The two pathways – part of SUU’s “Learn and Work in Utah” campaign – will help southern Utah residents



(L to R) Tanner Vario, Melynda Thorpe and Susie Knudsen.

obtain the necessary skills and experience to secure higher-paying jobs in the industries mentioned above, while also encouraging them to remain in southern Utah. To learn more and apply visit suu.edu/learnandwork.

“SUU’s research award is an example of showcasing top work from communicators throughout Utah,” said Laura Klarman, PRSA Utah president. “The competition in this category was outstanding this year.”

The research team: Melynda Thorpe, Executive

Director SUU Community & Professional Development, Southern Utah University (Principal Investigator); Chris Healy, Ph.D., Assistant Professor of Management, Utah Tech University (Co-principal Investigator); Tanner Vario, Program Manager, Southern Utah University (Research Manager); David Olsen, Assistant Professor Information Systems and Analytics, Utah Tech University (Statistician); Patricia Keehley, Ph.D., Southern Utah University Emeriti (Research Advisor). The full research study report may be found at suu.edu/cpd.



125 YEARS OF Soaring to New Heights



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suu.edu/125

public & health

Grief support and education classes offered

PB & J (Peace, Balance and Joy Consulting) will be offering a Grief Support and Education group beginning Monday, January 23. The group will help educate, support and build connections regarding grieving. This class is free, a gift to those grieving in our community after the recent tragedy in Enoch.

The group will be held each Monday evening from 7-8 pm for 6 weeks. We invite any member of the community to come and participate as a way to learn more about processing through and coping with grief after a traumatic event. This group will be held in person and can be attended by anyone. Please message us with any questions, we would be happy to assist you.

Sign up by calling/texting 435-267-4212, or by using this link to register: <https://forms.gle/JivLqCUzZKwiUG5y6>. Peace, Balance and Joy Consulting (2069 N Main, Suite 101, Cedar).

PB & J Counseling

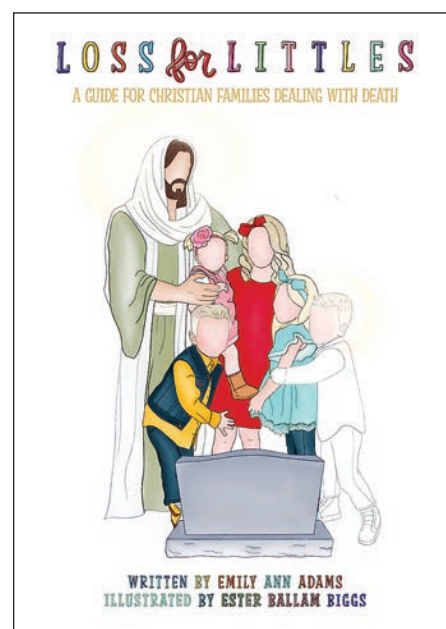
Local author gives gift of healing to community

Over the past few weeks, our community has been reeling with the shock of the traumatic deaths of the Haight Family and Gail Earl. The effects of their loss have been far reaching, touching those who knew them intimately as well as strangers they had never met. Yet, in the midst of the shock and grief, individuals and organizations have risen up to offer help and healing in a multitude of ways. One of those individuals is local author, Emily Ann Adams, who lived in Enoch for 8 years. Last week, in an effort to help the community in her own unique way, she posted the following offer on Facebook:

"I've wondered over and over how a child is supposed to comprehend this event when I, as an adult familiar with loss and grief, can't seem to process it. I've debated whether or not to share this resource, as I didn't want it to come across in any way, shape, or form as self-promoting, so please accept this in the right spirit.

I would love to help our community as we strive to heal together by

offering a free PDF copy of a picture book that I wrote last year (illustrated by Ester Ballam Biggs) called "Loss for Littles: A Guide for Christian Families Dealing with Death." The book was specifically written for children who are experiencing the trauma of death, especially for the first time. It walks them through loss from the perspective of my 10-year-old daughter and explains how grief affects us and what a child can expect at a traditional viewing, funeral, graveside and beyond. It is the book I wish I had for my children when we lost our son so I could have a resource to guide me through difficult conversations with my little ones processing big emotions.



For anyone who may benefit from reading through with their children to help process this terrible event, please feel free to send me your email so I can mail you a link to the digital version. I promise I will not be adding your email to any kind of mailing list or using it in any other capacity other than sending you the book. My motive is simply to help try and shine some light and hope during a dark time.

May God bless us all, especially the little ones in our care, with healing."

If you, or anyone you know, could use this resource, please visit www.authoremilyadams.com or contact the author via social media @authoremilyannadams or email: authoremilyannadams@gmail.com.

Adams has also ordered 45 copies of the book to donate to our local elementary schools, libraries and to the families of the first responders and others in need. These physical

copies will be available by the last week of January. If your organization or family could use a copy, please contact the author.

Emily Ann Adams

ASK RUSTY: Should I claim Social Security now?

Dear Rusty:

I am 68 years old, born in July 1954. I have the credits necessary to qualify for benefits. The Social Security website says that if I continue to work to age 70 with yearly earnings of \$206,000, my monthly benefit would be \$4,245. If I stop working now, and start taking benefits in January 2023, my benefit would be \$3778. The number of months between January 2023 and July 2024 is 19. Nineteen months of benefits for that period would be \$71,782. It looks like it would take about 17 years to make up the difference between taking the money in January vs. waiting until age 70, which would put me at age 85. I don't think that I would live much past that age, given my family history. Do you think it wise on my part to begin taking benefits in January 2023, and are my calculations correct? Signed: Trying to Decide

Dear Trying: Well, the difference between your monthly payment at age 70 vs. your benefit amount in January 2023 is \$467, so it would take you about 154 months (just under 13 years) to recover that \$71,782. But that doesn't take future cost of living adjustments (COLA) into account. Average annual COLA over the last 20 years was about 2%, and if you factor average future COLA into the equation you would likely break even at about age 81 (if you wait until age 70 to claim). And this is where your life expectancy comes in.

According to Social Security, the average life expectancy for a man your age is 85, which means that if you claim at 70 and enjoy average

longevity, you'll collect that higher benefit for an extra 4 years. That would mean more than \$22,000 in additional benefits over your lifetime. Of course, no one knows how long they will live, but if you'd like to get a more personal estimate of your life expectancy, I suggest you try this tool: www.socialsecurityreport.org/tools/life-expectancy-calculator/. This tool takes your lifestyle and current health status, as well as your family history, into account.

When to claim is always a personal choice, but in your specific circumstances - since you apparently don't need the money right now and have a family history which suggests longevity - waiting until age 70 to claim could not only give you a substantially higher monthly benefit but also the most in cumulative lifetime benefits. And if you're married, it will also mean the maximum possible survivor benefit for your wife if you predeceased her because, as your widow, your wife would get the benefit you are receiving at your death instead of her own smaller amount. Thus, when you claim your benefit will also affect your wife's benefit as your surviving widow. In the end, it's your personal decision to make, after considering all of the above factors, especially your life expectancy.

Association of Mature American Citizens

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WINDS OF IMAGINATION

Satellite Salon Series continues at SUU

by Kol A. Gibson

FOR IRON COUNTY TODAY

The Satellite Salon Series will start their semiannual concerts off strong this year with Winds of Imagination on Saturday, January 21, 2023, at 7:30 p.m. in the Thorley Recital Hall on SUU's campus. This concert series is free and open to the public.

The Satellite Salon Series was created by Dr. Lynn Vartan when she began her tenure as the Director of Percussion at the University. She desired to bring the musical world she experienced as a professional artist closer to the students and community in Cedar City, Utah, and has brought over 30 guest artists to perform and give masterclasses in the series' nearly 14-year run. Guest artists typically give a masterclass to both university and high school students followed by a Q&A session that culminates in a dynamic and collaborative concert.

Winds of Imagination will feature three award-winning clarinet players, Charles West, Jeremy Reynolds, and Laura Grantier, alongside percussionist Vartan. Dr. West is a renowned artist and professor and has performed recitals and concertos on four continents and has recorded a wide variety of repertoire from standard sonatas to

avant-garde. Dr. Reynolds, a faculty member of the University of Denver Lamont School of Music and Assistant Principal Clarinetist with the Colorado Springs Philharmonic Orchestra, has been invited to teach in some of the world's most renowned music conservatories from France to South Korea and Taiwan. Dr. Grantier, a former SUU professor, is the Woodwind Area Head at the University of Utah and has performed over 2,250 public concerts, ceremonies, workshops, and engagements for leaders of state and high-ranking dignitaries.

Winds of Imagination gained its name from the wind instruments featured in the concert, as well as how the featured works

bend and entice the imagination.

"Audiences can expect the fun and the full spectrum of interesting modern music that they always get with our Satellite Salon Series," comments Dr. Lynn Vartan. "There will be jazz, groovy things, modern things, and even some folk songs! It is really a feast of different styles for the listener."

The first installment in this year's Satellite Salon Series is sure to be an evening of wonder and imagination for all. Join Dr. Vartan and her guest artists for a fantastic, free concert for all ages on Saturday, January 21 at 7:30 p.m. in the Thorley Recital Hall. Learn more about the Satellite Salon Series at www.suu.edu/pva/music/satellite.html.

Winds of Imagination gained its name

from the wind instruments featured in the concert, as well as how the music bends and entices the imagination.

Shakespeare Fest announces title change for 2023 season

from Utah Shakespeare Festival

FOR IRON COUNTY TODAY

CEDAR CITY — During the recent holidays, the Utah Shakespeare Festival experienced considerable flooding in their outdoor Engelstad Shakespeare Theatre. Due to freezing temperatures, a water line burst, causing considerable flooding and damage, particularly to sound equipment necessary to produce musicals in the Engelstad Theatre.

Because producing musical theatre requires more sophisticated sound, microphones, and mixing equipment, and with supply chain issues being what they are, the Festival has determined it is impossible to repair or replace the equipment before the beginning of their upcoming season on June 21. This means they cannot present the musical *West Side Story* in the Engelstad Theatre as originally anticipated.

While the damage is extensive, non-musical plays *can* still be produced in their outdoor space, including the already-planned comedy *A Midsummer Night's Dream* by William Shakespeare. As such,

the Festival announces that in place of *West Side Story*, they will present William Shakespeare's epic tragedy *Romeo and Juliet*, directed by Festival favorite Betsy Mugavero.

She has been an actor at the Festival for many years, performing in such shows as 2019's *The Book of Will*, 2017's *Shakespeare in Love*, and 2013's *Peter and the Starcatcher*, among many others. The last time the Festival produced *Romeo and Juliet*—in 2017—she played the role of Juliet. She also directed the Festival's 2022 Shakespeare in the Schools touring production of *Much Ado About Nothing*.

"It is poetic that this production of Shakespeare's *Romeo and Juliet* is the brilliant solution to this challenge," says Interim Managing Director Michael Bahr. "Despite the trials this incident has caused, we are thrilled with the opportunity it provides: telling this timeless tale in this beautiful space for our audiences! It is a perfect match with the rest of

our season, and we know guests will be captivated by the contrast this production will provide."

Guests who have already purchased tickets to *West Side Story* are guaranteed the same date(s) and seat(s) as initially selected, but for the production of *Romeo and Juliet*. For guests who do not wish to attend the production of *Romeo and Juliet*, the Festival offers a refund, exchange, or gift certificate to use later for the total purchase price of the affected tickets. Guests may also choose to convert the purchase price of their tickets into a tax-deductible donation. If guests reserve tickets with a voucher, the Festival will honor the voucher for an alternate title or date.

The Festival's guest services team is working to contact all guests affected by this title change. However, guests are welcome to contact the Festival ticket office to discuss how to proceed with affected tickets by calling 800-PLAYTIX.

"The addition of *Romeo and Juliet* supports the entertaining, educational, and enriching experience that typifies why our patrons return year after year to celebrate Shakespeare's works at the Festival," says Interim Artistic Director Derek Charles Livingston.

For tickets and more information on the Festival's upcoming 62nd season, visit bard.org/plays or call 800-PLAYTIX.

SUMA celebrates artistry of past, present faculty

from Emily Ronquillo

FOR IRON COUNTY TODAY

Southern Utah Museum of Art (SUMA) celebrates the work of current and former faculty of Southern Utah University (SUU) in the exhibition *Classic: Works of Art & Design Faculty, Past & Present*, on display from January 17 through March 4, 2023.

Behind every artist is a teacher who helped inspire them to create art, but how often do we see the art of the mentors? Every two years, SUMA exhibits the work of current faculty members of SUU's Art and Design Department; however, this year will be a little different. In celebration of SUU's 125th anniversary as an educational institution, this exhibition will also include artwork created by former faculty members from the last century.

SUMA's collection includes many pieces created by former professors and this anniversary offers the perfect opportunity for them to be taken out and shown again. Some of the art that you can expect to see in this exhibition includes paintings by Mary L. Bastow, the founding chair of the art department at SUU, and watercolors by Thomas Leek, the founding director of the Braithwaite

Fine Arts Gallery, SUMA's predecessor, in addition to the recent works across various media created by current full-time faculty members in the Department of Art and Design.

"This exhibit allows community members and students to see the creative work of SUU's professors," SUU's Art Department Chair, Jeffrey Hanson. "Art reflects the culture and times it was created in. This show is a visual dialog between our faculty, the community, and the students. Art is a vibrant, living, and exciting field. It's important for the faculty to engage in the creative practice when they are teaching students how to become professional artists. It is equally important that viewers who attend the show engage in the intellectual ideas put forward through the variety of mediums they will encounter in the show."

There will be an opening reception held on Friday, January 20 from 6 to 8 p.m. in the gallery of the museum. During the reception, guests will have the chance to mingle and converse with some of the artists whose works are on display.

Artists who are featured in *Classic: Works of Art & Design Faculty, Past & Present* exhibition

see **SUMA** » 11

CV CEDAR VALLEY COMMUNITY THEATRE PRESENTS

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JANUARY
20, 21, 23,
26, 27, 28
7:30PM

HERITAGE CENTER THEATER
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GENERAL ADMISSION: \$15
SENIORS 55+, STUDENTS W/ ID, CHILDREN 3-12: \$10

TICKETS: HERITAGE CENTER BOX OFFICE
AND WWW.CVCT.ONLINE

BOOK AND LYRICS BY ALAN JAY LERNER; MUSIC BY FREDERICK LOEWE
PRODUCED IN ASSOCIATION WITH MUSIC THEATRE INTERNATIONAL, NEW YORK

Where do you draw your line?

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

When we watched the Netflix movie “Falling for Christmas”, I was a pretty harsh critic when it was over, using such phrases as “Well, there is an hour and a half of my life that I won’t get back.” It is the standard Hallmark formula of a struggling widow or widower, an adorable child, and a stranger who happens into their lives. The ending was a given from the first frame. But I had wanted to watch it because I knew it was filmed in Park City and Deer Valley in resorts that charge \$4,000.00 a night during the season. The resorts and outdoor shots were beautiful! (Check out the outdoor pool and spa on the roof.)

The next morning I was much more forgiving. At least there was nothing to offend me, the obnoxious characters were laughingly stereotypical, the ending was definitely feel-good. This in sharp contrast to another Netflix series called “1899”, which was a great ghost story about an abandoned ocean liner. Several mystery story lines were set up that made me want to stick with the series, but every once in a while an X-rated scene popped up, with images that I can’t un-see. I quit watching.

Two other Netflix movies we watched over the holidays were a new adaptation of “Matilda” and an animated version of “Pinocchio”, both of which had happy endings but were very dark along the way. I was fascinated by the artistry of both and would watch them again.



Our daughter is into rehearsal for a high school production of the classic “Damn Yankees” and is receiving criticism from parents who don’t like the idea of the hero selling his soul to the devil to be a baseball star. And there is the temptress Lola, as well. But Lola can be directed as an almost positive figure and in the end Joe Hardy beats the devil. It doesn’t get any more feel-good than that.

