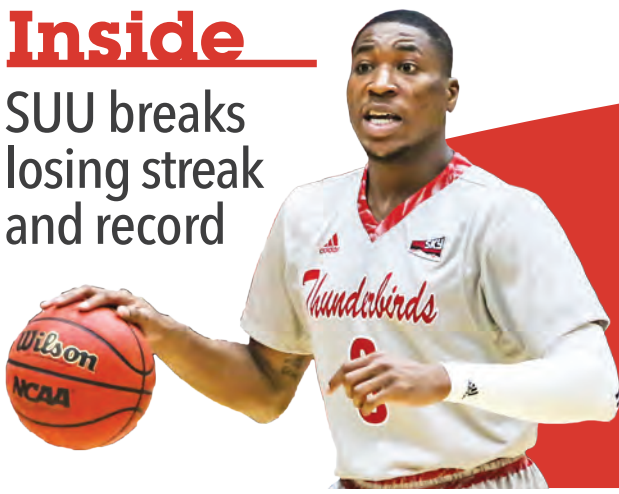


Inside

SUU breaks losing streak and record



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WEDNESDAY, JANUARY 4, 2017

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WEDNESDAY, JANUARY 4, 2017

VOL. 9 NO. 5

NEW YEAR'S BABY

First baby of year born at Cedar City Hospital

CEDAR CITY — Champ Traegan Feinauer is Cedar City Hospital's Baby New Year 2017. He was born at 1:02 a.m. January 1, 2017.

Champ's proud and first-time parents, Clint and Alexa Feinauer, are both attending Utah State University. Clint is a business major, and Alexa is a political science major, and also plays on the Utah State University's women soccer team. Both were in Brian Head for New Year's with Alexa's family.

"Yesterday, I was one day shy of being at 37 weeks along, and had planned to see the doctor after the new year to start getting ready to have my baby," said Alexa, in a release from the hospital. "Well, about one o'clock in the afternoon, my niece asked if she could wear my snow boots to go out and play in the snow. I bent over to get them off my feet, when suddenly, my water broke." Clint, Alexa and some of her family drove her to Cedar City

Hospital, where labor was slow until Alexa was given some Pitocin.

After Champ's arrival, he had a few precautions taken like getting some oxygen to help his lungs, but all in all, he's quite a "Champ." He weighed in at 6 pounds, 5 ounces, and is 18 inches long.

Alexa has some family ties to Iron County, as her grandfather, Lynn Leany, owned a ranch near the Three Peaks area, and was a major donor to the Cedar City Fire department, before passing away in Cedar City.

And Champ and Alexa also have a strong and very coincidental tie to Cedar City Hospital.

"It turns out that my brother and sister-in-law, Austin and Ashley Hunt, had their baby Chandler here at Cedar City Hospital in 2012, and Chandler was the New Year baby that year too. In

see **BABY** | 7



CHAMP TRAEGAN FEINAUER with his parents, Clint and Alexa Feinauer.

COURTESY OF CEDAR CITY HOSPITAL

Cedar City being considered for vet cemetery in 2017

by Craig **BENNETT**
Iron County Today

Most states have a federally run veterans cemetery. Utah does not, but that may possibly change in 2017.

It was reported last week that the National Cemetery Administration is looking at two sites in Cedar City for a veterans' cemetery. That agency is currently doing its "due diligence" on the two sites, to see if either would work at filling a need in the state. The only veterans' cemetery in Utah right now is

operated by the state at Camp Williams near Salt Lake City. It's estimated that the cemetery will be out of spaces for plots in five or six years.

According to www.va.gov, there is an

There are about 17,000 veterans living within a 75-mile radius of Cedar City

estimated 100,000 to 200,000 veterans in the state of Utah. Glenn Madderom, chief of cemetery development and improvement in the U.S. Department of Veterans

Affairs, said a decision could be made in the next 8 to 12 months, according to a report published in the Salt Lake Tribune.

This cemetery would provide burial plots to veterans in the Iron County area.

The agency identified Cedar City as a central location for southwest Utah's rural veterans. Madderom said there are about 17,000 veterans living within a 75-mile

radius of Cedar City, according to the Tribune report.

The Cemetery Administration began trying to find a site in southwest Utah in 2014, according to the Tribune report. Originally, the administration wanted a site within or adjacent to an existing cemetery. When that couldn't be found, the Cemetery Administration looked for land to purchase elsewhere. Madderom said a number of potential locations fizzled when owners were either unwilling to sell or problems at the sites were discovered.

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Youth Volunteer Corps make blankets for youth in need

CEDAR CITY — The YVC volunteers of Iron County gathered together for their annual Christmas party celebration, which also included tying fleece blankets for youth living in Cedar City in need of warmth.

YVC coordinator Cindy Rose said “we put out the word of need, and we received fleece. We received enough fleece to tie over 20 blankets and one group of community church members donated 10 fleece blankets with crocheted edges. This gives us more than 30 blankets to donate to youth right here in Cedar City.”

Rose said the blankets are big, warm and loved by all ages. She contacted Stephanie Hulet, the Homeless Liaison for Iron County School District, and asked if she had any use for blankets. She was thrilled and said yes, as they hand them out to students that receive food boxes. Stephanie said she can never have too many blankets.

“Making these blankets was a great learning experience for the YVC, as they are youth volunteers between the ages of 11 to 18 that love

“Making these blankets was a great learning experience for the YVC”

— **Cindy Rose, YVC coordinator**



COURTESY OF YVC OF IRON COUNTY

FROM LEFT, KELLIE, MADI R., JILLIAN AND SAMMIE make a blanket as part of the YVC of Iron County Christmas party and project to help youth in need in the community.

making a difference in their community,” Rose said. “When they learned that there are youth, like them, here in Cedar City that would benefit from blankets, they got busy! Many brought in fleece they received by asking friends, family members and neighbors. They all talked, laughed and had a great time making the blankets knowing a youth will soon be cuddling in something they were a part of.”

The blanket making session was followed by a pot luck dinner, dessert and of course candy. Volunteers then had a crazy sock gift exchange and Volunteer Bingo. Rose said it was a fun time “for a fun group of amazing kids that love helping others!”

If you would like to know more about YVC or are interested in joining, contact Cindy Rose at crose@fivecounty.utah.gov, call 435-867-8384 or drop by 585 N Main, Suite #1. There is never a fee for YVC, it’s a great way to stay busy and contribute to your community while having fun! Your volunteer hours look great on college applications, too, she said.

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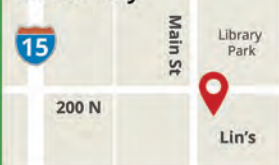
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December Consumer Attitude Index rises

The Zions Bank Utah Consumer Attitude Index (CAI) increased 5.1 points to 119.8 in December. The increase resulted from a more positive outlook on the economy over the next six months. The overall CAI currently sits 10.9 points higher than its level 12 months ago. In comparison, the national Consumer Confidence Index® increased 4.3 points from November to December and currently sits at 113.7. The increase in national consumer confidence comes as national expectations reached a 13-year high of 105.5

“Record-breaking holiday spending and travel are fueling an already robust economy,” said Scott Anderson, president and CEO of Zions Bank, in a release.

“Compounded with a positive consumer outlook on business conditions and employment, 2017 is poised to begin with significant economic momentum.”

The Present Situation Index, the sub-index of the CAI that measures how consumers feel about current economic conditions, decreased 1.2 points since last month but remains 2.4 points higher than it was at this time last year.

» Fifty-three percent of Utahns rate business conditions as good, a 2 percent decline since last month

» Forty-nine percent of Utahns believe jobs are plentiful, a 3 percent decline since last month

Expectations for the next six months increased 10.9 points in December due to a more positive outlook on future business conditions.

» Forty-two percent of Utahns think their household income will be higher in six months, compared to 38 percent in November

» Thirty-eight percent of Utahns think business conditions will be better in six months, up from 26 percent last month

» Thirty percent of Utahns believe there will be more jobs in their area in

see **INDEX** | 7

Bookings

Below are bookings as reported by the Iron County Sheriff's Department and Cedar City Police Department. Those arrested are innocent until proven guilty.