Every one of us has his/her own idea about what is acceptable entertainment and what is not. Most of the time, the level of smut is controlled by the director’s choices. Cedar Valley Theater will present the musical “Brigadoon” on January 20, 21, 23, 26, 27, 28 at the Heritage Theater. This is the fairy tale story of a Scottish village that comes to life for only one day every one hundred years. There is a supporting character Meg who is described as “flirty, brash, forward with men.” Whether she is too forward will depend on the director. I’m guessing we will be amused, rather than offended. We will certainly go to hear familiar songs such as “The Heather on the Hill”, and “Almost Like Being in Love.”

Cedar City Music Arts often advises our visiting artists that we are a rather conservative community. I’m betting the all-female bluegrass band, Sister Sadie, which will perform on January 24, will be just delightful.

SUMA

« CONTINUED FROM PAGE 10

include:

- » Carol Jeanne Abraham (Faculty 1975-1977)
- » June Adams (Faculty 1977-1986)
- » Glen Dale Anderson (Faculty 1968-1986)
- » Mark Bangerter (Faculty 1986-1988)
- » Mary L. Bastow (Faculty 1929-1968)
- » Arlene Braithwaite (Faculty 1978-2009)
- » Eric Brown
- » Sam Davis
- » Rheana Gardner
- » Robert L. Gerring (Faculty 1966-1975)
- » Christopher Graves
- » Jeff Hanson
- » Susan Harris (Faculty 1996-2018)
- » Susanna Herrmann
- » Brian Hoover
- » Hongyu Ji (Faculty 1990-1995)
- » Andrew Kent-Marvick
- » Brock Landrum
- » Thomas Leek (Faculty 1961-1985)
- » Gaell Lindstrom (Faculty 1954-1957)
- » Mary Macdonald (Faculty 1961-65, 1975-78)

- » John Morgan (Former Faculty)
- » Althea Neustaedter
- » Jeremias Paul (Faculty 2007-2014)
- » Hala Swearingen
- » Jason Walker
- » Max D. Weaver (Faculty 1957-1961)
- » Russell Wrangle

Admission to SUMA is free and open to the public Monday through Saturday from 10 a.m. to 6 p.m. For more information about Classic: Works of Art & Design Faculty, Past & Present, and other exhibitions and events visit SUMA’s website at suu.edu/suma.

CEDAR CITY MUSIC ARTS PRESENTS

SISTER SADIE



TUE JAN 24

**7:30pm • Heritage Center Theater
105 N 100 E • Cedar City**

\$30 ADULTS \$15 STUDENTS



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CEDARCITYMUSICARTS.ORG

HOMETOWN HEROES

Firefighters honored with special quilts



(L to R) Logan Payne (CCFD) and Brandon Douglas (CCFD),

from PJ Sylvester

FOR IRON COUNTY TODAY

Brandon Douglas

Brandon Douglas is a third generation Cedar City firefighter, following in the footsteps of his father Travis and grandfather Paul. Brandon has been with the department for 11 years, joining after graduating from Canyon View High School. He also works as a hydrologist for the US Geological Survey.

Logan Payne

Logan Payne just completed 15 years as a volunteer with the Cedar City Fire Department. He is the first in his family to be a member of the CCFD, but he is not the first to be a volunteer firefighter. His grandfather, great uncle, father, uncles and cousin have all served, or are serving with volunteer fire departments.

The lovely quilts were made by Valerie Dobbins.

Who's at the Helm?

LEADERSHIP 101.2

What is the helm? The helm is the mechanism that allows the captain to steer the ship. Being able to steer is one thing. Keeping the ship on course is another. Having a leader at the helm is not enough if that leader doesn't know where the ship is headed or how to get it there. This means a leader needs both commitment and competence to take the helm of leadership, whether that leader-ship is in the boardroom or the living room.

Also, while having a team, crew, family may make you a leader in title or rank, leadership is more than a title, it's a lifestyle. Real leadership cannot be turned on and off at whim, or produced by a paycheck. To truly steer the ship (business, family) safely through the storms and doldrums of life, leaders must live what they lecture. This is the difference between having a boss vs. leader at the helm who seeks the progress, not just performance, of their individual crew members.

Thus, a leader's availability, along with their capability, will keep the ship afloat and sailing in the right direction. Because a present leader can prevent the ship from drifting too far off course

the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



by providing additional training and course corrections more quickly. Also, great leadership is not only about capability or responsibility, but response-ability. From Wall Street to your street, life's storms are unpredictable. Good leaders can adjust and correct the rudder and sails during a storm. Great leaders prepare their crew and ship before the storm arrives.

Whether it's a sunny or stormy day, even the greatest leaders need help at the helm. That's why they take care of their crew, so that in those maelstrom moments, they can rely on, not just relay orders to, their capable and committed crew. That being said, while a good leader acknowledges and appreciates their crew's ability, respect and trust, a great leader reinvests that commitment, respect and trust back into their crew and ship. The more a leader invests in their crew's well-being the better able (and enjoyable) they will do the job.

You've heard the phrase, "Leaders lead from the front." Great leaders also lead side-by-side. They get to know their crew, just as they learn what's best for their customers and consumers. By investing in the maintaining and training of their crew, their business not only survives, but thrives. The more a leader knows their people, the better they can lead and the more success their business and home will experience.

Before I pull into the harbor and clock out for the day, the title of this week's wisdom was "Who's at the Helm?" Meaning, of the business, office, classroom, household. However, the most important question to ask/answer is, "Who is at the Helm of Your Heart?" This week, as you lead and follow, answer that question and you'll find a great leader within waiting to help you succeed in all things.

90TH BIRTHDAY

Ken W Esplin

Ken W Esplin turns 90 years old today, January 18th, 2023. Ken was born on January 18th, 1933, in Hurricane, Utah to William H Esplin and Mary Vinona Spendlove Esplin. When he was 14 his family moved to the Graff Ranch just North of Kanarrville Utah where his father William (Bill) was hired as Ranch Manager. Ken Started School in Cedar City at the Cedar Junior High School and went on to Graduate from Cedar High in 1951. He worked at the ranch helping his father with the cattle, sheep and general ranch work where he learned the value of hard work living on the ranch. He went to college at the Branch Agricultural College (BAC) in Cedar City and then was called on a mission for the Church of Jesus Christ of Latter-day Saints. He served in the North Central States Mission that took Minnesota, North and South Dakota in Southern Ontario Canada. He returned to college at (CSU) formerly (BAC) late in 1955. He was Drafted into the United States Army and after his initial training he was stationed in Munich Germany with Headquarters and Service Company 76th Tank Battalion 9th Infantry Division. He joined the Utah National Guard that we call the family business and served for 31 years, retiring as a Master Sergeant at age 60. He returned to school at CSU/SUSC in 1958 where he met his wife and soul mate, Alice Dayle Stevens in the fall of 1959. They were married in the St. George Temple on May 7th, 1960. Together they had three children; Juli Dawn, Steven Ken and Tracy William Esplin. Ken is a hard worker and worked in many jobs excelling in each. He became a real estate broker and appraiser and after a few years working in real estate he opened his own real estate company Chaparral Realty. He ended his career in real estate as Realty Officer for the Bureau of Indian Affairs. He oversaw many good improvements for the Paiute Tribe in Southern Utah, Nevada and Arizona. He has been a devout member of the Church of Jesus Christ of Latter-day Saints where he has held many callings including 2nd Counselor in the 5th Ward Bishopric. With his wife Dayle and their three children, they have 13 grandchildren 21 great-grandchildren with 4 more on the way. Ken is beloved by his family and many friends. He is an honest, kind, and humble man that has never met anyone that he isn't instant friends with. If you run in to Ken while you are out and about, wish him a Happy 90th Birthday. I'm sure he'd love to have a chat with you!



60TH ANNIVERSARY

Bob & Penny Behunin

Bob and Penny Behunin celebrated their 60th wedding anniversary on January 4th. The couple were married in the LDS Los Angeles temple in 1963. At the time, Bob was stationed in Fort Ord, California. In 1978, Bob and Penny packed up the four children (Rob, Frank, Devey and Jennifer) and moved back to Utah. Bob became the building and zoning inspector for Cedar City in 1979 and retired in 2004. Penny worked at State Bank of Southern Utah and finished her career in 2013 with Mountain America Credit Union. Bob and Penny have enjoyed raising their family, grandkids, livestock and horses in Cedar City and have participated and served in many church and civic functions. They wish to thank their many neighbors, friends and family for their continuing love and support.



80TH BIRTHDAY

D. Kent Bradshaw

It's my 80th birthday! In 1943 when Franklin D. Roosevelt was president, the cost of living was \$2,000 annually, a new house was \$3,600, a gallon of gas was \$0.15, and D. Kent Bradshaw was born. The 80th birthday symbolizes the oak. Wisdom, strength, and endurance. That is Kent! (Although most of his wisdom is wisecracks!) If you know him, you love him, and we do too! Happy Birthday, Dad! Love your kids, Gina (Kyle) DeLange, Ginger (David) Slack, Jared (Shelley) Bradshaw, JoDee (Robert) Castaneda, your 12 grandkids, and 6 great-grandkids.



**Winter
PHOTO CONTEST**

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

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

calendar

WED, JAN 18

THESAURUS DAY

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.

WONDER WEDNESDAY - (4-6PM) @ SUU S.T.E.M. Center @ Geoscience Bldg. Room #323 (351 W University Blvd., Cedar). FREE for all students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities self-guided programming. INFO: (435) 586-7812.

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, JAN 19

GOOD MEMORY DAY

BIBLE STUDY (NONDENOMINATIONAL) (1-3pm thru Feb 2) @ Cedar Public Library (303 N 100 E). Romans 6, 7, and 8—chapters which explain what it means to be in Christ. Discover truth through observation, interpretation and application. Homework, discussion, DVD lecture by Bible teacher Wayne Barber. INFO/Register 435-267-2234 or 435-238-3078. Workbooks \$22.25. www.precept.org.

DATE NIGHT DANCING (7:30-9PM, JAN IS International Tango) @ Cedar Aquatic Center (2090 W Royal Hunte Dr.) Ballroom dance classes catered to adults (18+). Fun, flirty styles, no experience, partner necessary! Step-by-step instruction with practice video. \$20 per class or \$50 for whole series. INFO: datenightdancing@gmail.com.



FRI, JAN 20

TAKE A WALK DAY

SUU GUEST ARTIST CELLO RECITAL (7:30PM) @ SUU Thorley Recital Hall (351 W University Blvd, Cedar). FREE, open to the public. American cellist Daniel Gaisford and music faculty member Christian Bohnenstengel present Beethoven's cello sonatas 2, 3, and his 12 Variations on "Ein Madchen oder Weibchen."

BRIGADOON - CEDAR VALLEY COMMUNITY Theatre (7:30pm, 20th, 21st, 23rd, 26th, 27th, 28th) @ Heritage Center Theater (105 N 100 E, Cedar). General admission \$15. \$10 Seniors (55+), Children (3-12yrs.), and Students with ID. Tickets @ Box Office and www.CVCT.online.

OTC BRONZE BIRTHDAY BASH (7-9PM) @ OTC Theater (913 S Main, Cedar). 19 years of entertaining your funny bone with hilarious, notorious, uproarious performance styles. Past & Present cast unite! Tickets \$10. Advance tickets available at otccomedy.com.

SAT, JAN 21

GRANDMA'S DAY

CEDAR CITY FARMERS MARKET (10AM-1PM) @ inside IFA (winter) (905 S Main St, Cedar). FREE. Farmers, food, and artisans. Drawings, bingo, and more! INFO: Facebook, Cedar Saturday Market, or Nancy 435-463-3735.



FESTIVAL CITY MARKET (10AM-1PM) @ (W Center & 100 S.) By Bristlecone Coffee. FREE. Handmade treasures and a bounty of local farmers, backyard gardeners, fresh fruits, veggies, with local artisans for jewelry, art, wood, pottery.

BRIDAL EXPO (11AM-1PM) @ IRON SPRINGS Adventure Resort (3196 N Iron Springs Rd, Cedar). Everything you need in one place to plan your dream wedding, party, celebration or other events. Tasty, free samples, drawings, prizes, discounts, more! Tickets \$5 at door. INFO: Instagram, Ironspringsutah.com or call: 435-708-0101.

SUU - SATELLITE SALON SERIES (7:30PM) @ SUU Thorley Recital Hall (352 W University Blvd - SUU Campus). Join Dr. Vartan and guest artists for an evening of wonder and imagination for all ages. FREE and open to the public. Learn more at www.suu.edu/pva/music/satellite.html.



RANGER LED SNOWSHOE HIKES - EACH SAT & SUN - Two walks offered @ Cedar Breaks National Monument. Also FRI afternoon walk @ junction of Hwy 143 and Hwy 148 (weather permitting). \$10 per person. Snowshoes, poles provided. 1 mile walks (about 90 mins.) Reservations required. Made by emailing CedarBreaksInfo@nps.gov or calling (435) 986-7120. Programs may be canceled due to weather. Bring plenty of Water, Snacks, Warm, layered clothing, Sun protection.



SUN, JAN 22

GRANDPA'S DAY

"AN OPPORTUNIST IS THE GUY WHO DRINKS the water while the pessimist, the optimist and the realist are arguing about how full the glass is."

MON, JAN 23

HANDWRITING DAY

ART CLASS - "CREATIVITY THROUGH Elements of Art" (Mons 1-3pm, thru April 24). Geared towards homeschool students (12-17yrs.) \$30 per class. \$99 monthly. \$375 upfront. All supplies included. Instructor: Andrea Anderton. INFO: thecreativefocusstudio@gmail.com.



MESSIANIC DANCE WORKSHOP (4PM) @ Cedar City Library (303 N 100 E). Come learn and do Ancient Judeo-Christian dances, fun and easy. INFO: 702-460-2317.

DEB-CLUB PREMIER (5:30PM) @ CEDAR CITY Library (303 N 100 E). People named some for of Debbie (Deb, Debra, Deborah, etc.) are invited to gather, get to know each other, share ideas and laugh (Silliness Rule). Little Debbie cakes will be served. No charge, but please RSVP. INFO: Call/Text 603-731-0116 or email Debby@DebbyAdair.com.

SUMA: EXHIBIT - JIMMIE JONES: MY Passion, My Odyssey (Mon-Sat 11am - 6pm, thru March 4) @ SUMA (13 S 300 W, Cedar). Jimmie Jones was a skilled portrait painter, but he believed his true calling was that of a landscapist. Admission FREE. INFO:suu.edu/suma.



TUES, JAN 24

COMPLIMENT DAY

CHILDRENS STORY TIME (10AM) @ FRONTIER Homestead State Park Museum (635 N Main, Cedar). Admission is FREE. A ranger reads a fun frontier-themed story "Katy and the Big Snow Plow" (Virginia Lee Burton) along with a corresponding take-home activity. Recommended for preschool-aged children.

SUMA: EXHIBITS (11AM-6PM, MON-SAT) @ SUMA (13 S 300 W, Cedar City). Admission is Free. INFO: suu.edu/suma.

SISTER SADIE BLUEGRASS BAND (7:30-9:30pm) @ Heritage Theatre (105 N 100 E, Cedar). Tickets \$30 Adults, \$15 Students. All general seating. Available @ https://www.cedarcity.org/1088/Festival-Hall-Heritage-Theater. Brought to you by the Cedar City Music Arts.



<p>MILTS STAGE STOP</p> <p>Open 7 Days a Week 586-9344 www.miltstagestop.com</p>	<p>Dinner for Two \$50.00</p> <p>CHOOSE FROM 4 ENTREES: 10 oz. Prime Rib • Jumbo Shrimp 8 oz. New York Strip • 7 oz. Salmon Includes Salad Bar and a Side</p> <p>Reservations Recommended Takeout Not Available</p> <p>With this coupon. Not valid on Feb. 14. Expires March 7, 2023</p>	<p>Cedar City's Original Steakhouse</p> <p>EXPERIENCE CANYON DINING</p> <p>Just a few miles up Cedar Canyon - SR14</p>	<p>RUSTY'S RANCH HOUSE</p> <p>Open Monday-Saturday 586-3839 www.rustysranchhouse.com</p>	<p>Dinner for Two \$40.00</p> <p>CHOOSE FROM 4 ENTREES: Coconut Shrimp • Half Rack Ribs Flat Iron Steak • Salmon Includes a Salad and a Side</p> <p>Reservations Recommended Takeout Not Available</p> <p>With this coupon. Not valid on Feb. 14. Expires March 7, 2023</p>
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calendar

WED, JAN 25

IV NURSE DAY

WONDER WEDNESDAY – (4-6PM) @ S.U.M.A. (13 S 300 W, Cedar). FREE for all students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities self-guided programming. INFO: (435) 586-5432.

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, JAN 26

COMMUNITY BLOOD DRIVE – ENOCH WEST STAKE (1-7pm) @ 3575 N Minersville Hwy Enoch. Log on to redcrossblood.org Sponsor Code: "EnochWStake" or call 1-800-RED-CROSS to sign-up. Please give blood! INFO: Martha Blair, 661-317-2266.

IRON COUNTY HOMELESS COUNCIL (3PM) @ Libertad Community (Building A) 1044 N. Hovi Hills Drive, Cedar. A collaboration of homeless providers, public agencies, private entities committed to reduce causes of homelessness in Iron, Beaver, Garfield, Kane counties.

FRI, JAN 27

CHRISTIAN WOMAN'S RETREAT (FRI 5:30-8:30PM, Sat 9am-5pm) @ Red Hills Baptist Church (4277 N Wagon Wheel Drive, Enoch, UT). Discover who God designed you to be. All faiths welcomed and encouraged to attend. Hosted by Debbie Drake and Debby Adair. Cost: A love offering. INFO and RSVP: Call/Text Debby Adair 603-731-0116 or Debby@DebbyAdair.com.

SAT, JAN 28

LABYRINTH WALK (NOON-2PM) @ ST. JUDE'S Episcopal Church (70 N 200 W, Cedar City). Come walk a beautiful tiled medieval style labyrinth within the church. Based on the labyrinth in Chartres Cathedral, France. This meditative practice has been used for centuries to calm the mind, healing, and open the soul. FREE, indoors rain, snow or shine (approx. 35 Mins.) INFO/Reservations please call Anne (702) 539-3400, Rev. Lee (435) 592-0034.



Want your event on our calendar?

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

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child Abuse

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

DAR – Bald Eagle Chapter

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

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

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

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

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

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

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

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

Women's Meeting • Sat, 10:30 am

My Story • Sat, 8 pm

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

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

Al-Anon

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

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

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

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

Alzheimer's/Dementia

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

ARP—Addiction Recovery

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

Caregivers

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

Celebrate Recovery

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

Helproom

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

Multiple Sclerosis

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

Narcotics Anonymous

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

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

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

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

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

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

Senior Blind/Visually Impaired

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

Southwest Parkinson's Alliance

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

Widows Support Group

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

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance Wed, 11 am-noon, Spirit Wellness

Club, 1615 N Main, Cedar City • All levels, Free to members, or \$8 drop-in fee.

Arthritis Foundations Exercise

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

Book Club

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

Boy Scout Troop 1848

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

Cedar Chest Quilters' Guild

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

Cedar City ESL

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

Cedar City Toastmasters

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

Cedar Professionals

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

Cedar Radio Control Club

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

Color Country Winds

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

Cub Scout Pack 1848

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

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

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

Iron County Moms For America

2nd Thurs, 7pm • CC Visitor Center (581 N Main). Help heal our nation, keep liberty alive in your heart & home. INFO: Kami Merrill 435-592-4152 or email: ironcountymomsforamerica@gmail.com.

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 Guild

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 welcome! 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 Creek Crisis Center.

Tai Chi For Health

Wed & Fri, 9:30-10:30 am • Cedar Senior Center, 489 E 200 S. FREE low-impact, health 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 • Stahl West 600 N. Airport Road, Cedar • Preserve Constitution, Republic, voting laws, medical freedom, education, 1st & 2nd Amendment Rights, ed. on CRT & boarder illegal immigration, local/ county/state Legislature

Top Bar Hive Bee Keeping

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

TOPS – Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

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

family

Formula for bedtime bliss

With four little kids, bedtime can often feel like the longest part of the day. On the best of nights we're able to go through our routine, tuck the kids in on time and have them actually go to sleep without incident. This does not happen without serious planning and execution on

While our five-year-old rarely falls asleep outside of the car anymore, our three-year-old is known to sneak in a two hour late evening snooze if the TV is turned on too late in the day, giving her the opportunity to stop moving long enough to doze off. Once this happens we can count on a long drawn out bedtime complete with begging, pleading and lots and lots of tears.

Then there's the baby, who demands two quality naps a day! Getting him to sleep when he needs it is often as tricky as keeping the girls awake after 3 p.m. Some days he dozes off

in his swing to the sound of his chaotic siblings, in which case I will spend two hours attempting to maintain the same level of noise around the house to prolong his nap. Other times he gives me all the obvious cues that he's ready to sleep yet he'll fight it like a tiger. That said, his naps are needed like clockwork at least twice a day.

This leaves me with a lot of nap juggling! All worth it in the long run because I can count on a simple

mom's
CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



behalf of my husband and I!

Believe it or not, the most important part of setting our kids up for a smooth transition to bedtime begins with nap time, much earlier in the day. Nap time is subjective around our house. It means something different to each kid.

For instance, if our oldest takes a nap we know without a doubt that he's coming down with something. On the other hand, if our youngest goes



GETTY IMAGES

without we can count on living with a Tasmanian Devil for the rest of the day. Our two girls have more or less phased out of naps but are not immune. It has come to the point of determining whether their naps are a benefit or a detriment and timing is everything.

The bottom line is that any nap before 3 p.m. is acceptable. Beginning around 3 p.m. we have to cut out unnecessary car rides that are sure to result in a too late nap, ensuring that the girls will not be sleepy come bedtime. While we cut out all TV for our son during the school week, I am not above utilizing an episode of Paw Patrol for the kids still at home so that I can accomplish a few chores around the house, but again, not after 3 p.m.!

formula of no sleep after 3 p.m., dinner two hours before bedtime and a predictable routine to set us all up for a smooth transition to bedtime and happily sleeping kiddos.

Not sure what a predictable routine looks like? Ours includes changing into PJs, taking vitamins and flossing and brushing teeth followed by story time as a family. It doesn't have to be anything fancy and it doesn't have to be very long. The simple act of doing the same things leading up to bedtime every single night has proven to better prepare kids for a good night's sleep. If you find yourself dreading bedtime with your kids try implementing a variation of this formula for a few weeks!

schools

ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

Three Peaks Elementary

Three Peaks Elementary would like to thank our school nurses, Kari Abeyta and Marica Lloyd. They are always so positive and concerned as they take care of the students that come in to visit for minor and major accidents or sickness. They even take care of the faculty and staff when needed. Nurse Kari organizes and presents lessons to students about maturation and keeping the body clean and free of germs. She arranges for local dentists to visit classrooms for dental care lessons, writes and follows through on student health care plans, attends student IEP meetings, hands out many ice bags on a daily basis, helps organize vision and hearing screenings, and orders supplies for first aid. We are so grateful for all they do!

Escalante Valley Elementary

After several weeks of class lessons with deputy Ford, Escalante Valley Elementary 5th grade students celebrated the completion of the D.A.R.E. program with a class party. Students were asked to write a brief essay, detailing what they learned and how they would apply the principles taught in the lessons to real life situations. Many students highlighted the importance of resisting peer pressure and the temptation to put harmful substances into one's body. After listening to the winning essays, students had an ice-cream party and were given t-shirts that they could proudly wear. We appreciate the efforts by the Iron County Sheriff's Department to continue this program within the elementary schools.



Fiddlers Canyon Elementary

The following Fiddlers Canyon Elementary students received the "Award of Excellence" in our School Reflections Contest. All of their submissions were advanced to the Region level. 2D Art: Madelyn Rodriguez, Aunora Nielsen, Mickinley Tibbetts, and Adilyn Porter. 3D Art: Madalyn Howard. Photography: Thiago Avila, Grace Barclay, Leilani Haycock, and Boaz Webb. Dance: Amberlyn Hansen, Mia Oaks, Mahtaya Hulet, and Aria Jenkins. Music: Preston Banks and Lydia Banks. Literature: Jade Mitchell. Film: Noah Allred. We are proud of our creative Mustangs and wish them continued success!



Our next Feed Your Family Fundraiser will be Monday, January 23 at McDonald's from 5-8 pm. Watch your child's backpack and the Fiddlers Canyon Elementary PTA Facebook page for more information. Mark your calendars for SEP Week January 30-February 3. School will let out at 2:30 all week, including Friday, to allow for parent-teacher conferences. Your child's teacher will be contacting you to set up a time to meet.

East Elementary

Mark your calendars, East families! Next Saturday, January 28th, at 6:00 p.m. our PTA is hosting the East Elementary Swim Night at the Aquatic Center. This evening should be a lot of fun and we hope you can attend!

It's hard to believe that we are a little over halfway through the school year. It's flown by, but that means that it's time for our middle of the year SEP conferences. Please keep your eyes open for details and appointment times from your child's teacher. SEP week runs from January 30th through February 3rd. School will be dismissed this week at 2:30 each day. We look forward to meeting with you as we discuss your child's progress and plan for success in the last half of the year!

Parowan Elementary

We were excited to welcome in the new year at Parowan Elementary. Our students wrote some amazing essays about their ancestors that they shared with all of us as part of the Daughters of the Utah Pioneers essay contest. This was a perfect time to share these essays as we are getting ready to celebrate Parowan's Birthday on the 13th of January. This is something we look forward to celebrating every year!



Enoch Elementary

Enoch Elementary would like to say thank you for all the love and support we have received during this difficult time. We appreciate all the schools and families that have reached out with cards, gifts, and sweet messages. We are so grateful to know we have such an amazing community as we continue this year with hope and full hearts. Thank you!



obituaries

Tausha, Macie, Briley, Ammon, Sienna, & Gavin Haight

Tausha Shaunell Earl Haight of Enoch, Utah, was born January 19th, 1982, to Boyd Jay and Gail Earl. She passed from this life on January 4, 2023, at the age of 40.

She graduated from Moapa Valley High School in 1999 and from SUU with a bachelor's degree in Child Development Studies in 2004. On May 16th, 2003, she married Michael O. Haight.

Her greatest desire in life was to be a mother and raise children that exemplified Christ's attributes. She was an incredible mother who constantly sacrificed everything for her children. They were truly the most precious possessions she had. She taught them love, kindness, service, dedication and the principles of the gospel of Jesus Christ through her example. Her children knew they were of highest importance in her life as she would drop anything and everything for her children.

While raising her children she held many callings in her church where she served faithfully and tirelessly to help others reach their goals and aspirations in life. She truly loved those she served. Her favorite hobbies were reading, traveling, serving in her church but she found special joy in spending time with her children and enjoying the spice of life that each of them brought to her.

She is survived by her family consisting of Darren Earl (Carmel Ann), Terry Earl (Linda), Brett Earl (Jennie), Justin Earl (Alyssa), Kandace Booth (Trevis), Stacha Westbrook (Justin), along with many nieces and nephews.

Tausha and her children along with her mother traveled together to join her grandparents and father Boyd Jay Earl who preceded her in death.

Macie Lynn, age 17

Born on October 13th, 2005. She was the oldest of 5 children and was a huge help to her mom with her other siblings. She played games with them, helped them with their homework and chores and was always helpful in getting them ready for bed. She was on schedule to graduate this year from high school and at the same time would receive her Associates Degree from SUU. She planned on attending SUU in the fall where she was going to pursue a degree in digital marketing. She was active in her church and had many friends there and at school. She was truly a blessing to many people. She passed from this life on January 04, 2023, at the age of 17. She is preceded in death by her Grandfather Robin Haight, Grandfather Boyd Earl, and traveled with her mother, grandmother and brothers and sisters to meet those who preceded her. Her sweet, kind and loving soul will be missed.

Briley Ann, age 12

Born September 28, 2010. She was a kind, thoughtful and tenderhearted person that was always thinking of others. She loved music and was always singing, humming or playing her many memorized music pieces on the piano or cello. She loved to read

and shared with any and all the best books that they should begin to read. Many times, she expressed the desire to be a librarian so that she could read all day. She loved school, church and spending time with her friends when she wasn't reading or enjoying music. She passed from this life on January 04, 2023, at the age of 12. She is preceded in death by her Grandfather Robin Haight, Grandfather Boyd Earl, and traveled with her mother, grandmother and brothers and sisters to meet those who preceded her. Her love and hugs will be missed by all.

Ammon Michael, age 7

Born June 21, 2015. He was a very thoughtful and logical boy. He loved to build Legos and had just finished constructing the Titanic Lego kit. He was extremely imaginative, curious and loved to learn about anything that moved. This love for things that moved began at a very early age when he became obsessed with trains. Ammon passed from this life on January 04, 2023, at the age of 7. He was preceded in death by his Grandfather Robin Haight, Grandfather Boyd Earl, and traveled to meet family on the other side of the veil with his mother, grandmother and brother and sisters.

Sienna Belle, age 7

Born June 21, 2015. She had a vibrant and vivacious personality as she would pursue her hobbies and passions. She loved to take pictures with her camera and apply funny filters to them. She was studious with her schoolwork and enjoyed playing with friends and family. She had a tangible love for her brothers and sisters. Sienna passed from this life on January 04, 2023, at the age of 7. She was preceded in death by her Grandfather Robin Haight, Grandfather Boyd Earl, and traveled to meet family on the other side of

the veil with her mother, grandmother and brothers and sisters.

Gavin Drew, age 4

Born June 12, 2018. He had the most mischievous look. When he would smile at you, you had to wonder what he had gotten into or what he was going to get in to. He gave the best hugs and always wanted to be in the middle of whatever was going on. He loved to give and get tickles. His sweet smile made everyone's world light up. Gavin passed from this life on January 04, 2023, at the age of 4. He was preceded in death by his Grandfather Robin Haight, Grandfather Boyd Earl, and traveled to meet family on the other side of the veil with his mother, grandmother and brother and sisters.

Services for Gail, Tausha and her children was held January 13th, 2023, at the La Verkin Stake Center 481 N Main St, La Verkin Utah 84745 at 10:00 am MST. Family and friends are invited to share tributes online at www.serenitystg.com. Arrangements and memorial tree planting by Serenity Funeral Home of Southern Utah, 435-986-9100.

Gail Gubler Earl



Gail Gubler Earl was born on March 30th, 1944, in La Verkin, Utah to Joseph Edward Gubler Jr. and Thora Wilson. She was the youngest of 7 children.

She Married Boyd Jay Earl on November 25, 1964, in the St. George Temple. They were the parents of 7 Children.

Gail was a loving and dedicated mother. All of her time and efforts went into teaching and raising her children. With seven children sometimes that time was hard to find, but each of her children knew without a doubt that they were the

most important thing to her, and that she loved them deeply.

She made friends easily and was a true friend. She was constantly looking for ways to serve others. Oftentimes she would see a need and provide service even before people recognized their need. She truly exemplified the teachings of Jesus Christ by loving her fellow man.

Gail served faithfully in all of her church callings. She held many church callings throughout the years. The calling didn't matter to her, her focus was to simply magnify her calling and serve her fellow man. She was an answer to many people's prayers.

Her favorite hobbies were traveling, playing the piano and

making quilts. She touched the lives of many through teaching the piano and the love of music to many. She loved her students deeply and gained tremendous pride in seeing them find their own love for music. Visiting her home was a joy as the home was filled with music. She would spend hours playing the piano for her husband, her family and just for her own love of music.

She is survived by her family consisting of Darren Earl (Carmel Ann), Terry Earl (Linda), Brett Earl (Jennie), Justin Earl (Alyssa), Kandace Booth (Trevis), Stacha Westbrook (Justin), along with her grandchildren and great-grandchildren.