Dec. 23

Jennifer L. Hunt, Cedar City
Intoxication

Kyle W. Morrill, Cedar City
DUI, Open Container in Vehicle

Thomas S. Swapp, Cedar City
Assault

Dec. 25

Von R. Allred, Delta
DUI

Jerry Azule, Cedar City
Assault

Dec. 26

Morgan A. Mackay, Enoch
Controlled Substance

Dec. 27

Chantel J. Jensen, Cedar City
Retail Theft

Matthew S. Khamvongsa, Cedar City
Theft

Dec. 28

Timothy R. Philmon, Cedar City
Intoxication

Kalee B. Blackmore, Cedar City
Retail Theft

Luis F. Hernandez, Cedar City
Child Abuse involving physical injury

Destiny J. Mellor, Beryl
Retail Theft

Carol A. Valle, Cedar City
Retail Theft

Dec. 29

Christopher S. Dreitzler, Enoch
Drug Court Violation

Brandon S. Ferguson, La Verkin
Assault

Jacob D. Neil, Cedar City
FTA-Warrant

Lloyd W. Smith, Sr., Cedar City
Theft of Services, Criminal Trespass,
FTA-Warrant

Dec. 30

Robert L. Pingel, Cedar City
FTA-Warrant, Driving on Suspension

Dec. 31

Edward Woodard, Salt Lake City
FTA-Warrant, Speed Regulations, Driving on Revoked/Suspended Out of State

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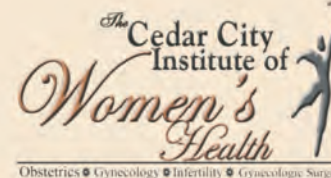
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Meditation sessions set at The Healing Tree

A four-week session of meditations will begin Jan. 5 at The Healing Tree, 535 South Main St., Suite 4 in Cedar City. The Thursday night sessions, which begin at 6:45 p.m. and run until 7:30 p.m., will address the following topics:

- Jan. 5** » Exploring Meditation
- Jan. 12** » The Science of Meditation
- Jan. 19** » What is Meditation?
- Jan. 26** » Benefits of Meditation

These sessions will look deeper into what meditation is, and the benefits that come with a meditation practice.

As always, in the spirit of sharing the Dharma, contributions toward the classes will be on the basis of dana, or generosity. If you would like to make a donation, the suggested donation is \$5 per class.

Administration
R. Gail Stahle

 Publisher
 gail@ironcountytoday.com

Deborah Martineau

 Office Manager
 officemanager@ironcountytoday.com

Advertising
Scott Stahle

 Sales Manager
 scott@ironcountytoday.com
 801.755.5999

Stu Piltz

 Sales Representative
 stu@ironcountytoday.com
 435.463.9947

Editorial
Tom Haraldsen

 Managing Editor
 news@ironcountytoday.com

Tom Zulewski

Sports Writer

Cody Smith

Reporter

Corey Baumgartner

Reporter

Kelsey Keener

Reporter

Klarissa Williams

Reporter

Rachelle Hughes

Reporter

Craig Bennett

Reporter

Charley Walquist

Reporter

Layout/Design
Devin Christ

 Creative Director
 design@ironcountytoday.com

Circulation
Brittany Westwood

 S. Cedar City
 brittanyw@ironcountytoday.com
 435.590.6012

Stormee Anderson

 N. Cedar City/Enoch
 stormee@ironcountytoday.com
 435.592.5724

Wendy Hanson

 Parowan/Paragonah
 wendy@ironcountytoday.com
 435.477.9100

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Opinion



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Finding the "must have" Christmas toy



Cyclops

by Bryon GRAY
 Columnist

If I were making a New Year's wish, it would be to know right now what will be the "hot toy" of 2017. It would save so much time, persistence, blood pressure medication, and in some cases, regret.

My wife and I have a comfortable existence – at least most of the year. Our sons and daughters have "flown the coop," living independent and productive lives in other states. We have no grandchildren. We were not in the search for Christmas toys until my wife decided we would be Santa for a handful of nieces and nephews.

Granted, most of the requests are easy to purchase. Over the years we have bought a ukulele, a gift certificate for a horse saddle, a metal detector, binoculars, Swiss Army knives, and a variety of American Girl dolls. However, at least once during the past several years we have been assigned the challenge of procuring the hard-to-find "Toy of the Year" – and before you could say "Furby," I was learning the trade of a professional toy buyer.

Last year, for instance, I hoofed through a host of Walmart and Target stores to find an overpriced Star Wars themed robot that blinked lights and make rude blips and bleeps. When the nephew unwrapped the gift, Santa Cyclops was a hero.

This year was the dreaded Hatchimal hunt. If you are out-of-touch with the elves

on the North Pole, the Hatchimal is a Chinese-made furry walking toy bird/creature that hatches from a plastic shell. This birth costs slightly less than an itemized bill from a hospital maternity ward, and frantic parents are paying more than double the actual retail cost to opportunistic eBay sellers.

I found one, but I cannot take the credit. My wife recruited a long-limbed male friend who out-hustled about 20 others in the early morning wait line at a Target and, through a mad dash and gentle shove, grabbed one of only four Hatchimals in

...inner enlightenment does not come from unwrapping a Tickle-Me-Elmo doll...

that day's shipment. His success provoked both wistful and angry stares – hey, who says winning is easy?

Admittedly, it would be a better Christmas fit to simply explain to the child that the holiday is based on a spiritual birth, not that of a butterfly-winged "Burtle" or a penguin-like "Pengula," and that giving is more satisfying than receiving. World peace and inner enlightenment does not come from unwrapping a Tickle-Me-Elmo doll on Christmas morning.

But I was conditioned by my own son

and daughter more than 30 years ago when the entire neighborhood was on high alert for Cabbage Patch dolls. We centered our focus on a community pharmacy which for some reason was receiving several dolls per week, and one evening just prior to Christmas I got a telephone call.

"Sir, we have momentous news," said a breathy female voice. "Your baby has arrived – in fact, two babies are now awaiting your care."

The call caught me at a confused time. "You must have the wrong number," I said. "My wife is not pregnant."

"Well, if you decide not to come by midnight and pick up your Cabbage Patch children, we can certainly find suitable parents to adopt them"

I drove quickly to the "hospital" and immediately became another male participant in the Toy of the Year Sighting and Procurement Brigade.

So if you receive any hint of the 2017 "must have" item, please let me know. The only thing more satisfying will be when the nieces and nephews grow up and are happy to find a personal check in their stockings.

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

Red Cross says resolve to be prepared in 2017

The New Year has begun, and many will look forward and make resolutions about things they want to do in 2017.

The American Red Cross asks everyone to add getting prepared for emergencies to their list of resolutions for the coming year.

"Households need to plan what they would do if an emergency situation occurred," said Rich Woodruff, Red Cross Communications Director for the Utah Nevada Region, in a release. "All it takes is three easy steps, get a disaster kit ready; develop an emergency plan and be informed about what possible risks you may face where you live."

Families need to plan as to what they should do if a disaster occurs. People can make a difference in your community by knowing what to do when disaster strikes. It's just a few short steps away:

1. Get a Kit

If you've ever fumbled to find a flashlight during a blackout, you know what it feels like to be unprepared. Use a downloadable checklist available on redcross.org to make it easy to get your emergency preparedness kit ready. You should include:

- » Three-day supply of non-perishable food and water—one gallon per person, per day for drinking and hygiene purposes
- » Battery-powered or hand crank radio (NOAA Weather Radio, if possible)
- » Flashlight and extra batteries
- » First aid kit, medications and medical items
- » Copies of all important documents

(proof of address, deed/lease to home, passports, birth certificates, insurance policies)

- » Extra cash

2. Make a Plan

Talk with household members about what you would do during emergencies. Plan what to do in case you are separated, and choose two places to meet - one right outside your home in case of a sudden emergency such as a fire, and another outside your neighborhood in case you cannot return home or are asked to evacuate.

- » Choose a contact person from out of the area and make sure all household members have this person's phone number and email address. It may be easier to call long distance or text if local phone lines are overloaded or out of service.
- » Tell everyone in the household where emergency information and supplies are kept.
- » Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassable.
- » Don't forget your pets. If you must evacuate, make arrangements for your animals. Keep a phone list of "pet friendly" motels/hotels and animal shelters that are along your evacuation routes.

3. Be Informed

Know the risks where you live, work, learn and play.

- » If you live or travel often to areas near a fault line, learn how to prepare and what to do during an earthquake. If summer brings to mind not just beaches and picnics but also tropical

storms and hurricanes, arm yourself with information about what to do in case one occurs. Remember that emergencies like fires and blackouts can happen anywhere, so everyone should be prepared for them.

- » Find out how you would receive information from local officials in the event of an emergency.
- » Learn First Aid and CPR/AED so that you

have the skills to respond in an emergency before help arrives, especially during a disaster when emergency responders maybe delayed. Visit redcross.org/takeaclass for online and in-class offerings and to register.