She was preceded in death by her parents Joseph Edward Gubler Jr. and Thora Wilson. Her Brothers, Lyman Gubler, Thell Gubler and Edward Gubler. Her Sisters, Faun Eves, Ramona Gifford, and Helen Squire. However, she is most excited to reunite with her husband Boyd Jay Earl, who also preceded her in death.

She passed from this life January 4th, 2023, and traveled to meet those who preceded her in death with her daughter Tausha (Earl) Haight, and Tausha's five children Macie (17), Briley (12), Ammon (7), Sienna (7), and Gavin (4).

Services for Gail, Tausha and her children was held January 13th, 2023, at the La Verkin Stake Center 481 N Main St, La Verkin, Utah 84745 at 10:00 am MST. Family and friends are invited to share tributes online at www.serenitystg.com. Arrangements and memorial tree planting by Serenity Funeral Home of Southern Utah, 435-986-9100.

Alan Hyatt Crawford



On Monday, January 9, 2023, Alan Hyatt Crawford passed away at age 76. Alan was born in Cedar City, Utah on December 16, 1946, to Dan and Helen Crawford. He and his wife, Gail Callison were married on September 21, 1973, in the St. George temple and are the parents of four children. He lived his entire life in Cedar City except for a 2 year mission in Mexico City for The Church of Jesus Christ of Latter-day Saints. He graduated from SUSC (now SUU) with a degree in accounting, and owned Crawford Motors for over 40 years. He was an active member of The Church of Jesus Christ of Latter-day Saints and served in a variety of callings, including leadership and teaching positions.



Alan earned his pilot's license when he was 22 years old, later his commercial pilot's license, and enjoyed flying for both business and pleasure. He had an incredible depth of vehicle knowledge, enjoyed restoring old classics, and could tell you the make and model of every car going the opposite direction at 60 mph. His sense of humor kept everyone laughing

and lightened the mood when things were down. He especially enjoyed speaking Spanish and interacting with the Spanish community. He enjoyed taking his family on vacations (often to Lake Powell), spending time with his grandchildren, and was a tremendous strength to his immediate and extended family.

Alan is survived by his wife, Gail, his children Chad (Cristy), Julie (TC) Erkelens, Scott (Teasha) and Lori (Evan) Edwards, and his siblings, Gail (Lynn dec.) Bunker, Glen (Paula), Kerry, Curtis (Anna), Renee (Mike) Stucki, and 15 grandchildren. He was preceded in death by his parents. Funeral services were held on Saturday, January 14, 2023, 1:00 PM at the Greens Lake Chapel, 1120 West Greens Lake Drive, Cedar City, Utah. The visitation was Friday evening from 6:00 PM to 8:00 PM at the same location, and Saturday from 11:30 AM to 12:30 PM before the funeral. Interment was at the Cedar City Cemetery under the direction of Heartlight Affordable Funeral Services.

Malik Drye (2001-2022)



Malik Alfred Phillip Drye, 21, passed away on Christmas Day, Dec. 25, 2022. He was born Jan. 10, 2001, in St. George, Utah. He attended schools in Moccasin and Fredonia, Arizona until the 8th grade; he then attended Canyon View Middle School and went on to graduate in 2019 from Canyon View High School in Cedar City, Utah.

Malik loved all sports and worked hard to perfect his signature quick moves. He might have been small, but was a "dark horse" for many teams.

He played baseball, football and four years of basketball for the Falcon family. He also played lacrosse with his brothers as the program was getting started in Southern Utah. He valued all the hunting trips on the Kaibab Paiute Indian Reservations, where he was a tribal member.

The Young Men's program with the Iron Mission Branch "family" is where many good memories and bonds were made. He loved his leaders. He then worked for the Bureau of Indian Affairs on the camp crew for wildland firefighting with the Southern Paiute Agency. Malik loved a good prank and loved all his family so much. Malik was so proud to buy his first car and always wanted to look his best. But more importantly, Malik loved to help others. He was the first one to jump up and help when he saw anyone in need.

He is survived by his Cedar City parents Elton and Shoni John and the whole Tom Nation; his mothers Ona Segundo and Rose Bushead of Kaibab, Arizona; his brothers and sisters Wendell, Brandon, Jake, Tiara, Maria, Elli, Q, Kai, Sully, Oscar, Lettie, Montana (nephew), Nolan, Adriana, Sumie, James, and Chris; his grandma Amelia Segundo; and aunts Jeri and Glenna.

He was preceded in death by his sister Belle, Grandpa H-man, Grandpa Ramona and Uncle Buzz (Brandon Petty). Funeral services were held Dec. 30, 2022, with burial at Kaibab Paiute Cemetery.

Malik's smile could light up the room and his mother and I are very blessed that we got to be a part of his life. Until we meet again son, soar with the eagles. A GiveaHand account has been set up to help the family pay for some of the funeral expenses and headstone. Visit https://giveahand.com/_U6-p to make a donation.

obituaries

Judy Lynn Ward



Judy Lynn Ward, age 75, passed away January 14, 2023, in Cedar City, Utah, surrounded by family. She was born December 18, 1947, in Escondido, California, to Robert Melvin Keyte and Natalie Jane Clary. She grew up in Azusa, California, where she attended Azusa High School.

She married David A. Ward in the Los Angeles California Temple on October 8, 1977, and raised six children. The Wards moved to Cedar City, Utah, in 1985, where they have

resided ever since.

Judy was a member of the Church of Jesus Christ of Latter-day Saints, where she served as a Nursery Leader, Choir Leader, Primary President, and Relief Society President, among other callings. She was a fervent reader and an active member in a number of book clubs. She enjoyed music, played the clarinet, and sang in several choirs throughout the course of her life. She attended numerous theatrical plays, musicals, operas, and movies, and rooted for the Dodgers, Jazz, 49ers, and BYU sports teams.

For a number of years, Judy managed the Cedar Breaks

Lodge Summit Dining Room in Brian Head, Utah. In 2002 she graduated magna cum laude with a Bachelor's degree in Communications from Southern Utah University. She went on to work for the Department of Workforce Services until her retirement in 2014.

Judy is survived by her husband, David A. Ward; her six children, Ronald Glenn Gomez, Deborah Marie Parks (Lance Jay Parks), Rebecca Ward, David Michael Ward, Katherine Dodds (Jason Dodds), and Kimberly Ward; her nine grandchildren, Rachael Lauren Williams (Britton Helaman Williams), Lyle Nathaniel Parks (Rebecca Suzanne Parks), Joseph Dallin Parks (Brianna Nicole Parks), Ammon Jacob Parks, Collin Gray Gomez, Sophia Lanae Gomez, Evelyn Kate Dodds, Alyson Jane Dodds, and Isla Claire Dodds; her two great-grandchildren, Nathaniel Sunia Williams and Ember Lynn Parks; and her brother Joel Clary Keyte (Nancy P. Keyte).

Judy was preceded in death by her parents, Robert Melvin Keyte and Natalie Jane Clary; her brother, Bob Melvin Keyte; and her grandson, Max Maloy Dodds. Funeral services will be held Saturday January 21, 2023, at 12:00 pm at the West Hills Church of Jesus Christ of Latter-day Saints (1650 W Center St, Cedar City, UT 84720). A viewing will be held earlier that day from 10:30 - 11:15 am. Interment will be in the Southern Utah Cemetery, under the direction of Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.com.

Barbara Carroll



Barbara Gai Salter Carroll, age 89, died peacefully in her sleep, January 12, 2023 in St George Utah. Barbara was born on January 26, 1933, in Mt. Carmel, Utah at her Grandma Hodges' home. She was the oldest child of Tharon and Kathleen Salter. She attended school in Fredonia, Arizona and Orderville, Utah.

Barbara learned to play the piano at an early age from her father. Music became a lifelong love. She accompanied many individuals and groups and played both the piano and organ in church meetings for many years. She also taught many young people to play the piano.

She married her high school sweetheart, Norman H. Carroll, on August 4, 1950, in Mt. Carmel, Utah and was sealed on December 7, 1950, in the St. George, Utah Temple. They celebrated 66 years of marriage together before he passed away in 2016.

Barbara and Norman were blessed with 5 children,

Douglas(Carol), Pamela(J.H.), Christine(Merlin), Kathleen(Wes) and Cynthia(Tom). They have 17 children and 25 great-grandchildren.

Barbara was an active member of The Church of Jesus Christ of Latter-day Saints. She served many years in various callings. One of her favorite callings was teaching the Cultural Refinement lesson in Relief Society. She loved researching and teaching about different lands and cultures and incorporated her research into lessons and family gatherings.

Barbara loved flowers and spent many hours in her garden. She loved to create beautiful arrangements for family, friends and church meetings. Tulips and peonies were her favorite flowers.

Barbara learned to sew in Home Economics class at school and became an expert at it. After she was married, she sewed almost all of her and her children's clothes.

Barbara was preceded in death by her husband Norman, son-in-law, J.H., grandchildren Samantha Carroll and Joseph Carroll. Grandson-in-law, Scott Pederson, her parents, and siblings Evelyn Black and Dennis Salter. She is survived by her children, grandchildren, and her sister Patricia Salter.

Funeral services will be held on Saturday, January 21, 2023 at the Orderville Chapel of The Church of Jesus Christ of Latter-day Saints at 11:00 am. Family and friends may call beginning at 9:30 am. The burial will be in the Orderville Cemetery. Services were arranged with Mosdell Mortuary.

Brian Hirschi



Brian Hardy Hirschi passed peacefully on the evening of January 10, 2023, surrounded by his loving family.

Brian was born on October 23, 1957, in Cedar City Utah. Brian split his time between Cedar where he was raised, and Rockville on the family farm. As a young kid, dad enjoyed all youth sports. He was also active in Boy Scouts achieving the merit of Eagle Scout.

Brian attended Cedar High School where he played football and made some lifelong friends. He graduated from Cedar High in 1976 and was a proud Redman.

Brian joined the Army National Guard immediately after high school in the summer of 1976, attending basic training in Fort Leonard Wood Missouri honorably serving his country.

Brian always had a project going. He held some form of a job most of his life: mowing lawns and doing yard chores, to his high school job at the local Arctic Circle, moving on to the Coleman company for several years until he started his career at Coca Cola Bottling in 1978 and retiring in December 2022.

Brian married Melanie Melling on January 20th, 1978. Together they made a wonderful home at the Melling farm where they raised their three boys. They loved the farm; it will always remain their home.

Brian loved sports and competition. He spent many years coaching Little League baseball & loved going to the ball field with the boys. Over the course of this special time, he threw hundreds of thousands, if not millions, of pitches. Brian was very dedicated to his family. He was a great support to his wife, boys, and extended family. He earned the respect and love of all who knew him.

Brian lived a life of service. His first choice of service was cutting, hauling, and delivering firewood. Throughout life whenever there was a need, Brian was the first one there. He was always willing to put forth any effort to help others. Brian will be remembered and missed by many.

Brian was an active member of the Church of Jesus Christ of Latter-day Saints. He served in many callings but being in the nursery was his favorite.

Brian is survived by his wife Melanie, sons Jesse (Darcie), Jason, Jared (Kim). Grandchildren: Dax, Tel, Brooklyn, Tori, Kinlee, Kale, & Karden. Brian is also survived by his brothers Danny (Jeanne) & Paul Hirschi, and his sister Emily (Henry) Hilburn.

Brian was preceded in death by his mother & father Vonda & Garland Hirschi of Rockville, Father-in-law Douglas Melling of Cedar City, brother-in-law Bill Melling of Cedar city, brother-in-law Mike Philibaum of Cedar city, nephew Blake Busker, & sister-in-law Barbara Hirschi.

A viewing was held at Southern Utah Mortuary on Monday January 16th from 5:00 - 7:00 pm. A second viewing was held at Coal Creek 2nd Ward, located at 290 West 1045 North, on January 17th from 9:30 - 10:30 am with the funeral following afterward at 11:00am. Interment was in the Cedar City Cemetery, under the direction of Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.com.

The family would like to acknowledge and thank all those in the medical community who helped us. We appreciate their compassion, understanding, and gentle care!

Michael Orwin Haight



Michael Orwin Haight was born on January 7, 1980, in Seattle, Washington to Robin and Brenda Haight. After his dad finished dental school in 1981, the family moved to Cedar City, Utah.

In his youth, Michael loved spending time participating in city league baseball, basketball, soccer, various outdoor and scouting activities. He achieved the rank of Eagle Scout. Michael excelled at everything he did, graduating from Cedar High School in 1998

where he was the Sterling scholar in business. He was very involved in various sports and activities.

Michael spent the summer after graduation working in Alaska in a fish processing plant. His leadership skills, values of honest hard work and determination quickly led him to be a line manager and over a crew of 10-12 men.

Michael was called and served a full-time mission to Porto Alegre South, Brazil for The Church of Jesus Christ of Latter-day Saints. He loved the people he met on his mission and had many fond memories of his time spent there.

After his mission, Michael began classes at Southern Utah University, studying business. He graduated with his bachelor's degree from SUU in 2004 where he was named the Outstanding Finance Student for the School of Business. During this time, he met Tausha Earl in their student ward. They were married in the St. George Temple on May 10, 2003. Together they welcomed 5 children into their family: Macie Lynn, Briley Ann, Ammon Michael, Sienna Belle, and Gavin Drew. Each of these children were truly a cherished miracle to them.

Michael made it a point to spend quality time with each and every one of his children. Michael enjoyed making memories with the family. He spent many evenings and Saturdays coaching the children's city league sporting teams, attending the children's concerts at school, going on side-by-side rides, doing home-improvement projects, sledding and much more.

Michael lived a life of service. Whether it was serving in the church or in the community, he was willing to help with whatever was needed.

Michael owned and operated a successful insurance agency receiving many awards and honors for his achievements. Many of his clients loved and appreciated the care and attention he gave to them. He recently sold his business to allow more flexibility to spend time with his family.

Michael is survived by his mother Brenda Haight, siblings: Bryan, Tamara (Mike) Twitchell, Jennifer (Doug) Kerkisiek and Grandparents Orwin and Velda Gubler. He is also survived by many aunts, uncles, nieces, nephews, and cousins.

Funeral services will be held privately. Family and friends will be notified of the details. The family would like to express a special thank you to those in the community who have reached out with their love and support and all who have helped in any way. You are very much appreciated.

Want to submit an obituary?

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

faith

"HIS HAND IN MINE"

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

I Choose to Act

by L. Brent Jones

*I choose to act and not react,
As trials come my way,
And live my life with purpose,
Looking forward to the day.*

*To use the time allotted me,
To bring light to the dark,
And face the changes to my calm,
And choose how I'll embark.*

*For you see, it is a choice I make,
At every single turn.
In every minute of each day,
There are lessons to be learned.*

*As mountains dot this path I walk,
That seem too difficult to climb,
I will make it to the top,
While strengthening my time.*

*For the next one will not be as tough,
Because I'm now a better man,
For choosing to embrace that mountain,
And proving that I can.*

*Those obstacles are my stepping stones,
To get me through my life.
And I gain much needed attributes,
While also eliminating strife.*

*And when those peaks seem out of sight,
My faith will lead the way.
To do the best that I can do,
Despite what others say.*

*For the Architect that marked my path,
Knows the challenges I need.
And He gives to me the confidence,
And helps me to succeed.*

*He's always there to lend a hand,
Or catch me when I fall.
And waits to drop His safety rope,
Whenever I will call.*

*I won't look back and say, Why me?"
Or fear how I'll react.
For I know that all is for my good,
If I choose and then I act.*

In honor of Pothole Day (January 15th), this week's knowledge from the Garage is all about those holes we hate to hit. Every driver knows there's nothing like a good pothole to jar one's jaw and attention back into focusing on the road (not their phones). Potholes are worse than speed bumps. At least you can see speed bumps coming (usually), and can make a choice to slow down or not.

Even the name pothole is perfect because I've seen some around town deep enough to use as pots to grow plants in. The point is that potholes are everywhere and they don't care if you're aware or not. They aren't meant to slow you down, they're meant to break you down. They cause tire damage, blowouts, misalignments, and can damage your car, body and insurance.

Spiritually speaking, potholes are meant to destroy you, not just detour you. However, even if a pothole only distracts you—gets you to take your eyes of the Straight and Narrow (even for a moment)—then the devil's devious digging has not been in vain.

As the devil is an expert pothole

digger, the Lord is an expert pothole filler. Who, not only pulls us out of our holey ruts, but makes us holy in the process as He teaches not only how to escape them (Psalm 37:23-24), but fill them in so we stop falling in (2 Timothy 2:25-26, Lamentations 3:55, Psalm 40:2). Also, the longer we wait to repair the potholes in

POTHOLES

GOD'S
garage

Corey Baumgartner

news@ironcountytoday.com



our lives, the bigger/deeper they become.

In our daily commute, we're counseled to run and not be weary, walk and not faint, drive and avoid potholes (Isaiah 40:31). Yet, potholes still ambush us because they are deceptively disguised. Sometimes, we can't avoid them in time, and swerving (while trying not to swear) can cause other accidents.

This is a perfect example of why we need to be more vigilant about keeping our eyes on the road in front of us, not the road behind us.

True, we can't avoid every void. That's why we need the Spirit to help guide and guard us from being ambushed by as many ratty, ruinous craters as possible (John 16:13). As we keep our eyes "fixed on God" He will help us see and avoid the potholes of perdition (Psalm 141:8-10, 31:4, 91:3). How do we keep our eyes fixed on Father?

Like driving, we focus on what (and who) matters most. How do we strive daily to avoid distractions and stay alert? Through perpetual Prayer (Luke 21:36, 1 Thessalonians 5:16-23), Scriptures (Psalm 32:8), and living (driving) the best lives we can spiritually

and temporally (Galatians 5:25).

So, what are the spiritual potholes you're trying to avoid, get out of, or are in need of repairs from this week? Don't be afraid, or hesitate to come into God's Garage of Grace (Hebrews 4:16) and receive the help and healing you need to get back out on the road and to enjoy the journey!

Unnamed memorable women in the Bible – (Part 3)

by Edy Meredith

FOR IRON COUNTY TODAY

As noted in Parts 1 and 2 in this series on Biblical women, the Bible is full of famous women—queens, prophets, a judge, notable disciples of Jesus, and associates of Paul. Two women have books of the Bible named after them. Others share the limelight with famous husbands or sons, but there are others you can't remember perhaps because they are not identified by a personal name. Bringing attention to some of those heroines of Biblical faith who exist in the background both in the Old and the New Testament will help to round out the way in which women as approximately 50% of the population complete the total picture of how God spoke to humans of both genders. While this article will mention only a few of the anonymous women, there are many more we don't have space to list.

In 2 Samuel 14:1-21 we learn about the Wise Woman of Tekos who went to King David to direct him to reconcile with his son Absalom. While David did attempt the reconciliation eventually, David waited too long, and Absalom succumbed to an unfortunate accident during warfare with David's army. Absalom (name meaning father of peace) was the third son of David and was known as the most handsome man in Israel. He used his charisma to build support for himself and against his father David in open rebellion. Absalom was killed when his long hair caught in

the branches of an oak tree as he fled from battle. David was greatly sorrowed and is known for his grief when in 2 Samuel 18:33 he cried out: "O my son Absalom, my son, my son Absalom!" as David wished he had died instead of his son. If only David had heeded the Wise Woman early.

In 1 Kings 17:7-24, the prophet Elijah is sent by God during a famine to the Widow of Zarephath. Asking the widow to fix him lunch, she explained that she only has enough provisions for one last meal for herself and her son before they died of starvation. Instead, she used her last supplies to make Elijah some bread. Amazingly her flour and oil lasted until the end of the drought, and her faithfulness was rewarded when Elijah brought her dead son back to life.

In Matthew 15:21-28, we find the Canaanite Woman from Tyre/Sidon who dared to challenge Jesus for His help in healing her demon-possessed daughter. She is probably one of the first Gentiles to follow Jesus when she begged Him for help. Jesus even challenged her by saying that He was sent only to the people of Israel and that it wasn't right to take food away from the children and give it to dogs. This Gentile woman persisted and said that she like a dog wanted to eat the crumbs that drop from the table. Jesus answered, "O woman, great is your faith! Let it be to you as you desire." And her daughter was healed from that very hour."

In John 4:1-42, the Samaritan Woman at the Well was shocked that

a Jewish rabbi would even talk to her because the Jews looked down upon Samaritans as unclean, and she was a woman of unchaste background having been "married" several times. Jesus asked her to draw some water out of the well for Him. Jesus answered when she questioned Him, "Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give her will never thirst. The water I shall give her will become in her a fountain of water springing up into everlasting life." The woman immediately recognized that He was a prophet. Then He shifted the conversation to eternal truths: "The hour is coming and now is when the true worshipers will worship the Father in spirit and truth." She ran to tell her neighbors, and probably became the first evangelist to share the gospel good news.

What do we learn from this sampling of unnamed women? First, God knows us and reaches out to us. Second, we women and men in accepting Jesus as Messiah and Savior will receive a transformation of our hearts, minds, and outlooks. In Philippians 2:5-8, "Let this mind be in you, which was also in Christ Jesus, who being in the form of God ... made Himself of no reputation, taking the form of a bondservant ... humbled Himself and became obedient to the point of death, even death of the cross." "Therefore, if anyone is in Christ, she is a new creation, old things have passed away; behold all things have become new." (2 Corinthians 5:17)

sports

SCORES + RECAPS FROM IRON COUNTY COMPETITION

RAMS ROUT COWBOYS TO SWEEP WEEK

by Tom Zulewski

IRON COUNTY TODAY

Brock Felder scored 37 points, including five 3-pointers, and the Parowan Rams pulled away over the final three quarters to beat the Kanab Cowboys 74-53 on Jan. 12 at the PHS gym. Parowan did most of its damage over the middle two quarters, outscoring Kanab 47-29 to take control and secure the win.



Parowan

74


Kanab

53

Kanab	7	13	16	17	- 53
Parowan	9	25	22	18	- 74

Kanab – Jones 18, Cornell 10, Glover 7, Danya 7, Brown 5, Little 3, Houston 3. Totals 20 8-15 53. 3-pointers – Jones 5.

Parowan – Felder 37, Mortensen 13, Robinson 11, Millett 9, Hall 4. Totals 30 6-8 74. 3-pointers – Felder 5, Mortensen 2, Robinson 1.

Despite just eight attempts at the free-throw line, the Rams made 10 more field goals than the Cowboys (30-20). Cash Mortensen added 13 points in the win for Parowan and Waylon Robinson chipped in with 11.

In its first game of the week Jan. 10, Felder scored 27 points and pulled down 12 rebounds as Parowan started fast and ran away from the Beaver Beavers, winning 64-37. The Rams (2-1 Region 19, 7-6 overall) led by 11 at halftime and outscored the Beavers 17-7 in the third to pull away.

Parowan will return to play Thursday night at home when it hosts Enterprise in a 7 p.m. tipoff.

ROGERS' BUZZER-BEATER LIFTS REDS OVER PANTHERS

by Tom Zulewski

IRON COUNTY TODAY

In a back-and-forth struggle, the Cedar Reds were in search of anyone who could step up and make a winning play. When Nate Rogers sliced and diced his way through the opposition defense, he had just enough to come through and give his team a reason to celebrate.

Rogers hit a twisting reverse layup that barely beat the final buzzer, and

Cedar survived three lead changes inside the last two minutes for a 73-72 victory over the Pine View Panthers at the Wolf Den on Jan. 13 that was its first in Region 10 play this season (1-3, 6-7 overall). Landon Kreitzer led four Reds players in double figures with 21 points and Rogers chipped in with 10. The Panthers got 25 points from Griffen Shepherd and 20 from Nash Schroeder, but it wasn't enough as they fell to 0-3 in region and 1-11 overall.

Cedar led 23-17 after the first



Cedar's Boston Garrett out-paces the Panthers and finishes strong at the hoop.



Nate Rogers prepares to execute his game winning drive for the Cedar Reds.



Cedar

73


Pine View

72

Pine View	17	19	23	13	- 72
Cedar	23	17	16	17	- 73

Pine View – Shepherd 25, Schroeder 20, Watkins 10, Long 7, Dickinson 5, Moore 3, Smith 2. Totals 23 18-27 72. 3-pointers – Shepherd 2, Schroeder 2, Watkins 2, Dickinson 1, Moore 1.

Cedar – Kreitzer 21, Garrett 14, S. Albrecht 13, Rogers 10, Coronado 8, York 4, E. Albrecht 3. Totals 27 12-18 73. 3-pointers – Kreitzer 2, Garrett 1, S. Albrecht 1, Rogers 2, E. Albrecht 1.

quarter, but the Panthers outscored the Reds 23-16 in the third to claim a 59-56 lead, setting up the fight to the finish.

Even with the win, head coach Tyler Monks was concerned with the defense.

“Our defense was terrible,” he said. “Hopefully we can fix it by Friday.”

Boston Garrett added 14 points for the Reds and Stockton Albrecht had 13 in the win.

In its opening game of the week, Snow Canyon broke away from a two-point halftime lead and routed Cedar, 59-40 on Jan. 11. The Reds trailed 27-25 at the break, but were held to just 15 points over the final two quarters.

Owen Mackay led all scorers for the Warriors (3-1 region, 10-6 overall) with 27 points. Kreitzer led Cedar in the loss with 14 points and Albrecht added 13.

The Reds are idle tonight and will return to play Friday against the Region 10-leading and No. 2-ranked Dixie Flyers in a 7 p.m. tipoff.

PHOTOS BY COREY BAUMGARTNER

SUU severs Stephen F. Austin's 15-game conference win streak

by Jason Marsteller

SUU ATHLETICS STRATEGIC COMMUNICATION

CEDAR CITY — The Southern Utah men's basketball team took down yet another Western Athletic Conference giant as the T-Birds severed Stephen F. Austin's 15-game WAC winning streak with a 67-58 conquest of the Lumberjacks. The victory also ended a seven-game winning streak by SFA this year as Southern Utah stretched its own winning streak to three games.

Southern Utah improved its record to 13-6 and 5-1 in the WAC, while Stephen F. Austin fell to 13-6 and 5-1 in the conference as well.

Following a near career-high performance on Thursday against

turned in 13 points to run his career tally to 1,262 points with some time at Illinois. As a T-Bird, Jones has scored 1,164.

Meanwhile, senior guard Harrison Butler moved closer to sixth on the charts with 1,281 career points thanks to four points against SFA. Richard Burton holds the next spot with 1,297 points from 1989-1993.

Sophomore guard Drake Allen proved prolific with the ball in his hand, dishing out seven helpers during the contest. He led a strong game for the 'Birds, which had 17 total assists.

Southern Utah's length proved to be too much for the Lumberjacks as SUU outscored SFA in the paint, 32-22. SUU also out-rebounded Stephen F.



SUU's Jason Spurgin elevated his game and the Thunderbirds to a dominating victory over the Lumberjacks.

Sam Houston, senior forward Maizen Fausett scored a game-high 19 points as part of a double-double that featured 10 rebounds as well. Fausett moved to within 100 points of third place on the all-time career scoring charts at Southern Utah as he increased his career tally to 1,332 points. Fausett's former teammate, Dre Marin, holds third on the charts with 1,434 career points from 2017-2022.

Sophomore center Jason Spurgin terrorized SFA's bigs with 15 points, while senior guard Tevian Jones

Austin, 34-30.

The Thunderbirds were able to hold on in the final few minutes to clinch a 67-58 victory.

Southern Utah completes a three-game homestand at the America First Event Center against New Mexico State on Thursday, Jan. 19 at 7 p.m. MT. 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.

Falcons split week, beat Dinos on road

by Tom Zulewski

IRON COUNTY TODAY

The Canyon View boys basketball team built a steady lead and made sure it held up down the stretch as it earned a 66-58 victory over the Carbon Dinos on Jan. 14, earning a split of two games to start Region 12 play.

The Falcons (1-1 region, 10-6 overall) led 30-21 at the half and added on to the margin thanks to 26 third-quarter points before Carbon was able to cut a 16-point deficit in half by the final horn. No additional details were

available from the game.

In CV's Region 12 opener, Connor Miles came off the bench to score a team-high 11 points, but a fourth-quarter rally fell short in the Falcons' 53-52 road loss at Emery. The Spartans (1-1 region, 10-4 overall) got 14 points from Brett Rasmussen that led four players in double figures.

Canyon View finished 2-of-7 at the free-throw line in the loss to Emery's 8-of-14. CV returns home this week for games against the region-leading Richfield Wildcats tonight and the Grand Red Devils on Friday. Both games tip off at 7 p.m.

	Emery 53
	Canyon View 52
Canyon View	5 13 16 18 - 52
Emery	14 14 15 10 - 53
Canyon View - Miles 11, Topham 9, Hartmann 8, Whittaker 6, Ludlow 5, Barnes 5, Jacobsen 4, Farrow 2, Ellett 2. Totals 21 2-7 52. 3-pointers - Miles 3, Hartmann 2, Whittaker 1, Ludlow 1, Barnes 1.	
Emery - Rasmussen 14, Tuttle 11, Justice 11, Stilson 10, Sharp 5, Nielsen 2. Totals 20 8-14 53. 3-pointers - Tuttle 3, Justice 1, Stilson 1.	

Canyon View girls rally late, beat Spartans

by Tom Zulewski

IRON COUNTY TODAY

Maylee Spencer scored the go-ahead basket with less than 20 seconds left, and the Canyon View Falcons rallied in the fourth quarter for a 53-50 victory over the Emery Spartans on Jan. 10 in the Region 12 opener for both teams. Jayda Gleave led the way in scoring for CV with 18 points and added the winning assist while Spencer finished with 17.

The Falcons led by as many as 10 points early and 16-10 after the first quarter, but the visiting Spartans responded in the second with a late basket that gave them a 27-25 lead at the break.

Behind 12 points and three 3-pointers from Mikaila Peacock, Emery stayed in front at 44-40

after three quarters, but Canyon View held the Spartans to just 6 points over the final eight minutes and earned the win.

CV hit the road for a Jan. 13 meeting at Carbon, but couldn't find the shooting touch in a 46-37 loss to the Dinos. The Falcons trailed 20-15 after the opening quarter, but could only score 15 points over the next two periods as the Dinos took control of the game.

Nine different players scored for Carbon as they improved to 11-4 overall, 1-1 in Region 12.

Maya Nichols led the Falcons in the loss with 12 points and Spencer added 10

as the Falcons fell to 1-1 and 11-5. CV will return home Thursday night to face Region 12 leader Richfield in a 7 p.m. tipoff. The Wildcats are ranked No. 2 in the RPI through Jan. 15.

	Canyon View 53
	Emery 50
Emery	10 17 17 6 - 50
Canyon View	16 9 15 13 - 53
Emery - Peacock 12, Stilson 6, Lester 8, Rowley 6, Nielson 10, West 2, Maughan 6. Totals 19 5-9 50. 3-pointers - Peacock 3, Stilson 1, Lester 2, Rowley 1.	
Canyon View - Spencer 17, Nichols 7, Davie 7, Gleave 18, Vargas 4. Totals 22 6-14 53. 3-pointers - Nichols 1, Gleave 4.	



Beaver
48



Parowan
37

Beaver 11 9 10 18 - 48
Parowan 17 6 8 6 - 37

Beaver - Brown 17, Marshall 13, Alisa 8, Bradshaw 6, Carter 4. Totals 17 12-22 48. 3-pointers - Brown 1, Bradshaw 1.

Parowan - Hulet 13, Jense 7, Robinson 5, Matheson 5, Johnson 4, Mason 2, Andersen 1. Totals 15 4-8 37. 3-pointers - Hulet 1, Jense 1, Robinson 1.

Beaver's fourth-quarter surge beats Rams

by Tom Zulewski

IRON COUNTY TODAY

With the Beaver Beavers on a long winning streak, the Parowan Rams girls basketball team had them on the ropes as it took a lead to the fourth quarter. Thanks to a stifling defensive effort, the Beavers escaped with a victory.