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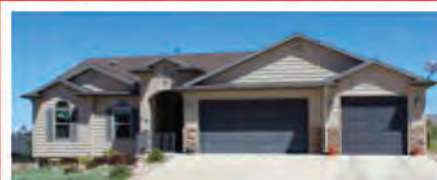
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Ultimate Outdoor Recreation Expo coming to St. George



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ST. GEORGE — The multifaceted Ultimate Outdoor Recreation Expo makes its first stop of 2017 in St. George, as it sets up for a weekend at the Dixie Convention Center Jan. 6 and 7.

DockDogs, the national touring event involving canines in aquatic sports, highlights the event, in addition to the 25 hands-on activities and workshops throughout both days of the Expo.

"While outdoors enthusiasts are sure to be thrilled by what we offer, this is a great place for the beginning outdoorsman as well," said Sylvia Andersen, CEO of Ultimate Events, Inc., in a release. "We have tons of classes and demonstrations that will help the folks who aren't necessarily seasoned outdoorsmen develop great confidence."

The multitude of hands-on experiences at the Expo include:

- » "Birds of Prey" live bird show and class put on by Martin Tyner of the Southwest Wildlife Foundation, Inc.
- » The new Warren Miller ski movie – "Here, There & Everywhere" – is free throughout the weekend with paid admission to the Expo
- » The concealed carry weapons class

is available at a significant discount, and will be conducted by weapons law expert Mitch Vilos

- » Paddleboard yoga training and demos by Dig Paddleboard Sports
- » Fly fishing classes taught by Greg Anderson

» Free archery experience for all ages
The St. George region regularly hosts

shooting, mountain biking, water sports and running competitions, which makes it the ideal location for the Expo.

"The breadth and depth of the opportunities to learn about and participate in outdoor recreation during this event is astounding," said Kevin Lewis, Director of the St. George Area Sports Commission.

"St. George is the ideal locale for this wonderful event and I expect our community to respond."

The event begins at noon Jan. 6 and will go until 8 p.m. that night before picking up again on Jan. 7 at 10 a.m. It will end at 7 p.m. on the 7th. Tickets for the Expo can be purchased at www.shop.thebesthomeshow.com or at the event. There will be hourly prize drawings throughout the show.

"The breadth and depth of the opportunities to learn about and participate in outdoor recreation ... is astounding"

— Kevin Lewis

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six months, compared to 25 percent in November

Other metrics regarding economic confidence, interest rates, consumer spending, and gasoline prices include:

» Thirty-nine percent of consumers believe the U.S. economy will improve during the next 12 months, compared to 26 percent in November

» Sixty-seven percent of Utahns think interest rates will go up in the next 12 months

» Twenty-five percent of Utahns are likely to purchase a major household item in the next 60 days, compared to 33 percent in November

» Sixty-seven percent of Utahns believe the price of gasoline will go up over the next 12 months

“In spite of a rocky, divisive year of elections, Utahns’ confidence in the economy closed 2016 at its highest level since before the recession” said Randy Shumway, CEO of Cicero Group. “This optimism sets a favorable tone for businesses and consumers as we look

ahead to the new year.”

The unemployment rate in Iron County remained unchanged from October to November at 4.2 percent according to the Utah Department of Workforce Services. In the November report by RealtyTrac®, approximately 5 in every 10,000 homes were in foreclosure in Iron County, mostly unchanged from one month prior.

“In spite of a rocky, divisive year of elections, Utahns’ confidence in the economy closed 2016 at its highest level since before the recession”

— Randy Shumway, CEO of Cicero Group

Job Fair planned for Jan. 6

CEDAR CITY — MSC Aerospace is holding a job fair on Friday, Jan. 6 from 4:30 to 6:30 p.m. at 597 North 1500 West in Cedar City. (Enter the building from 400 North).

Positions are available for aircraft assemblers, entry level, day shifts (weekdays 7 a.m. to 3:30 p.m.). There is also a four-week training course.

Other positions are also available, including fabricator, conventional mill, manufacturing planning engineer, CNC mill operator and toolmaker. Bring an updated resume if available.

Go online to learn more at www.mscaerospace.com, under “View Current Job Openings.”

BABY

Continued from page 1

fact we’ve had the same nurse (Annie Gibson) that helped with Chandler help with Champ’s birth,” Alexa said.

Cedar City Hospital nurse Annie Gibson said, “I got a call from (sister-in-law) Ashley saying ‘You’re working today, right? You helped with one New Year Baby, you might have two from the same family now. My sister-in-law

Alexa is heading in!’ It’s always fun to welcome Baby New Year, and it’s been fun to have started a small tradition of Baby New Years from the Hunt family.”

Cedar City Hospital presents the family of Baby New Year with a gift package of infant items, which includes a \$100 gift certificate to Cedar City Hospital’s gift shop.

Although Champ is the first new arrival at Cedar City Hospital, 859 babies were born at Cedar City Hospital in 2016.

More Local News & Content at IronCountyToday.com

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\$579,000

Gateway to Brian Head Ski Area

Great corner lot with high visibility! 11.5 acres of prime frontage on Highway 143/200 South in Parowan. Perfect potential for commercial or residential development. 12 water shares will be included with the parcel.

Danelle Pampinella 592-0562



\$379,900

Beautiful Home in Parowan

Built against the hillside, this home on 3.53 acres is surrounded by pinon pines & gorgeous views, especially from the upper deck. The floor plan is open w/a spacious kitchen & living area. The cabinetry is amazing & everywhere. There are 2 bedrooms/2 baths on the main level. The huge 3rd bedroom & bath are in the vast walkout basement along w/2 family room areas & laundry/utility room. Perfect for year round family living or a vacation hideaway! This is a must see!

MLS#77314 • Berta Macgregor 327-1372



\$239,900

New Construction in Sagewood Subdivision

This beautiful new home should be completed in 3 months, floor plan is “Exceptional”, wonderful layout! Large spacious rooms, vaulted ceilings, & 9’ ceilings through out! Upgraded cabinets, Luxury Vinyl Plank Floors in Kitchen, Dining Room, & Entryway. Gas fireplace, master tub & separate shower. Dual sinks, Unfurnished basement plumbed for 2 baths, Main floor built on trusses so basement heating and A/C ducts will not show. Oversized garage, front landscaping w/auto sprinklers. There’s still time to pick colors!

MLS#77078 • Judy Lindsay 559-1346



\$369,900

Perfect Horse Property

6 bedroom, 3 bath home on 6 acres with approx. 3 acres of irrigated pasture. Formal living room with fireplace, a large master bedroom, & a spacious kitchen. Includes well and water rights. Owner/Broker.

Marcus Hansen 559-8297



\$172,500

Nice Home in Parowan

3 bed/ 2 bath single level home with open floor plan & vaulted ceilings. Large covered back patio and a great, detached double garage heated & insulated with attached shed. Beautiful view of the mountains and only one neighbor.

MLS #76667 • Jeff Jacomb 590-0849



Beautiful custom home in Sunset Canyon

Wonderful open flowing floor plan, every room spacious & roomy, high 9ft & soaring vaulted ceilings. Oversize master suite/bath. Large bonus room w/sink & counter. Granite kitchen counters, upgraded plumbing & lighting fixtures, ceiling fans, central vac. Home has ease of heating, cooling, 3 car garage. Low maintenance, xeriscape landscaping, large lot with room for RV & Boat! A great place!

MLS# 77443 • Dan Roberts 559-2221 and Judy Lindsay 559-1346

9th Annual Plein Air Art Invitational underway

Artist applications for the 2017 Zion National Park Plein Air Art Invitational are now available. Zion National Park and the Zion National Park Foundation have hosted some of the country's most recognized plein air artists over the festival's past eight years. The event will be held from Nov. 6-12, 2017.

"The Plein Air Event at Zion ties us to the park's artistic heritage in a powerful and accessible way," said Jeff Bradybaugh, Superintendent of Zion National Park, in a release. "Through the eyes of our contemporary artists, we constantly gain new perspective and understanding about why Zion matters, and the importance of its protection for everyone forever."

Proceeds from the event support the park's youth education initiative including the Junior Ranger program, funding for school field trips to the park, and ranger visits to schools unable to visit the park; Concrete to Canyons, a 3-day field experience for under-represented schools in Las Vegas and Mesquite, Nevada; as well as the park's Artist-in-Residence Program. The 2016 event raised more than \$65,000 in support of these programs.

"As Zion National Park's official nonprofit partner, we are proud to host the annual Plein Air Art event with our park partner," said Mark Preiss, director of philanthropy, Zion National Park Foundation. "While federal appropriations provide for the park's day to day operations and basic maintenance, we are here to provide Zion National Park's margin of excellence. This project sustains the park's heritage of art, while proceeds help us give thousands of our area school children once in a lifetime experiences in Zion National Park every season," Preiss added.

For those who are interested in applying, the application is now available online. All application materials must be submitted at: <https://znha.wufoo.com/forms/w8howkl15p8ez8/> by Monday, February 13, 2017 by midnight. For more information, please call 435-772-3264 or email info@zionpark.org.

General guidelines for artist applicants:

» There is a non-refundable entry/handling fee of \$20 for each application.

» Two pieces of framed studio art will be required from each selected artist mid-August for display and sale in the Zion Human History Museum.

» At the end of the event, a wet paint sale will be conducted at the Zion Human History Museum. Selected artists are required to submit 8-10 pieces for sale in the wet paint event. The Zion National Park Foundation



COURTESY OF ZION NATIONAL PARK

ARTISTS WISHING TO PARTICIPATE in this year's Plein Air Arts Invitational at Zion National Park can now begin the application process.

(ZNPF) shall retain a 43 percent commission for each work sold.

» Artists will participate in a single, one-hour demonstration to be held at the back patio of the Human History Museum. Schedules for individual demonstrations will be determined by park staff prior to the artists' arrival. Demonstration pieces will be auctioned off at a silent auction on Saturday, Nov. 11, 2017 at the Zion Lodge. ZNPF shall retain a 43 percent commission from the sales of all work, with proceeds going directly to

support the park's Education Program and Youth Initiative.

» Artists will also participate in the Paint Out at Zion Lodge on Saturday, Nov. 11, 2017. The public can purchase works created during the paint out before they are finished. Artists will provide pricing recommendations. ZNPF shall retain a 43 percent commission from the sales of all work.

» Artists are encouraged to interact with the public and provide opportunities which promote the art history of Zion National Park and

other significant historic events of the region through blogs, providing painting schedules and locations to park staff in advance, painting in visible and public areas, etc.

The contract and more specific guidelines are posted on Zion's website at www.nps.gov/zion/supportyourpark/pleinair.htm. All application materials must be submitted online at:

<https://znha.wufoo.com/forms/w8howkl15p8ez8/> by Monday, Feb. 13, 2016 by midnight.

Panel to feature local writers

CEDAR CITY — Cedar City Library in the Park is featuring a local writing group "Thinking Through Our Fingers" in a special event about the writing process. Join us for a discussion on "How Great Starters Can Become Great Finishers."

It will be held on Thursday, Jan. 12, starting at 7 p.m. in the library.

"Thinking Through Our Fingers" is comprised of local published and soon-to-be published authors Helen Boswell, Rosalyn Eves, Tasha Seegmiller, Erin Shakspear and Elaine Vickers. These writers are familiar with writer's block, loss of motivation, and the many surprises that come with life which can create a barrier to completing a project. How do they maintain their motivation to finish what they started?

This program is free and open to all interested parties, writers or non-writers alike, of all ages. Copies of published books by Helen Boswell and Elaine Vickers will be available to purchase, courtesy of Main Street Books. Be on the lookout for Rosalyn Eve's book which will come out Spring 2017.



COURTESY PHOTO

FIVE LOCAL AUTHORS WILL OFFER A PRESENTATION for 'Thinking Through Our Fingers' on Jan. 12 at the Cedar City Library in the Park.

SUU COLLEGE OF PERFORMING & VISUAL ARTS SOUTHERN UTAH UNIVERSITY

UPCOMING EVENTS

HOME FOR THE HOLIDAYS

Randall L Jones Theatre
December 12 at 7:00 p.m.

ART INSIGHTS - BEN KIRKBY

Southern Utah Museum of Art
January 12 at 7:00 p.m.

FIVE WOMEN WEARING THE SAME DRESS/

THE LARAMIE PROJECT

Eileen and Allen Anes Studio Theatre
January 25, 26, 27, 28, 30, & February 2, 3, 4 at 7:30 p.m.
January 28 & February 4 at 2:00 p.m.

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2017

PHOTO BY LOUISE R. SHAW

JANUARY							FEBRUARY							MARCH							APRIL						
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“A Monster Calls” wild, heartbreaking and powerful



MOVIE Beat

by Jennifer **WARDELL**
Entertainment Writer

Some problems, not even a superhero can fix. When that happens, you need a monster.

That's the situation in “A Monster Calls,” a darkly beautiful, magic-infused, heartbreaking story about youth and loss. Adapted for the screen by Patrick Ness from his book of the same name, the movie is a powerful reminder that childhood wasn't all the sunshine and innocence we sometimes change it to in our adult minds. It's wild, often overwhelming, and propelled by an imagination that feels more real and powerful than it does for many adults.

The movie follows Conor, a boy wrestling with anger and grief over his mother's terminal illness. His father's in America, his grandmother is distant, no one at school likes him, and he and his mother both pretend she'll be fine because neither of them want to contemplate the alternative. In the middle of all this, Conor starts getting visited by a tree monster with stories to tell who demands that Conor tell his own.

The story is less about plot and more about the nature of grief and healing, carrying the same dark, dream-like quality of the book. There's closure, at the end, though it's more of the messy closure that life brings than the sort of neat narrative bookend we're used to in fiction. Some of our questions are answered, including a lovely one I hadn't even thought to ask until the movie addressed

it, but the movie makes it clear that “why” and “how” aren't nearly as important sometimes of “what do you do next.”

The visuals in the movie are amazing, fantasy and reality blended so neatly together that it's impossible to tell where the dividing line is. Kudos to cinematographer Oscar Faura and the entire art department, particularly when it comes to making The Monster look both supportive and intimidating. The storytelling sequences are animated, a touch that communicates their imaginative, intangible quality in a simple, beautiful fashion.

Lewis MacDougall is excellent as Conor, bringing both a fragility and wildness to the character that isn't often found in cinematic children. He's furious and willing to lash out, and while he's not sympathetic in the traditional sense he radiates his pain so completely it's impossible not to hurt for him. We feel for him as a fellow human being, not as a child, and that makes the movie that much more powerful.

Felicity Jones is great as Conor's mother, trying hard to keep Conor safe the only way she has left – by telling him the only story she can bear telling at the moment. Toby Kebbell does well as Conor's father, making a potentially wildly unsympathetic character understandable if not particularly likeable. Sigourney Weaver imbues the grandmother with a brittle kindness perfect for the character, though her English accent was... well, let's just call it unfortunate. Liam Neeson was perfect as The Monster, his voice full of every nuance of angry, wild kindness required for the character.

This isn't the kind of story you can tuck neatly into a book full of bright pictures, or even the kind that puts you to sleep with a smile on your face and a warm glow in your heart. This is

something wilder, the kind of story you want to have at your back if the worst ever happens.

No matter how much we might want to pretend otherwise, we all need stories like this.

Rating: PG-13 for thematic content and some scary images

Screenplay: Patrick Ness, based on his novel, based on an original idea by Siobhan Dowd

Director: J.A. Bayona

Starring: Lewis MacDougall, Liam Neeson, Felicity Jones, Sigourney Weaver, Toby Kebbell, Ben Moor, James Melville and more

Grade: ★★★★★

The story is less about plot and more about the nature of grief and healing

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WINTER Photo Contest!

Time to get out and snap some photos that represent the Winter season to you!

Photos due:
Jan. 25, 5pm

Winning photos will be published Feb. 1

There is a limit of one photo per entrant, and photos can be e-mailed to design@ironcountytoday.com or brought by our office at 389 N. 100 W. Suite 12, Cedar City. Please include the name of the photographer and his/her city of residence. By submitting your photo, you agree to give Iron County Today permission to publish your photo. Call 867-1865 ext. 4 with any questions.

IRON COUNTY **today**

YEAR of IMPACT | Strategies for living a life that makes a difference in 2017

It's common for people to think about putting their mark on the world and leaving it a better place than when they arrived. But in many cases people fail to put those thoughts into action – possibly because they're hesitant to step outside their comfort zones.

"Too often we're taught to be fearful and that hampers the actions we take and the decisions we make," said John C. Neyland, author of *How to Live the Life You've Yet to Dream* (www.johnneyland.com). "We need to be taught to be courageous."

He experienced his own challenges growing up, suffering the wrath of an abusive father and trying to overcome obsessive compulsive disorder (OCD) that left him burdened by stress.