Gentry Brown scored 17 points and Beaver used an 18-6 fourth quarter to secure a 48-37 win over Parowan

on Jan. 11. The Rams opened the game with a 17-11 lead after the opening quarter and stayed in front until the Beavers clamped down defensively in the fourth.

Brooklyn Hulet led Parowan with 13 points in the loss.

In its second game of the week, the Rams (1-2 Region 19, 6-8 overall) saw why the Kanab Cowboys are an undefeated team as they pulled away in the second half with a 31-11 run on the

way to a 54-32 win Jan. 13. Rylee Little led the way with 20 points as Kanab improved to 13-0 on the season. Bella Johnson had 10 points in the loss.

The Rams played a third game last week and came away with a region win, beating the San Juan Broncos,

67-43 on Jan. 14. Parowan raced out to a 37-14 halftime lead on the home floor and didn't look back behind 22 points from Hulet and 17 from Katlynn Matheson.

Parowan will return to play Thursday when they travel to Enterprise for a 7 p.m. tipoff against the Wolves.

PREP SCOREBOARD

SCORES

Region 10 Boys Basketball

1/11 Snow Canyon 59, Cedar 40
Crimson Cliffs 42, Desert Hills 41
Dixie 72, Pine View 49

1/13 Cedar 73, Pine View 72
Dixie 64, Snow Canyon 56
Crimson Cliffs 59, Hurricane 35

1/14 Foothill (NV) 61, Pine View 42

Region 12 Boys Basketball

1/11 Carbon 72, Grand 59
Richfield 67, Emery 64

1/13 Emery 53, Canyon View 52
Richfield 74, Grand 34

1/14 Canyon View 66, Carbon 58
Enterprise 93, Grand 70

Region 19 Boys Basketball

1/10 Parowan 64, Beaver 37
Enterprise 75, S. Sevier 67, OT

1/12 Parowan 74, Kanab 53
South Sevier 58, Beaver 53

1/13 Enterprise 60, San Juan 46

1/14 Enterprise 93, Grand 70
South Sevier 66, San Juan 52

Region 10 Girls Basketball

1/10 Snow Canyon 63, Cedar 43
Dixie 52, Pine View 44
Desert Hills 59, Crim. Cliffs 53, OT

1/12 Cedar 44, Pine View 40
Snow Canyon 60, Dixie 38
Hurricane 55, Crimson Cliffs 38

Region 12 Girls Basketball

1/9 Emery 41, Wayne 37

1/10 Canyon View 53, Emery 50
Richfield 54, Carbon 43

1/12 Richfield 48, Emery 37

1/13 Carbon 46, Canyon View 37

Region 19 Girls Basketball

1/10 San Juan 58, Grand 57

1/11 Beaver 48, Parowan 37
South Sevier 44, Enterprise 25

1/13 Kanab 54, Parowan 32
Enterprise 57, San Juan 40
Beaver 55, South Sevier 45

1/14 Parowan 67, San Juan 43

STANDINGS

Region 10 Boys Basketball

	REGION	OVERALL
Dixie (2)	3-0	13-2
Snow Canyon (7)	3-1	10-6
Crimson Cliffs (8)	3-1	9-4
Desert Hills (4)	2-1	9-4
Cedar (10)	1-3	6-7
Hurricane (13)	0-3	2-10
Pine View (14)	0-3	1-11

Region 12 Boys Basketball

	REGION	OVERALL
Richfield (2)	2-0	11-3
Emery (3)	1-1	10-4
Canyon View (8)	1-1	10-6
Carbon (11)	1-1	7-6
Grand (16)	0-2	5-11

Region 19 Boys Basketball

	REGION	OVERALL
Enterprise (1)	2-0	10-2

Region 10 Girls Basketball

	REGION	OVERALL
South Sevier (2)	2-1	10-4
Parowan (6)	2-1	7-6
Kanab (3)	1-1	10-3
San Juan (11)	1-3	5-12
Beaver (16)	0-2	3-9

Region 12 Girls Basketball

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

Region 19 Girls Basketball

	REGION	OVERALL
Richfield (2)	2-0	15-2
Carbon (4)	1-1	11-4
Canyon View (7)	1-1	11-5
Emery (9)	0-2	9-6

Region 10 Boys Basketball

	REGION	OVERALL
Beaver (2)	3-0	13-1
Kanab (1)	2-0	13-0
South Sevier (6)	1-1	7-5
Parowan (9)	1-2	6-8
Enterprise (11)	1-2	5-11
San Juan (14)	0-3	4-10

SCHEDULE

Region 10 Boys Basketball

- 1/18 Desert Hills at Dixie
Hurricane at Snow Canyon
Pine View at Crimson Cliffs
- 1/20 Dixie at Cedar
Desert Hills at Snow Canyon
Hurricane at Pine View

Region 12 Boys Basketball

- 1/18 Richfield at Canyon View
Emery at Carbon
- 1/20 Grand at Canyon View
Carbon at Richfield

Region 19 Boys Basketball

- 1/17 Beaver at Enterprise
South Sevier at Kanab
- 1/19 Enterprise at Parowan
Kanab at Beaver
San Juan at South Sevier
- 1/21 Parowan at San Juan

Region 10 Girls Basketball

- 1/17 Snow Canyon at Hurricane
Dixie at Desert Hills
Crimson Cliffs at Pine View
- 1/19 Cedar at Dixie
Snow Canyon at Desert Hills
Pine View at Hurricane

Region 12 Girls Basketball

- 1/19 Richfield at Canyon View
Emery at Carbon

Region 19 Girls Basketball

- 1/17 San Juan at Monticello
- 1/18 Enterprise at Beaver
Kanab at South Sevier
- 1/19 Parowan at Enterprise
Beaver at Kanab
- 1/20 South Sevier at San Juan
- 1/21 South Sevier at Grand



COREY BAUMGARTNER

Kasia Davis and the Cedar Reds fought to the end, but couldn't cool off the Snow Canyon Warriors, last Tuesday at home.

Reds rally, beat Panthers on road

by Tom Zulewski

IRON COUNTY TODAY

After a big second-half rally helped the Cedar girls basketball team secure its first win of the season, they hit the road again needing to make a comeback happen a little faster. A big fourth-quarter effort helped the Reds do the trick.

Analyse Shimada led the way with 14 points, and Cedar outscored Pine View 20-8 in the final period to beat the Panthers, 44-40 on Jan. 12 to even its Region 10 record at 2-2. The Reds fell behind by eight heading to the fourth,



Cedar
44



Pine View
40

Cedar 5 7 12 20 - 44
Pine View 6 13 13 8 - 40

Cedar - Shimada 14, Hansen 11, Gomez 5, Davis 5, Bird 4, Bishoff 3, Robison 2. Totals 11 19-31 44. 3-pointers - Gomez 1, Davis 1, Bishoff 1.

Pine View - Norton 9, A. Gustin 8, Horspool 6, R. Gustin 5, Morley 5, Twede 4, Adams 3. Totals 11 13-22 40. 3-pointers - Norton 2, Horspool 2, Twede 1.

but made 19-of-31 from the free-throw line to help the comeback and earn the victory.

Kiara Hansen added 11 points in the win for the Reds.

Cedar opened the week with a 63-43 loss at home to the Snow Canyon Warriors on Jan. 10. Olivia Hamlin set the table for SC with 24 points as they built a 40-22 halftime lead and were never headed in the second half.

Gabby Gomez led Cedar in the loss with 14 points and Shimada added 10. The Reds will return to play Thursday with a road game at Dixie against the Flyers in a 7 p.m. tipoff.

SIX FALCONS SIGN LETTERS OF INTENT

by Tom Zulewski

IRON COUNTY TODAY

A trio of baseball teammates are heading to the same school. Two softball teammates have gone from the Little League World Series to the next level. And a football player will be staying closer to home.

It was all part of a big day for Canyon View as six athletes signed letters of intent to play their respective sports at the collegiate level during a ceremony held on campus Jan. 10.

Hutson Slack, Ashton Arciero and Trey Jacobsen all signed with Centralia College in Washington. Kamryn Allen and Madison Fuller signed softball letters with Snow College and Central Christian College of Kansas, respectively, while Nick Macias signed a preferred walk-on letter of intent to join Southern Utah for football.

Although they fell short of the ultimate prize of a state title last season, the CV baseball trio provided a full share of impactful moments. Slack and Arciero joined a select group of Utah high school baseball players when they both hit two home runs in the same inning of the Falcons' playoff loss to Juan Diego last spring. Slack is also the only player in state history to hit two grand slams in the same inning.

When the time came to choose their college, Arciero joined Jacobsen on the initial recruiting trip to the school located about 90 minutes south of Seattle. A visit from Slack followed not long after.

"Ashton committed first, then Trey followed a couple weeks later," Canyon View baseball coach Jason Jacobsen said. "(The coach) asked about Hutson, and then he liked it when he went out there. Definitely going out there with someone you know plays a part in (the decision)."

"It's a small town with a lot of water, which I like," Slack said of his visit.

After seeing their season end with an extra-inning loss to Juab at last year's 3A tournament, all three players have one goal on their minds for their senior seasons.

"Our whole team's been working. The Juan Diego game won't happen again," Trey Jacobsen said. "It's gonna be one big revenge tour."

And for Jacobsen, having his dad as the coach proved to be a big help for him and his teammates.

"It's the best thing you could ask for," he said. "I get a few more benefits, and I make sure these two come in with me all the time."

For Jason Jacobsen, the pride of the moment was clearly displayed.

"It was never my goal to coach my kid, but when you talk to other coaches who've coached their kids, you have to do it," he said. "It's special to be in the same uniform on the same field. Baseball is such a father-son tradition, and this is something I'll always remember."

The final baseball season for Slack, Jacobsen and Arciero begins March 7 at home against the Enterprise Wolves.

Softball: Allen, Fuller make leap from one big stage to another

Before they entered Canyon View High, catcher Kamryn Allen and outfielder Madison Fuller got to play in a once-in-a-lifetime event in the summer before their 7th-grade year when Cedar National became the first softball team from Cedar City to advance to the Little League World Series that was played in Portland, Oregon in 2017.

Fast forward in the time capsule to their senior year, and the pair are moving on to the collegiate

level after they signed their letters of intent. Allen will head to Snow College in Ephraim while Fuller signed with Central Christian College of Kansas, a school located in the small town of McPherson, about one hour south of Wichita.

The pair believe having the World Series experience helped make a difference.

"It gave us the confidence to play," Fuller said. Allen added, "It helped us realize we can play against anybody and hit against any pitcher."

Fuller said she was talking with Central Christian since her sophomore year "and I've been

a letter of intent to play football at Southern Utah as a preferred walk-on. The senior played several positions on the offensive side of the ball, mainly as a wide receiver, but also had some time at quarterback.

Falcon head coach Burke Miller said the SUU coaches had their eye on Macias all season for a CV team that finished 8-4, its best record in school history.

"They've paid attention to Nick all season," Miller said. "They've always let us know they're interested in him, and Nick let us know he wanted



The dynamic trio (L to R) Slack, Jacobsen and Arciero.



The trio of Macias, Allen and Fuller signing.

PHOTOS BY TOM ZULEWSKI

pretty set on them. It's a super-small town, and God's super-strong there. That's a big thing for me."

For Allen, the decision to commit to Snow was done under a bit of a time crunch.

"I didn't have that much time to decide," she said. "It was a bang-bang thing for me."

Allen and Fuller will enter their senior seasons with a new coach and look to improve on a 16-14 overall record from 2022 that ended in a playoff loss to the Grand Red Devils.

Football: Macias finds home, signs with T-Birds

It's never easy for any high-school athlete to come to a completely new surroundings, but when Nick Macias arrived in Cedar City from California two years ago, it was clearly a case of the legendary movie line "There's no place like home."

Macias chose to stay close to home as he signed

to stay local. Other coaches have reached out to me, but still, we're hoping this works out at SUU and he can eventually get a full scholarship."

Miller said Macias' previous high school coach offered high praise in his recommendation.

"He called our previous head coach and let him know we were getting a good, solid football player," Miller said. "We would need to develop him a bit, but he could turn into something spectacular, and that's exactly what Nick was. You can plug Nick in anywhere on the field."

What Macias has achieved by landing at SUU has made a difference that's carried through the rest of the Canyon View program.

"The excitement Nick has spread through our team to try and accomplish the same thing is pretty awesome," Miller said. "I was talking to a few kids before Nick went up and they want to be here for next year and the following years. He's set the foundation."

Southern Utah soars to second at Best of Utah

by Regan Hunsaker

ASSISTANT AD, SUU SPORTS INFORMATION

CEDAR CITY — The Flippin' Birds took to the mat again Friday night at the Maverik Center in West Valley for the Best of Utah meet. Southern Utah continued the season's strong start, putting up some impressive numbers and finishing in second place behind the University of Utah. Utah State University finished in third place and BYU rounded out the team competition in fourth place.

The Thunderbirds started the evening off on the Beam and finished the competition with one of their strongest events, the bars. Graduate student Karley McClain continues to shine in the All-around competition scoring an impressive 39.325 and finishing second behind the University of Utah's olympian, Grace McCallum. Southern Utah's second-place finish is the highest for the T-Birds in the short history of the now annual Best of Utah meet.

BEAM (48.850)

The Flippin' Birds opening rotation on the bars was led by McClain who scored a 9.800. Graduate student Shylen Murakami and sophomore Ellie Cacciola were not far behind, each tallying a 9.775. Graduate student Rachel Smith and junior Aubri Schwartze rounded out the T-Bird's scoring in the event with matching 9.750 scores.

FLOOR (49.350)

The floor team for the Thunderbirds had its best showing of the season to this point. McClain tied for first in the event with a 9.925. Schwartze scored



The Flippin' Birds continue to vault over their competition.

SUU ATHLETICS

a new season high and junior Hailey Vultaggio matched her with identical scores of 9.875. Cacciola set a new career high with her floor routine adding a 9.850. Capping off the T-Birds' impressive team scores was Smith who put up a 9.825.

VAULT (48.825)

Southern Utah made its way to the vault for the third rotation and it was Cacciola who would lead the team to a 48.825. Cacciola scored a 9.825 and McClain followed that up with a 9.800 of her own. Vultaggio added a 9.750. Freshman Kayla Pardue joined Rachel Smith in rounding off the team score with a 9.725 each.

BARS (49.150)

The Flippin' Birds entered the final event trailing Utah State by a tenth of a point and went on to close the gap quickly. All five of the scoring gymnasts for Southern Utah would score above 9.800 leading SUU to its best bars score so far this year. Graduate student Shylen Murakami put up the highest score for the T-Birds with a 9.875 while Caitlin Kho, who struggled early in the meet on the beam, scored a 9.850 her best mark of the year so far. Schwartze added a 9.825 while McClain and sophomore Isabella Neff each scored a 9.800.

"We started the meet off by adding Kaylee Kho who scored very well last

year at this meet. We were shocked when she fell but the way that the girls rallied after that was spectacular. We are still working to figure out our sixth beam worker but the way the team came together tonight was amazing," shared Coach Scott Bauman. He added, "Everyone on this team knows that they have to be on their game in order to compete and they continue to do that and it is making us better."

The Flippin' Birds have another big meet coming up next Friday when Utah State makes its way to Cedar City for a dual meet. It will start at 7:00 p.m. MT and will be the first conference matchup for the Thunderbirds.

Daugherty continues to shine as T-Birds outlast Bearkats

by Seth Whitehouse

SUU ATHLETIC COMMUNICATIONS INTERN

CEDAR CITY — Cherita Daugherty matched her career-high of 28 points as the Southern Utah University women's basketball team outlasted Sam Houston State 60-55, Saturday night in the America First Event Center. The Thunderbirds remain undefeated in conference play with the win (9-7; WAC 5-0), while the Bearkats fall to (6-9; WAC 2-3).