"I know what it's like to need help and not have it," Neyland said. "But that has given me the impetus to want to help and make a difference in the lives of others – whether those others are family members or strangers."

And there's no time like the present to begin, he said. As people make their resolutions for the New Year, he suggests a good place to start for having a positive impact on family and others is to vow to:

Be the kind of spouse you would like to have.

Neyland grew up watching his father abuse his mother and he vowed things would be different for him. "If I accomplish every goal I have in life but if I don't treat my wife the way I should, then for me



THINKSTOCKPHOTOS

"The value of our lives is measured by how we leave others in our wake"

— John C. Neyland

my life would have no purpose," Neyland said. He suggests an unusual benchmark – eulogies – for setting the standard for how you treat your spouse. People usually speak with

great respect of the deceased in eulogies, but why wait until then to show someone how much you honor them? "Why not treat your loved ones as if you honor them every day?"

Be the kind of parent you would have liked to have had.

Think back on your childhood and consider what your parents did right and what they

did wrong. You can learn from both. Everyone understands the value of loving parents who invest time in their children and set a good example. "There have been times I haven't measured up," Neyland said, "but I truly give it my all."

Enable others to have a life they otherwise would not have had.

Human nature often causes us to think about ourselves. But to live better lives, we also need to think about others, Neyland says. He has made it a mission to help underprivileged young people improve their lives. "When you help that one person, good things can result," Neyland said. "Imagine if the person you helped also is inspired to help someone else. And that person helps someone else, and so on."

"The value of our lives is measured by how we leave others in our wake, whether it's our spouses, our children or the person down the street," he said. "Plan on helping someone, somewhere or somehow on a regular basis. If you do this and do it earnestly, you'll be surprised at what it does for your own life."

*About John C. Neyland
John C. Neyland, president and Investment Advisor Representative at JCN Financial & Tax Planning Group, is author of *How to Live the Life You've Yet to Dream* (www.johnneyland.com), a book that is part memoir and part blueprint for readers who want to get more out of life and leave a positive mark on the world.*



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Calendar

Wed, Jan. 4

CEDAR CITY COUNCIL, 5:30 p.m., council chambers, city offices.

AMERICAN SIGN LANGUAGE II CLASS, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughbred Way in Enoch, free, for more information call (435) 867-5558 ext. 113, or email instructor Larry Laskowski at larrylas@gmail.com.

TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN'S CRISIS CENTER, 7 to 8:30 p.m., Cedar City Aquatic Center, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.

COLOR COUNTRY WINDS COMMUNITY BAND REHEARSAL, 7:30 p.m., Community Presbyterian Church in Cedar City, no audition, must be able to play a band instrument and read music, we even welcome "rusty" players who want to begin playing again.

FREE DANCE AEROBICS CLASS, 9 a.m., class is medium to high impact, but can be adapted to any fitness level. Easy, fun dance moves. Moms can bring young children. People of all ages welcome. For information call Allison at 327-2091 (no texts please).

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN, 11:30 a.m. to 1 p.m., located at 2569 Freeway Drive between JR's Truck Stop and the Travelodge. Everyone is invited.

COLOR COUNTRY PICKLEBALL, 9:30 a.m., Southern Utah Sports Academy, 494 N. 2150 West in Cedar City. For more information call Ed Severance at (435) 586-6345.

TOPS (TAKE OFF POUNDS SENSIBLY) MEETINGS, lose weight without buying special foods, morning meeting weigh-in at 9 a.m. with the meeting at 9:30 a.m., evening meeting weigh-in 6:30 with meeting from 7 to 8 p.m. at the Cedar City Library in the Park. For more information, call Rhea Church (morning meeting) at 586-3233 or Liz (evening meeting) at 867-4784.

DOMESTIC VIOLENCE SUPPORT GROUP, 6 to 7:30 p.m., for women 18 and older, Canyon Creek Outreach Center, 95 N. Main St. #22 in Cedar City. For more information call (435) 867-9411.

CHUCK HILLIG. 'LEARN TO LOVE WHAT YOU HAVE, instead of what you wanted. Let everything happen to you because it's really all okay, right here and right now, being just as it is! A 25 minute video then casual discussion 7 p.m. Wednesday Cedar City Library in the Park. (Rare Books Room.) The Literary Club. Stephanie 559-7777.

ALCOHOLICS ANONYMOUS, 8 to 9 p.m., Parowan United Methodist Church social hall, 190 N. Main St.

ALCOHOLICS ANONYMOUS, 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

ALCOHOLICS ANONYMOUS WOMEN'S MEETING, noon, Cedar City Library in the Park.

NARCOTICS ANONYMOUS JUST FOR TODAY, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

ENOCH CITY COUNCIL, 6 p.m., Enoch City offices.

SOUTHERN UTAH ROCK CLUB, 6 p.m. at the Aquatics Center. New members welcome, door prizes, rock drawings and show and tells. For more information, visit www.southernutahrockclub.net.

Thurs, Jan. 5

AMERICAN SIGN LANGUAGE III CLASS, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughbred Way, Enoch.

NAMI BRIDGES & FAMILY TO FAMILY CLASSES (FREE), 7 P.M., Southwest Behavioral Health Center, 245 East 680 South, Cedar City. To enroll, call Robert (435) 590-7749 or Rosie (435) 590-0880.

CEDAR CHEST QUILTERS' GUILD, 10 a.m., Cedar City Senior Center, 489 East 200 South.

COLOR COUNTRY COMMUNICATIONS, Cedar City Toastmasters, 7 a.m. 86 W. University Blvd. Find your voice. Shape your future. Be the leader and speaker you want to be.

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Dept., 260 E. DL Sargent Drive, Cedar City. Call 435-586-2437 with questions.

COLOR COUNTRY PICKLEBALL, 8 a.m., Southern Utah Sports Academy, 494 N. 2150 West, Cedar City.

ALCOHOLICS ANONYMOUS, 11 a.m. women-only meeting, noon Speaking from the Heart AA, 6 p.m. AA Misfits. The Meeting Hall, 1067 S. Main Street, Cedar City. More info at 877-865-5890.

ALCOHOLICS ANONYMOUS LUNCH BUNCH GROUP, noon, Cedar Bowling Center, 421 E. Highway 91.

AL-ANON HOPE FOR TODAY (FOR FAMILIES OF ALCOHOLICS), 7 p.m., the KKCB Meeting Hall, 1067 S. Main. More info at 435-531-1045.

NARCOTICS ANONYMOUS, 8 p.m., The Meeting Hall, 1067 S. Main. More info at 877-865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m. Call 435-865-1387 for an appointment. Accepts Medicaid, Medicare and all private insurances.

SAGEBRUSH FIBER ARTISANS—THE CEDAR CITY AREA WEAVERS AND SPINNERS GROUP, 6:30 P.M., Visitor Center, 581 N. Main St., Cedar City.

IRON COUNTY CONSTITUTION PARTY MONTHLY MEETING, 7 p.m., Cedar City Library in the Park.

CEDAR CITY MASONIC LODGE #35 MEETING, 7 p.m., 2120 W. Skyview Road, Cedar City.

COLOR COUNTRY NIGHTWRITERS MONTHLY MEETING, 7 p.m., Cedar City Library in the Park, Rare Books Room.

YOUTH ADVISORY COUNCIL ACTIVITY, open to all teens ages 12 to 18, 4 p.m., Cedar City Library in the Park.

FREE DANCE AEROBICS CLASS, 9 a.m., class is medium to high impact, but can be adapted to any fitness level. Easy, fun dance moves. Moms can bring young children. People of all ages welcome. For information call Allison at 327-2091 (no texts please).

COLOR COUNTRY PICKLEBALL, 8 a.m., Southern Utah Sports Academy, 494 N. 2150 West in Cedar City. For more information, call Ed Severance at (435) 586-6345.

IMMUNIZATIONS/WIC/VITAL RECORDS, 8 a.m. to 5 p.m., Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437.

ALCOHOLICS ANONYMOUS, noon Speaking from the Heart AA and 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

Tues, Jan. 10

NARCOTICS ANONYMOUS LIVE AND LET LIVE, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

BREASTFEEDING SUPPORT MEETINGS WITH THE LA LECHE LEAGUE, 10 a.m., Cedar City Library in the Park.

AMERICAN SIGN LANGUAGE I CLASS, 6:30 to 8 p.m., Gateway Preparatory Academy, 201 Thoroughbred Way in Enoch, free, for more information call (435) 867-5558 ext. 113, or email instructor Larry Laskowski at larrylas@gmail.com.