"It was a gritty win," said SUU head Tracy Sanders. "We had a great second quarter and did a solid job on the defensive end overall. They are a good team, and we had to weather the storm at some points when they made runs, but I think we came together and finished. We gave them a lot of

Cherita Daugherty continues to excel for the T-Birds with another career-high 28 points and keep the WAC streak alive at 5-0.



SUU ATHLETICS

second-chance opportunities, but I think our defense won us the game."

In a low-scoring affair, the Thunderbirds outshot the Bearkats 36.5 percent to 29.2 percent while also dominating from the charity stripe, shooting 90 percent to 53.8.

Daugherty turned in another complete performance, shooting a sensational 16 of 16 from the free-throw line while adding six assists, five rebounds, and two blocks. Daylani Ballena also amassed an impressive stat line, finishing with 12 points and two assists. Megan Jensen corralled a game-high 11 rebounds with five points.

The Thunderbirds will now look ahead to a rematch with their WAC southern Utah foes as they will travel down I-15 to take on the Utah Tech Trailblazers on Thursday, Jan 19. at 7 p.m. MT in Burns Arena.

Hoop playoff time is closer than you think

As we pass the Martin Luther King Jr. holiday weekend, we're already less than a month away from the Utah state high-school basketball playoffs. The first round of the 2A and 3A playoffs start Feb. 14 (boys) and Feb. 15 (girls), while the first round for 4A happens Feb. 21.

Each of the classifications that feature our teams go off to three different locations for this year's state tournament that happens Feb. 23 through Feb. 25. The 2A tournament will happen at Salt Lake Community College, the 3A tournament comes to the America First Event Center in Cedar City, and the 4A teams will be heading to Utah State's home arena in Logan.

Because we value being as ready as possible to start the speculation about who will go where, here's a way-too-early and highly unofficial playoff guide for all of our teams.

The 4A playoff party is a little weird

for reasons you'll see in a moment. On the boys side, Layton Christian will be competing in the 4A ranks as an independent, creating a 14th team. This means only the top two in the rankings at the end of the regular season will punch an automatic ticket to Logan.

For the girls, the 4A bracket will stand at 13 teams, so the top three get the first-round bye and a trip up north. It's probably for the better because there are just two days between the opening round and the shot at the big stage.

As the 4A boys stand through Jan. 15, Sky View and Dixie will earn the byes, and Cedar is No. 10. The Reds would travel to face Crimson Cliffs on Feb. 21, but they play host to the Flyers on Friday and can take a trip up the chart with a victory.

For the 4A girls, Ridgeline, Sky View and Green Canyon would get the byes, with Snow Canyon lurking closest at No. 4. With two wins in its last three games, Cedar is No. 11 in the RPI and would travel to play Mountain Crest in the first round, but a chance to move up is out there for the taking as they travel to face No. 5 Dixie on Thursday.

The 3A bracket has 19 boys teams and 20 girls teams, with the boys having byes for the top 13 and the girls getting 12.

Canyon View has great motivation because the chance to play in front of the hometown crowd for the big trophy is there for the taking.

On the boys side, CV is in good shape at No. 8 after beating Carbon, and they would earn a second-round home game against No. 9 South Summit to start the playoff run Feb. 17. The Falcon girls team is at No. 7 in its RPI rankings, and they would host No. 10 Ben Lomond on Feb. 18.

The 2A side has the most teams, but fewer byes as a result. Only nine byes are out there for 23 boys and girls teams.

Heading into this week's games, the Parowan girls are just inside the bye zone at No. 9, and they would travel to play at No. 8 Duchesne on Feb. 18. The Rams beat Duchesne at home, 54-36, on Dec. 15.

Parowan's boys are a bit higher in the order at No. 6, and they would wait to host the winner between San Juan and Merit Prep on Feb. 17.

Of course, all of the above is subject to change, and it will be interesting to see how much it does when the final rankings and brackets come out.

Wrestling is hitting the home stretch as the season

heads for the state tournament, and Canyon View along with Cedar tasted some success at the annual All-Star Duals meet that was held in Orem on Jan. 10. The Falcons crowned multiple champions, and there were runner-up finishes as well.

At 138 pounds, Dax Nicoll earned the lone boys championship medal when he beat Duchesne's Gatlen Farnsworth, 9-8. For the girls, Julia Kay stood atop the medals podium after beating Emery Mortimer of Springville by fall in 2:54.

Among the runner-up finishers from the tournament, Alissa Grilli lost in the 135-pound final to Isla Baeza of Mountain View in 4:34. Canyon View's Tilisa Matakaiongo lost by fall in the 190-pound final to Cheyenne Ruiz of Taylorsville in 3:50, and Maitae Cardenas also fell to Bear River's Bretlee Potter in 3:52 in the 235-pound final.

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

RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY



“Because we value being as ready as possible to start the speculation about who will go where, here's a way-too-early and highly unofficial playoff guide for all of our teams.”

TOM'S SPORTS TRIVIA

In celebration of another excellent category discovered on Jeopardy, this week's dozen goes after facts about sports movies. Watch out for plot twists and please remember...no wagering!

1. Tom Cruise gave us a memorable performance as a sports agent who finds his conscience in the 1996 movie "Jerry Maguire." Who played Rod Tidwell – star wide receiver for the Arizona Cardinals and Maguire's only client – in the film?

- A. Denzel Washington
- B. Cuba Gooding Jr.
- C. Omar Epps
- D. Chris Rock

2. The 2009 film "The Blind Side" is the true story of Michael Oher going from homeless to a first-round NFL Draft pick with the help of Leigh Anne Tuohy, played by Sandra Bullock in an Oscar-winning performance. Which NFL team drafted Oher in 2009 with the 23rd pick overall?

- A. Pittsburgh Steelers
- B. Cleveland Browns
- C. Cincinnati Bengals
- D. Baltimore Ravens

3. "Moneyball" is a 2011 movie that starred Brad Pitt as Billy Beane, who built a baseball team on a budget that became playoff contenders. Which MLB team did Beane work for?

- A. New York Yankees
- B. Oakland Athletics
- C. Boston Red Sox
- D. Houston Astros

4. "Happy Gilmore" starred Adam Sandler as a washed-up hockey player who turns to competing on the PGA Tour in a bid to save his grandmother's house. Which legendary game show host got into a fight with Sandler at a pro-am event in the movie?

- A. Bob Barker
- B. Bob Eubanks
- C. Chuck Woolery
- D. Pat Sajak

5. "I, Tonya" is the 2017 movie that tells the story of Tonya Harding, a figure skater who saw her dreams of a gold medal come crashing down while her rival finished with a silver medal at the 1994 Winter Olympics. Who was that rival?

- A. Oksana Baiul
- B. Nancy Kerrigan
- C. Chen Lu
- D. Surya Bonaly

6. A 1970s rivalry between Formula 1 drivers James Hunt and Niki Lauda was chronicled in the 2013 movie "Rush" that starred Chris Hemsworth. Who directed the movie?

- A. Steven Spielberg
- B. Cameron Crowe
- C. Ron Howard
- D. Ron Shelton

7. "The Longest Yard" is a 1974 movie about a group of prison

inmates who take on the guards in a football game, and it was made into a 2005 sequel that starred Adam Sandler. Who played in the original film as prisoner Paul Crewe and in the remake as coach Nate Scarborough?

- A. Burt Reynolds
- B. Richard Kiel
- C. Eddie Albert
- D. James Hampton

8. The 1989 movie "Major League" tells the fictional story of an MLB team owner that wanted a losing team so it could later be moved to a different city. Which team was it?

- A. Detroit Tigers
- B. Milwaukee Brewers
- C. San Francisco Giants
- D. Cleveland Indians

9. "The Color of Money" is the 1986 movie about "Fast Eddie" Felson, who teaches a protege the art of pool hustling before making a comeback himself. Who played Fast Eddie Felson in the film and won the Oscar for Best Actor?

- A. Tom Cruise
- B. Paul Newman
- C. Forrest Whitaker
- D. John Turturro

10. "The Mighty Ducks" was a 1992 Disney movie that turned into an NHL franchise the following year. In which city were the Mighty Ducks based?

- A. Anaheim
- B. Los Angeles
- C. San Jose
- D. Vancouver

11. "Miracle" is a 2004 film that told the story of how Herb Brooks took the U.S. hockey team to the 1980 Winter Olympics gold medal, beating the Soviet Union along the way. Who played Brooks in the movie?

- A. Al Michaels
- B. Kurt Russell
- C. Ken Dryden
- D. Kenneth Welsh

12. Joel and Ethan Coen directed the 1998 film "The Big Lebowski" that starred Jeff Bridges as "The Dude." What sport is featured in the story?

- A. Tennis
- B. Golf
- C. Bowling
- D. Surfing

LAST WEEK'S ANSWERS

1. D: Oklahoma.
2. A: Ohio State. The Buckeyes lost 42-41 to Georgia while TCU defeated Michigan, 51-45.
3. B: Georgia. The Bulldogs beat Oklahoma in double overtime at the Rose Bowl in the semifinal, but lost 26-23 in overtime to Alabama in the national title game.
4. B: Alabama.
5. C: SoFi Stadium.
6. A: Oregon.
7. C: Jameson Williams.
8. B: Miami Dolphins.
9. D: Michigan State.
10. C: Derrick Henry.
11. B: Sony Michel.
12. A: Kelee Ringo.

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NOTICE OF TRUSTEE'S SALE

NOTICE IS HEREBY GIVEN that the following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States at the time of the sale, at entrance to the **IRON COUNTY COURTHOUSE located at 40 N. 100 E., Cedar City, UT on Wednesday, February 8, 2023 at 1:00 p.m.**, for the purpose of foreclosing on a Deed of Trust originally executed by FIRST EMPANADA FACTORY, INC., as Trustor, and UTAH INDEPENDENT BANK, as Beneficiary. The Deed of Trust is dated April 5, 2021 and recorded on April 6, 2021, as Entry No. 00766183, Book 1543, Pages 1139-1146, in the official records of the Recorder of Iron County, State of Utah, and includes property more particularly described as follows:

Parcel: B-1534-0002-0001

Address: 601 W. 2675 N., Cedar City, UT 84720

Legal: BEG N0°00'04"W 1614.52 FT ALG SEC LN & N89°38'27"W 468.86 FT FR SE COR SEC 27,T35S,R11W, SLM; N00°56'23"W 130.17' TO S R/W OF 2675 N ST; ALG SD R/W S57°51'53"W 4.35 FT; ALG CURV TO RT DIST OF 129.01 FT, RADIUS 230.00 FT, CHORD 127.32 FT BEAR S73°56'00"W, DELTA 32°08'13"; N89°59'54"W13.12 FT; LEAVING SD R/W S00°00'06"W 91.71 FT; S89°38'27"E 141.30 FT TO POB; SUBJ TO 7.5 FT PUBLIC UTIL EASE ALG N SIDE OF PARCEL & 10 FT PUBLIC UTIL EASE ALG S SIDE OF PARCEL ADJ TO 2675 N ST.

A Substitution of Trustee was recorded on September 13, 2022 as Entry 00796835, Book 1622, Pages 0681-682 and a Notice of Default was recorded on September 13, 2022 as Entry 00796836, Book 1622, Pages 0683-0684 in the official records of the Recorder of Iron County, State of Utah.

The Substitute Trustee has elected to sell or cause to be sold all rights, title and interest of the Trustor in and to the real property described in the aforementioned Trust Deed in order to satisfy such obligations in favor of the Beneficiary.

Bidders must tender to the Substitute Trustee a deposit of five thousand dollars (\$5,000.00), at the time of sale and the balance of the purchase price is due by 12:00 p.m. MST on the first business day following the sale. The deposit is non-refundable and retained as damage if balance is not paid within 24 hours of sale. Both the deposit and the balance must be paid to J. David Westwood, Trustee, in the form of a wire transfer, cashier's check or certified funds. Cash payments, personal checks or trust checks are not accepted.

The Substitute Trustee shall sell the above property at the time of the sale without warranty, express or implied subject to all encumbrances of record. Anyone having questions or desiring information regarding the property to be sold should contact the undersigned. Hours of office operation: 9:00 a.m. to 5:00 p.m., Monday through Friday, except legal holidays.

This is an attempt to collect a debt. Any information obtained will be used to collect this debt.

/s/ J. David Westwood
J. David Westwood
WESTWOOD LAW, P.C. (435) 267-2145
98 W. Harding Ave., Cedar City, UT 84720

Published January 11, 18 & 25, 2023
Iron County Today • ICT #0504

SUMMONS

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

ROBERT JEFFREY PARKER, TRUSTEE OF THE KILAUEA TRUST 1, DATED DECEMBER 28, 1992; and THE PARKER FAMILY LIMITED PARTNERSHIP, A NEVADA LIMITED PARTNERSHIP,

Plaintiffs,

vs.

THE WAIMEA LIMITED PARTNERSHIP, A TEXAS LIMITED PARTNERSHIP, AS TO AN UNDIVIDED 1% INTEREST; THE HEIRS AND DEVISEES OF BRUCE HOLMAN; THE HEIRS AND DEVISEES OF JAMES L. MORROW; THE HEIRS AND DEVISEES OF MELVIN C. PAXTON; FAUN W. MARSHALL, AKA FAWN W. MARSHALL; C & L TRUST NO. 101; THE HEIRS AND DEVISEES OF CLARK E. FULLMER, AKA CLARK ELMER FULLMER, DECEASED; THE HEIRS AND DEVISEES OF R. WAYNE WINTER, DECEASED; THE HEIRS AND DEVISEES OF LOUISE WINTER, DECEASED; XRAY, INC.; and JOHN DOES 1 through 10,

Defendants.

SUMMONS
(30-Day)

Case No. 220500137

Judge Matthew L. Bell

THE STATE OF UTAH TO THE FOLLOWING DEFENDANTS:

Waimea Limited Partnership, a Texas Limited Partnership; the heirs and devisees of Bruce Holman, deceased; the heirs and devisees of James L. Morrow, deceased; the heirs and devisees of Melvin C. Paxton, deceased; Faun W. Marshall, aka Fawn W. Marshall; C & L Trust No. 101; the heirs and devisees of Clark E. Fullmer, aka Clark Elmer Fullmer, deceased; the heirs and devisees of R. Wayne Winter, deceased; the heirs and devisees of Louise Winter, deceased; and X-Ray, Inc., and all other persons unknown who claim or may claim an interest in and to the property which is the subject of this action.

You are hereby summoned and required to file an answer in writing to the Complaint for Quiet Title in this matter with the Clerk of the above-entitled Court whose address is 40 North 100 East, Cedar City, Utah 84720, and to serve upon, or mail to James W. Jensen, Jensen Law Office, Plaintiffs Attorney, 250 South Main Street, P.O. Box 726, Cedar City, Utah 84721, a copy of said answer, within thirty (30) days after service of this Summons upon you. If you fail so to do, judgment by default will be taken against you for the relief demanded in said Complaint for Quiet Title, which has been filed with the Clerk of said Court.

This is an action to quiet title in favor of the Plaintiffs to the following described property:

Parcel 1:

The West Half(W1/2) of the Southwest Quarter (SW1/4) of Section 13, Township 35 South, Range 10 West, Salt Lake Base & Meridian; and the Southeast Quarter (SE1/4) of the Northeast Quarter (NE1/4), and the East Half(E1/2) of the Southeast Quarter (SE1/4) of Section 14, Township 35 South, Range 10 West, Salt Lake Base & Meridian; EXCEPTING THEREFROM the following property described in REC BK 274/803.
Tax ID No. D-0202-0001-0001

Parcel 2:

The Northeast Quarter (NE1/4) of the Southeast Quarter (SE1/4), Section 23, Township 35 South, Range 10 West, Salt Lake Base & Meridian.
Tax ID No. D-0224-0002-0000

Parcel 3:

The East Half (E1/2) of the Southwest Quarter (SW1/4); and the South Half(S1/2) of the Northeast Quarter (NE1/4); and the North Half (N1/2) of the Southeast Quarter (SE1/4) and the Southwest Quarter (SW1/4) of the Southeast Quarter (SE1/4) of Section 13 and the Northwest Quarter (NW1/4) of the Northwest Quarter (NW1/4), and the Northeast Quarter (NE1/4) of Section 24, all in Township 35 South, Range 10 West, Salt Lake Base & Meridian.
Tax ID No. D-0202-0001-0203-2

Parcel 4:

The East Half (E1/2) of the Northwest Quarter (NW1/4); and the Southwest Quarter (SW1/4) of the Northwest Quarter (NW1/4); and the Northwest Quarter (NW1/4) of the Southwest Quarter (SW1/4) of Section 24, all in Township 35 South, Range 10 West, Salt Lake Base & Meridian.