STORY TIME AT THE FRONTIER HOMESTEAD STATE PARK, 10 a.m., an opportunity for preschool children to learn about the past through stories and history-related activities, story time is free thanks to the support of the Cedar City-Brian Head Tourism Bureau.

CEDAR CITY ROTARY CLUB WEEKLY MEETING, noon, Southwest Applied Technology College, 510 W. 810 South in Cedar City, for more information call (435) 865-7637.

IMMUNIZATIONS/WIC/VITAL RECORDS, 1 to 5:30 p.m., Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437.

RAPE AND SEXUAL ASSAULT SUPPORT GROUP, 6 to 7:30 p.m., for women 18 and older, Canyon Creek Outreach Center, 95 N. Main St. #22 in Cedar City. For more information call (435) 867-9411.

COLOR COUNTRY PICKLEBALL, 8 a.m., Southern Utah Sports Academy, 494 N. 2150 West in Cedar City. For more information call Ed Severance at (435) 586-6345.

AL-ANON "EASY DOES IT", 7 to 8 p.m., Community Presbyterian Church, 2279 N. Wedgewood Lane, Cedar City, for more information call (435) 531-1045.

AL-ANON, 7 to 8 p.m., Parowan United Methodist Church social hall, 190 N. Main St.

ALCOHOLICS ANONYMOUS LUNCH BUNCH GROUP, noon, Cedar Bowling Center, 421 E. Highway 91, Cedar City.

ALCOHOLICS ANONYMOUS, noon Speaking from the Heart AA, 6 p.m. AA Misfits and 8 p.m. AA Cedar Group, The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 10 a.m. to 7 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

SUU DISCOVER STORY TIME, 6:30 p.m., Cedar City Library in the Park.

CEDAR CITY TOP BAR BEE HIVE KEEPING ASSOCIATION MEETING, 7 p.m., Cedar City Library in the Park. All bee keepers welcome. More info from Peggy Marton at 310-477-2181.

JOIN US FOR DINING FOR WOMEN TO HELP WOMEN AND GIRLS, Our Cedar City Chapter is meeting Tuesday January 10 at Noon for a delicious potluck and short presentation. We meet once a month. All are welcome. The 400 Chapters fund grass roots programs helping women and girls in education, health, business and self-worth. We join the community in being agents for change. For questions, the address of this month's gathering or if you need a ride, please email bethjgaines54@gmail.com or call/text Beth at (435) 201-3529. The Nonprofit's website is www.DiningForWomen.org or Facebook.

RED ROAD TO SOBRIETY/AA MEETING, open meeting, 6 p.m., Paiute Indian Tribe of Utah, 440 N. Paiute Drive, Cedar City. For more information call Chris at 586-1112 ext. 307.

BOOK BABIES, 10 and 10:30 a.m., Cedar City Library at the Park. Story time designed for babies and toddlers up to age 2.

ALCOHOLICS ANONYMOUS, noon Speaking from the Heart AA and 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

NARCOTICS ANONYMOUS MONDAY NIGHT BASIC TEXT STUDY, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

IRON COUNTY COMMISSION, 9 a.m., County Courthouse, Parowan.

Sat, Jan. 7

YEAR ROUND FARMERS MARKET, every Saturday rain or shine, 9 a.m. to noon, 905 S. Main St. in Cedar City, local vegetables, greens, fruit, herbs, baked goods, artisan cheese, live plants, flowers, jams, raw honey, farm fresh eggs, and more.

CEDAR SATURDAY MARKET, 1 to 5 p.m., inside IFA, 905 S. Main. Includes farmers, gardeners, food vendors, youth agricultural groups and artisans/crafters.

ALCOHOLICS ANONYMOUS, 11 a.m. women's meeting, noon Speaking from the Heart AA, 6:30 p.m. AA BB Study, and 8 p.m. My Story speaker meeting, The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

AL-ANON HOPE FOR TODAY (FOR FAMILIES OF ALCOHOLICS), 7 p.m., the KKCB Meeting Hall, 1067 S. Main. More info at 435-531-1045.

NARCOTICS ANONYMOUS, 8 p.m., The Meeting Hall, 1067 S. Main. More info at 877-865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m. Call 435-865-1387 for an appointment. Accepts Medicaid, Medicare and all private insurances.

SAGEBRUSH FIBER ARTISANS—THE CEDAR CITY AREA WEAVERS AND SPINNERS GROUP, 6:30 P.M., Visitor Center, 581 N. Main St., Cedar City.

IRON COUNTY CONSTITUTION PARTY MONTHLY MEETING, 7 p.m., Cedar City Library in the Park.

CEDAR CITY MASONIC LODGE #35 MEETING, 7 p.m., 2120 W. Skyview Road, Cedar City.

COLOR COUNTRY NIGHTWRITERS MONTHLY MEETING, 7 p.m., Cedar City Library in the Park, Rare Books Room.

YOUTH ADVISORY COUNCIL ACTIVITY, open to all teens ages 12 to 18, 4 p.m., Cedar City Library in the Park.

FREE DANCE AEROBICS CLASS, 9 a.m., class is medium to high impact, but can be adapted to any fitness level. Easy, fun dance moves. Moms can bring young children. People of all ages welcome. For information call Allison at 327-2091 (no texts please).

COLOR COUNTRY PICKLEBALL, 8 a.m., Southern Utah Sports Academy, 494 N. 2150 West in Cedar City. For more information, call Ed Severance at (435) 586-6345.

IMMUNIZATIONS/WIC/VITAL RECORDS, 8 a.m. to 5 p.m., Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437.

ALCOHOLICS ANONYMOUS, noon Speaking from the Heart AA and 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

NARCOTICS ANONYMOUS JUST FOR TODAY, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

ENOCH CITY COUNCIL, 6 p.m., Enoch City offices.

SOUTHERN UTAH ROCK CLUB, 6 p.m. at the Aquatics Center. New members welcome, door prizes, rock drawings and show and tells. For more information, visit www.southernutahrockclub.net.

TAE KWON DO CLASS TO BENEFIT THE CANYON CREEK WOMEN'S CRISIS CENTER, 7 to 8:30 p.m., Cedar City Aquatic Center, \$25 per month, ages 5 and older with any experience level, sign up at the Aquatic Center.

COLOR COUNTRY WINDS COMMUNITY BAND REHEARSAL, 7:30 p.m., Community Presbyterian Church in Cedar City, no audition, must be able to play a band instrument and read music, we even welcome "rusty" players who want to begin playing again.

FREE DANCE AEROBICS CLASS, 9 a.m., class is medium to high impact, but can be adapted to any fitness level. Easy, fun dance moves. Moms can bring young children. People of all ages welcome. For information call Allison at 327-2091 (no texts please).

IMMUNIZATIONS/WIC/VITAL RECORDS, 7:30 a.m. to 5:30 p.m. (walk in), Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City, for questions call 586-2437.

FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN, 11:30 a.m. to 1 p.m., located at 2569 Freeway Drive between JR's Truck Stop and the Travelodge. Everyone is invited.

COLOR COUNTRY PICKLEBALL, 9:30 a.m., Southern Utah Sports Academy, 494 N. 2150 West in Cedar City. For more information call Ed Severance at (435) 586-6345.

TOPS (TAKE OFF POUNDS SENSIBLY) MEETINGS, lose weight without buying special foods, morning meeting weigh-in at 9 a.m. with the meeting at 9:30 a.m., evening meeting weigh-in 6:30 with meeting from 7 to 8 p.m. at the Cedar City Library in the Park. For more information, call Rhea Church (morning meeting) at 586-3233 or Liz (evening meeting) at 867-4784.

DOMESTIC VIOLENCE SUPPORT GROUP, 6 to 7:30 p.m., for women 18 and older, Canyon Creek Outreach Center, 95 N. Main St. #22 in Cedar City. For more information call (435) 867-9411.

ALCOHOLICS ANONYMOUS, 8 to 9 p.m., Parowan United Methodist Church social hall, 190 N. Main St.

ALCOHOLICS ANONYMOUS, 6 p.m. AA Misfits, The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

ALCOHOLICS ANONYMOUS WOMEN'S MEETING, noon, Cedar City Library in the Park.

NARCOTICS ANONYMOUS JUST FOR TODAY, 8 p.m., The Meeting Hall, 1067 S. Main St., Cedar City. For information call (877) 865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m., call 865-1387 for an appointment, accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

MARINE CORPS LEAGUE AUXILIARY MEETING, 10:30 a.m., Cedar City Library in the Park. More info from Betty at 435-586-9790.