Excepting therefrom all that portion of land as conveyed to Collins Brothers Corp, Nevada Corporation by that certain Warranty Deed recorded March 31, 1981, as Entry No. 226242, in Book 274, at Page 803 of the Official Records and further described as follows:

A tract of land thirty-three feet wide on each side of the following described center line to be used for a public roadway:

Beginning at a point which is the intersection of the North property line of the 3200 Subdivision, Unit No. 1 and the center line of Deep Canyon Drive, thence, along a curve to the left 34.96 feet with a radius of 71.80 feet and central angle of 27°55'01", thence North 11°58'06" West 107.94 feet; thence along a curve to the left 124.99 feet with a radius of 185.53 feet and central angle of 38°48'32"; thence North 26°50'26" East 248.11 feet with a radius of 427.39 feet and central angle of 21°12'16"; thence North 5°38'10" East 99.82 feet; thence along a curve to the left 117.48 feet with a radius of 234.59 feet and a central angle of 28°41'35"; thence North 23°03'25" West 72.64 feet; thence along a curve to the right 117.53 feet with a radius of 86.05 feet and a central angle of 78°15'27"; thence North 55°12'02" East 37.66 feet to a point which is the intersection of the extension of Deep Canyon Drive and the center line of the Summit Mountain Road.
Tax ID No. D-0202-0203-0000

Parcel 5:

The Southwest Quarter (SW 1/4) of the Northwest Quarter (NW 1/4) of Section 13, Township 35 South, Range 10 West, Salt Lake Base and Meridian.
Tax ID No. D-0202-0001-0000 (X-Ray)

If the Plaintiffs are successful in this action, title to the property will be quieted in favor of the Plaintiffs as to an undivided nine-tenths (9/10) interest in the Quiet Title Property and Juel Parker as to an undivided one-tenth (1/10) interest in the Quiet Title Property and against all interests in and to the property herein described. A copy of the Complaint for Quiet Title in this action can be obtained from the Plaintiffs' attorney at no charge by anyone claiming an interest in the above described property.

DATED this 20th day of October, 2022.

JENSEN LAW OFFICE

JAMES W. JENSEN

Attorneys for Plaintiffs

Published January 4, 11 & 18, 2023
Iron County Today • ICT #0502

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SUMMONS

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

WILLIAM R GRIMSHAW FAMILY TRUST, U/A/D 10/30/2006,

Plaintiffs,

v.

THE WADE HILL FAMILY LIMITED PARTNERSHIP AND THE SUCCESSOR AND ASSIGNS OF THE WADE HILL FAMILY LIMITED PARTNERSHIP, and JOHN DOES I-X, Defendants.

SUMMONS FOR PUBLICATION

Case No. 220500158

Judge Matthew L. Bell

THE STATE OF UTAH TO DEFENDANTS:

The above-entitled Court has entered an Order granting Plaintiffs the right to serve Defendants, The Wade Hill Family Limited Partnership and the Successor and Assigns of the Wade Hill Family Limited Partnership, by Publication. You are thereafter hereby summoned and required to file an answer in writing to a Complaint on file with the clerk of the above entitled Court, located at 40 N 100 E, Cedar City, UT 84720. You are also required to file an Answer with the Court and serve upon, or mail to, Plaintiffs attorney, a copy of said Answer within twenty-one (21) days after the service of the Summons upon you if you reside within the State of Utah, or thirty (30) days after the service of Summons upon you if you reside outside the State of Utah.

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

Please be advised that this action seeks to quiet title to certain property identified in Plaintiffs Complaint, Exhibits "8" and "C", which is located in Iron County, Utah, and once quieted, the land shall be titled solely in the name of William R Grimshaw Family Trust, U/A/D 10/30/2006, to the exclusion of all parties.

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

DATED this 8th day of December, 2022.


WAYMENT & JONES LAW

/S/ Justin W. Wayment


JUSTIN W. WAYMENT

Attorney for Plaintiff

Published January 11, 18 & 25, 2023
Iron County Today • ICT #0503



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King Crossword

ACROSS

- 1 Energy
- 4 Amtrak express
- 9 Sushi fish
- 12 Praise in verse
- 13 VIP on Air Force One
- 14 Tennis feat
- 15 Museum piece
- 17 Train lines (Abbr.)
- 18 Sprite
- 19 Holler
- 21 Word game with dice
- 24 Horseshoe site
- 25 Brit. record label
- 26 Not 'neath
- 28 Bolivian city
- 31 Wilson's predecessor
- 33 Observe
- 35 Castle
- 36 Caper
- 38 Music booster
- 40 GPS suggestion
- 41 Skip
- 43 Telethon array
- 45 Soft and weak
- 47 Kanga's kid
- 48 Use a shovel
- 49 Land in the Irish Sea

1	2	3	4	5	6	7	8	9	10	11
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57			58					59		

DOWN

- 1 Pledge
- 2 Wedding words
- 3 Mal de —
- 4 Moon mission
- 5 Brewed beverages
- 6 JFK info
- 7 "The Addams Family" butler
- 8 Houston team
- 9 Picnic veggie
- 10 Beige
- 11 For fear that
- 16 Small barrel
- 20 Thy
- 21 Alpha follower
- 22 Muscat's land
- 23 Eloquent person's talent
- 27 Actor Stephen
- 29 Memory method
- 30 Stretches (out)
- 32 Marathoner's stat
- 34 Catherine, notably
- 37 Municipalities
- 39 "Nuts!
- 42 Inventor
- 44 Gut-punch reaction
- 45 Wax-coated cheese
- 46 Rover's pal
- 50 Fleur-de- —
- 51 Oft-tattooed word
- 52 Jurist Fortas
- 53 Kibosh

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Trivia test

by Fifi Rodriguez

- GEOGRAPHY:** What is the second-longest river in North America?
- MOVIES:** Which 1973 movie advertised itself as a place "where nothing can possibly go wrong"?
- GAMES:** Which party game claims that it can "tie you up in knots"?
- U.S. PRESIDENTS:** Which president was the first to appoint an African American as a member of his Cabinet?
- HISTORY:** When was the Warsaw Pact between the Soviet Union and seven Eastern Bloc countries signed?
- TELEVISION:** Which TV game show often uses the phrase "Survey says ..."?
- ANIMAL KINGDOM:** What is a female peacock called?
- FOOD & DRINK:** How many meals do Hobbits eat in a day, according to the movies?
- ADVERTISING:** Which product used a manicurist named Madge in its advertisements?
- MEDICAL:** What is a common name for the condition called septicemia?

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

Answer

Weekly SUDOKU

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A	D	A	E	L	L	S	E	O
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K	O	O	K	R	O	O	K	O
B	E	M	I	O	L	E	R	S
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Solution time: 22 mins.

Answers

King Crossword

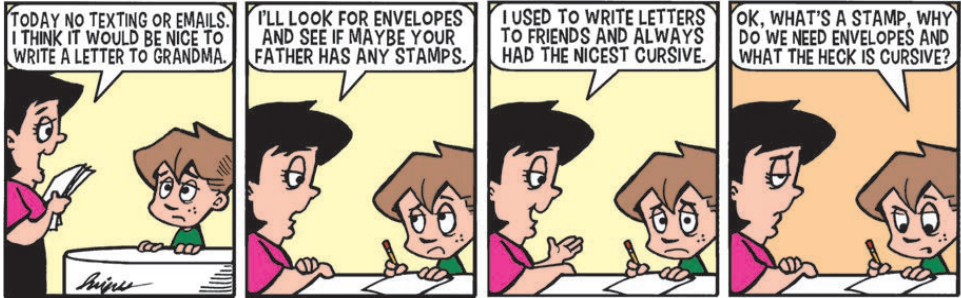
SCRAMBLERS

Today's Word

1. Tablet; 2. Praise; 3. Trove; 4. Daily solution

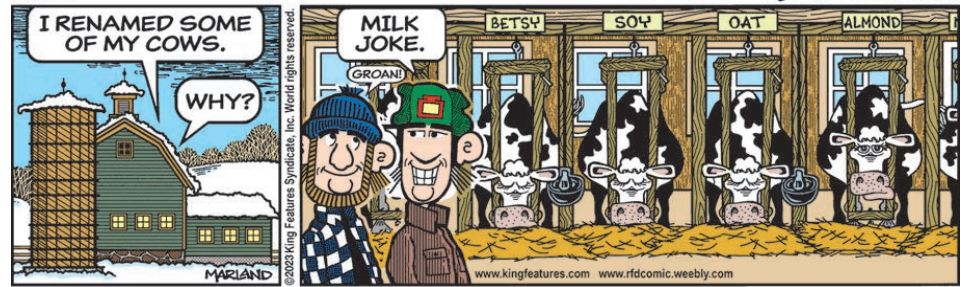
Amber Waves

by Dave T. Phipps



R.F.D.

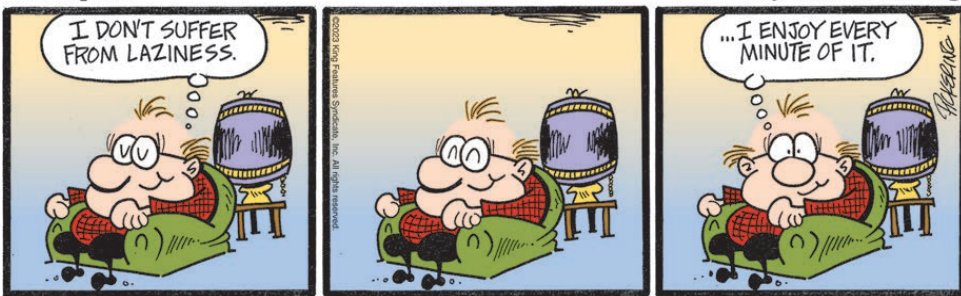
by Mike Marland



Please Note; R.F.D will retire on 1/30/23

The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

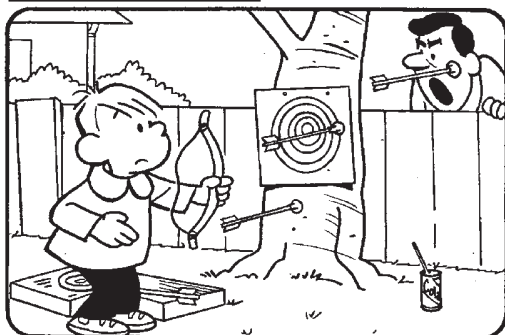
DIFFICULTY THIS WEEK: ◆◆◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

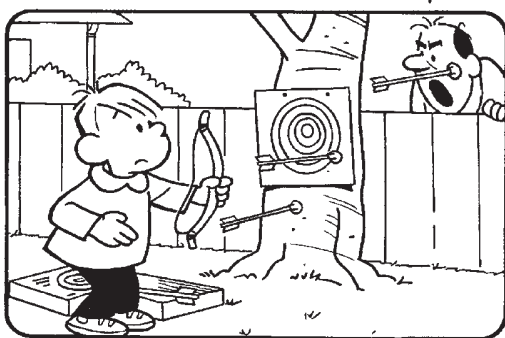
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Fence board is moved; 2. Collar is different; 3. Bow string is different; 4. Arrow is moved; 5. Hair is different; 6. Can is missing; 7. A peahen; 8. Seven; 9. Palmolive dishwashing liquid; 10. Blood poisoning.

SCRAMBLERS

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

- Pad: BATTLE
- Acclaim: ASPIRE
- Stash: OVERT
- Regular: LAYDI

TODAY'S WORD



"See what I mean? Mine cried first — he's a born _____!"

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Answers
1. The Mississippi; 2. "Westworld"; 3. Twister; 4. Lyndon Johnson; 5. 1955; 6. "Family Feud"; 7. A peahen; 8. Seven; 9. Palmolive dishwashing liquid; 10. Blood poisoning.



KID SCOOP FINANCIAL LITERACY SERIES

Free Fun!

Do you hear people around you worrying about money? You can help by finding ways to have fun without spending any money. There are lots of **FREE** things you can do each and every day! Try some of the fun activities on this page—some might be more fun than playing with expensive toys and games!



Make a Sock Puppet!

Turn a sock into a puppet. Sew on buttons for eyes. Use markers to make a mouth. Thread string or yarn through the sock to make hair.

Have your puppet read one of your favorite books aloud!



Grow a Little Garden

Next time you eat a carrot, cut off the top and use it to start a plant. Use several carrot tops and you can start a garden.

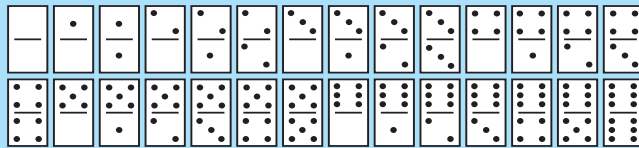
1. Cut the carrot tops off so they are about one inch long. It works best if there is a little bit of growth at the end of the carrot.
2. Eat the rest of the carrots!
3. Plant the carrot tops in a container filled with dirt. Be sure a little of each orange top peeks above the dirt. Keep the soil moist, but not soggy. Be sure your container has a hole for drainage. Place the container by a sunny window.
4. Watch your carrot plants grow! When you plant carrots this way, your plants won't make new carrots. But they will have pretty leaves to decorate your home.

Number the pictures in order.

Standards Link: Reading Comprehension: Follow simple written directions.

Make Your Own Dominoes

Start by taking a walk around your neighborhood. Collect 28 flat light gray stones that are about the same size. Use a black marker or paint to draw dots and lines so that the stones look like the set of dominoes at right.



Put on some music and **DANCE, DANCE, DANCE!** Look carefully: Can you find the two identical dancers?



Go to the Library

Imagine a room with all kinds of **free books** that you can take home! That's a library! Visit your local library and check out fun books to read. Ask the librarian to help you find books that interest you.

Reading Riddle

Gabriella loves nothing more than listening to the rain at night as it patters against the window panes. She has never read this book. And she will never finish it. Use the code to find out why!

A=14	E=11	R=4
B=2	G=9	S=10
C=7	I=6	T=17
D=19	L=13	U=15

E	S
2 11 7 14 15 10 11	
9 14 2 4 6 11 13 13 14	
S	E
6 10 14 7 14 17	

Extra! Extra!

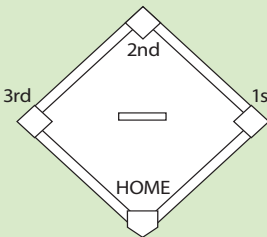
Fun Search

Look through your local newspaper for information about festivals, museum exhibits and other free fun. Share what you find with your family and see if you can attend together.

Standards Link: Reading Comprehension: Use the newspaper to locate information.

Kid Scoop Puzzler

Ben, Bobbie and Brendan can't remember who will play which base today. Use the coach's clue to help them out. Draw a line from each player to the base they will play.



COACH'S CLUE:

The third baseman's number is twice the first baseman's number plus 2.

Standards Link: Mathematical Reasoning: Use strategies in the problem-solving process.

Double Double Word Search

BOOKS
CARROT
DANCE
DRAW
FREE
FUN
INCH
LIBRARY
MONEY
PATTERNS
PUPPET
READ
SOGGY
SUNNY
YARN

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

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

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

Nature Walk Bingo

Go for a nature walk with some friends. Each of you select one of the bingo cards below. When you see one of the things shown on the card, cross out that space. The first person to black out their card wins!



Standards Links: Physical Education: Understand the benefits associated with participation in physical activities.

Write On!

A Penny Saved

There's a famous saying that says a penny saved is a penny earned. Write about what that means to you.