"WALK IN A NEW DIRECTION" VERNON HOWARD, Do you want to be really different? Learn what's holding you back so you can speed ahead! A 25 minute video then casual discussion 7 p.m. Wednesday Cedar City Library in the Park. (Rare Books Room.) The Literary Club. Stephanie 559-7777.

Sun, Jan. 8

AL-ANON HOPE FOR TODAY (FOR FAMILIES OF ALCOHOLICS), 7 p.m., the KKCB Meeting Hall, 1067 S. Main. More info at 435-531-1045.

NARCOTICS ANONYMOUS, 8 p.m., The Meeting Hall, 1067 S. Main. More info at 877-865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m. Call 435-865-1387 for an appointment. Accepts Medicaid, Medicare and all private insurances.

SAGEBRUSH FIBER ARTISANS—THE CEDAR CITY AREA WEAVERS AND SPINNERS GROUP, 6:30 P.M., Visitor Center, 581 N. Main St., Cedar City.

IRON COUNTY CONSTITUTION PARTY MONTHLY MEETING, 7 p.m., Cedar City Library in the Park.

CEDAR CITY MASONIC LODGE #35 MEETING, 7 p.m., 2120 W. Skyview Road, Cedar City.

COLOR COUNTRY NIGHTWRITERS MONTHLY MEETING, 7 p.m., Cedar City Library in the Park, Rare Books Room.

YOUTH ADVISORY COUNCIL ACTIVITY, open to all teens ages 12 to 18, 4 p.m., Cedar City Library in the Park.

FREE DANCE AEROBICS CLASS, 9 a.m., class is medium to high impact, but can be adapted to any fitness level. Easy, fun dance moves. Moms can bring young children. People of all ages welcome. For information call Allison at 327-2091 (no texts please).

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ENOCH CITY COUNCIL, 6 p.m., Enoch City offices.

SOUTHERN UTAH ROCK CLUB, 6 p.m. at the Aquatics Center. New members welcome, door prizes, rock drawings and show and tells. For more information, visit www.southernutahrockclub.net.

Mon, Jan. 9

AL-ANON HOPE FOR TODAY (FOR FAMILIES OF ALCOHOLICS), 7 p.m., the KKCB Meeting Hall, 1067 S. Main. More info at 435-531-1045.

NARCOTICS ANONYMOUS, 8 p.m., The Meeting Hall, 1067 S. Main. More info at 877-865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m. Call 435-865-1387 for an appointment. Accepts Medicaid, Medicare and all private insurances.

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ENOCH CITY COUNCIL, 6 p.m., Enoch City offices.

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Wed, Jan. 11

AL-ANON HOPE FOR TODAY (FOR FAMILIES OF ALCOHOLICS), 7 p.m., the KKCB Meeting Hall, 1067 S. Main. More info at 435-531-1045.

NARCOTICS ANONYMOUS, 8 p.m., The Meeting Hall, 1067 S. Main. More info at 877-865-5890.

CEDAR CITY COMMUNITY CLINIC, 8 a.m. to 5 p.m. Call 435-865-1387 for an appointment. Accepts Medicaid, Medicare and all private insurances.

SAGEBRUSH FIBER ARTISANS—THE CEDAR CITY AREA WEAVERS AND SPINNERS GROUP, 6:30 P.M., Visitor Center, 581 N. Main St., Cedar City.

IRON COUNTY CONSTITUTION PARTY MONTHLY MEETING, 7 p.m., Cedar City Library in the Park.

CEDAR CITY MASONIC LODGE #35 MEETING, 7 p.m., 2120 W. Skyview Road, Cedar City.

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SOUTHERN UTAH ROCK CLUB, 6 p.m. at the Aquatics Center. New members welcome, door prizes, rock drawings and show and tells. For more information, visit www.southernutahrockclub.net.

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



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A truth in food

The way Americans live is a force of culturalization around the world. I've recently returned to Cedar City from the Oil Pipeline protest in Standing Rock, North Dakota, and I find myself romancing of the ways in which the people of America are showing the huddled masses around the world that it's possible to stand up and fight the those who might ruin our land and lives for their profit. I became wrapped in my American ego, and it took a Peruvian-expat restaurateur to pop my bubble and remind me the power food possesses to teach people culture and compassion.

Octavio Ricardo Mejia's dream rose from a food truck to a brick and mortar in a year. Pisco Peruvian Rotisserie & Grill is the fullest realization of any chef,



CODY SMITH

PERUVIAN FOOD DELIGHTS AWAIT PATRONS at Pisco Peruvian Rotisserie & Grill, 1180 S Sage Dr Suite F in Cedar City.



FOOD, NATURE & Stuff

by Cody SMITH

a truth in food once only accessible in South America and recreated through Octavio in Southern Utah.

Octavio's dream started at a young age, 5 or 6, in Peru where he learned to cook at his mother's side.

"I would just sit and make homemade recipes," Octavio said. "My mom would laugh because sometimes I would burn stuff, but ever since I was a kid I would always try to do something in the kitchen. I saw my mom cooking a lot, even though she wasn't a home-maker and she wasn't home a lot, but when she cooked, I was always there."

At 16, Octavio entered culinary school, studying in Peru and Bolivia until he was 19. Shortly after, Octavio chased a dream to Las Vegas and eventually to Cedar City. He carried his family's recipes with him from childhood while working to open Pisco Peruvian. These recipes, like the Saltado and Pollo a la brasa, are closely held family secrets, for which Octavio had to petition his relatives before developing his menu.

However, when Octavio began looking for the ingredients to create the flavors of his family, he learned the American market was void of his uncommon needs. This lead Octavio to do something that he learned from the Spanish and Chinese who changed Peruvian food into what it is, he altered his recipes slightly while importing the most important ingredients. Octavio is certain that the true flavors of Peru is kept within these spices and peppers. I'm certain that within these flavors, and the true flavors of the world, is held a social lubricant that can lead to the dismantling of cultural prejudices.

Octavio said, "Through food we can deliver a message to understand and except others."

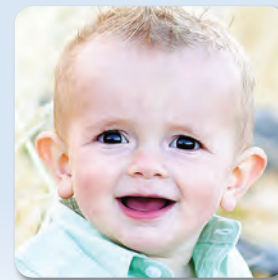
He and I surely bonded over the familiar and enjoyably unfamiliar, but delicious, flavors in his food. I might be romanticizing a bit by assuming food can dismantle any prejudice. However, when Octavio's liquor and Peruvian beers show up, the discussion should be a little easier, and if we get too hung over, we'll head back and grab an order of ceviche.

People

1st Birthday

Grayson Frederick Tasker

Grayson Frederick Tasker celebrated his 1st birthday on Oct. 5. He is the son of Tim and Brooke Tasker of Cedar City and the grandson of Dennis and JoLene Gray of Cedar City and Fred and Nancy Tasker of Delta. Grayson loves cars, trucks, and being outside. He is a busy boy and always on the move. He loves his big



brothers and is always right there with them. We love our sweet little guy!



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- All-Beef Jumbo Hot Dogs • Buffalo Burger

Cedar Saturday Market
Saturday Afternoons • 1 - 5 p.m.
Inside Cedar City's IFA

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- Ages 10-18
- Held the 3rd Thursday of each month
- 3-6 Classes: \$25.00 each
- 12 Classes: \$20.00 each
- Each subscription or gifted class includes a **FREE SOLDERING IRON**
- Please see store for more details and monthly projects

MakerSpace

Happy National Polka Music Month!



Life & LAUGHTER

by Peri **KINDER**
Columnist

And you thought January was boring. After the holidays you wondered how anything could top the sheer giddiness of Christmas. Well, prepare to be dazzled by the celebrations observed during this first month of the year.

You can't go wrong with Bath Safety Month. Our family tradition is to smear the tub with canola oil then place a plugged-in hair dryer and toaster on the rim of the tub. If you can shower without slipping and electrocuting yourself, you win!

I hope you didn't forget January 2 was Happy Mew Years for Cats Day. If you missed it, there's a good chance your cat "accidentally" knocked over a houseplant and tracked soil across the carpet.

January 2 was also a big day for unhappy marriages. The first Monday of each year is the most popular day to file for divorce. (I guess she wasn't impressed with the year's supply of Turtle Wax she found under the Christmas tree.) Also, it's Personal Trainer Awareness Day, just in case you wondered who the guy in shorts was who kept following you around the gym yelling at you to squat lower.

It's nice that fiber is finally getting some recognition. Celebrate Fiber Focus Month by feeding your family only whole grains, beans and nuts. Maybe January should also be Constipation Awareness Month.

If your office Christmas party wasn't embarrassing enough, Humiliation Day on January 3 should have filled your quota of mortifying shame. (After researching this observation, it isn't about humiliating yourself (or others), it's a way to recognize that humiliating individuals or groups isn't cool. Organizers should change the name to No Humiliation Day to avoid awkward encounters in the office.)

Personally, I'm looking forward to

Show and Tell Day at Work on January 8. I haven't done Show and Tell since kindergarten and I'm excited to show co-workers my collection of belly button lint.

January 13 is International Skeptics Day where you question the accuracy of every statement ever made. It's a good day to research fake news on Facebook instead of blindly sharing bogus content. You know who you are . . .

There's just no other way to say it. January 18 is National Thesaurus Day.

If you think Talk Like a Pirate Day is a barrel of laughs, you'll love Talk Like a Grizzled Prospector Day on January 24. I practiced this morning during breakfast.

Me: Yer lookin' like a dadburn claim jumper with that dumfangled smile on your man-trap.

Hubbie: Can you just hand me the toaster?

It seems there's a celebration for everything in January. Squirrels! Penguins! Dragons! You get a day! And you get a day! And you get a day! What about toilet paper?! Well, let's not get silly.

January is a big month for food with national observances for candy, hot tea, oatmeal, soup, wheat bread, prunes and eggs. (That would make one helluva casserole.) I guess when it's so cold outside, the only thing to do is sit around and celebrate food. I'm good with that.

After stuffing our pie holes with holiday fare for six weeks, it's time to establish healthier dietary and exercise habits. Observances like Family Fitness Month encourage us to sign up for gym memberships we'll never use and purchase P90X workout DVDs that we'll watch while sitting on the couch eating a bag of Cheetos.

So don't let the chill of winter bring you down. There are dozens of celebrations to choose from, including the one I'm trying to get approved: National Hibernation Month.

Happy Birthing in New Year

2016 was a great year for the birth community. There were many changes and updates that were made. The American College of OB/GYN's (ACOG, through extensive research, made many new recommendations for prenatal care as well as labor and birth treatments. ACOG is a group of the top OB/GYN's in the United States who collaborate to make recommendations for pregnant and birthing women.

One recommendation by ACOG brought about in 2016 includes limiting the number of ultrasounds done during pregnancy. It calls for limiting these ultrasounds to diagnostic purposes only, as well as opting for 2D over 3D.

Ultrasounds use sound waves that tend to raise the temperature of amniotic fluid which may harm the unborn baby.

ACOG also reaffirmed their previous recommendation that doula support in birth benefits families. Research has found that the continuous labor support that Doulas provide to laboring families improves birth outcomes and reduces the need for cesarean.

ACOG states that every woman in labor should have access to Doula support.

The last recommendation that I will discuss comes from the American Academy of Pediatrics (AAP). Although not from ACOG, it still plays a huge part in birth. In 2016, AAP found through research that babies who sleep in the same room as their parent(s) are healthier, and have a reduced risk of SIDS. AAP states that safe sleeping environment should be taken into consideration, such as removing pillows and blankets. They go on to state that this also benefits parents because they are able to get more sleep. They state

that mothers who may fall asleep breastfeeding may keep their babies safe by breastfeeding while lying down.

These are fantastic new improvements that will benefit all families. These are based on research and recommendations from highly respected physicians in their specialized fields of medicine.

As we move forward into the new year, I want to challenge you to resolutions you can make to continue to improve and to have a successful year. These are just few resolutions that I feel can apply to everyone.

Just Be There

Just be there in the moment that we are in and being fully invested in it. Too often we worry about what may happen or think back to what we did wrong. It doesn't serve any purpose so JUST BE THERE. I challenge you to 30 minutes a day with no electronic and just being there for your loved ones.



STACEY DAVIS
Contributor

Do Better

So you messed up, or didn't do your best yesterday; that does not mean today you can't Do Better. The great thing about learning new information is that we can use that information to do better. Once you know a better way you really want a better way. I challenge you to research your birth options and then choose the better way, the better way for you and your family. Spend as much time researching birth options as you spend researching car seats and strollers.

Happy Birthing in the New Year!

Stacey Davis works as a doula in Iron County and contributes to the Iron County Today.

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CEDAR CITY
CHAMBER OF COMMERCE

PRESENTS

Business Tip of the Month:

At the beginning of each year individuals and businesses look for ways to improve, grow, and accomplish more. Here are some ideas as you make plans for 2017.

- 1) **Stretch** – challenge yourself to do something out of your comfort zone.
- 2) **Learn Something New** – develop a talent or skill that will enhance your life.
- 3) **Prioritize** – when you do the toughest things first, the day tends to go smoother.
- 4) **Expand Your Network** – get involved with of group of people you know little about.
- 5) **Give Your Time** – giving of yourself with no expectation of return is truly powerful.
- 6) **Schedule Time for Self** – put at least one personal item on the calendar each month.
- 7) **Embrace Challenges** – resolve to make the most of tough situations.

May 2017 be the beginning of a truly exciting chapter for each one of you.

Happy New Year!

Cedar City Chamber of Commerce (435) 586-4484 www.CedarCityChamber.org

New Year, Same Results?



The Rut LESS TRAVELED

by Corey BAUMGARTNER

Are you happy with your decisions and accomplishments of 2016? Do you believe 2017 will not only be different, but better? You don't have to wait until 11:59 PM on December 31st to find out if you've really made any past progress, or 12:00 AM on January 1st to see if new opportunities await you.

You can begin changing your yearly results by the choices you make and the paths you take starting now. Some of you may start the new year stuck in the same old ruts of 2016. Maybe some of you will wake up to the same old rotten routines and think the only thing different is the day. I understand.

Yes, you should strive to have a positive perspective. But sometimes even the positive things that try to lift you up can be more annoying than the negative things that you have insulated yourself with to avoid having to change them. Some days it seems nothing can get you excited about your life. No motivating mantras or invigorating intentions can help you look positively enough towards the seemingly long months left ahead. Is it easier to believe you're a failure, or aren't good enough to live a happier life than it is to embrace the reigns of responsibility to make happiness happen? Perhaps counterfeit comforts have blinded you to that responsibility of stopping your complaining and instead start draining the swamps and mires of a mediocre life—no matter what obstacles are currently in your path.

There is no magic potion that positive people possess. Their grass isn't greener because it's better grass but because they water it more often and give it more direct sunlight. They change their perspective which gives them a better directive. Then their determination helps get them to their destinations despite the detours and defeats of life. Sure, it all sounds rosy and even unrealistic, but is it really worse than the opposite of believing you can have a better life through better thoughts, better choices and better actions?

The Grand Canyon wasn't carved in a day, or even a year, right? It was continually carved each day by the steadiness of the sculpting stream which eventually transformed it into the magnificent canyon it is today. Your everyday choices are like that Colorado River. You may get frustrated and detoured from carving out your future, but if you will keep going and flowing, eventually you will achieve whatever you are trying to accomplish. Daily progress will keep you motivated and excited about where you are and where you're heading.

Each year is a new beginning, but it is also a continuation of your past progress and failures which, together, will help you carve more carefully as you navigate your way through the canyons and ruts of 2017. May you never stop flowing and keep forging ahead into a more beautiful and grander life. If you need help with your carving, e-mail me: coreybaumgartner@hotmail.com

Obituaries

Beverly Ruth Bulloch Gaffin



Beverly Ruth Bulloch Gaffin passed away on December 26, 2016 in St. George, Utah. She was born to Bruce N. Bulloch and Louisa Cox on September 7, 1936 in Cedar City, Utah. Beverly had a rough start, and spent several days in an incubator before going home.

Times were tough in Cedar City, so early on in her youth the family moved to Southern California where her dad took a job at Moser Tires. Beverly's maternal grandparents, as well as her paternal grandmother also lived in Southern California. She loved outings to the beach and going to the Santa

Monica Pier.

When she was in the third grade the family moved to Boulder City, Nevada, where Beverly spent most of her growing up years. Her mother was quite sickly due to a heart condition, so consequently she attended the Fifth Street Grammar School in Las Vegas while living with her Aunt Ruth. She got to sleep inside the house, but her brother and cousin slept outside in a sheep wagon. The Boulder City LDS Branch did not have a font, so Beverly was baptized in Lake Mead.

Beverly graduated from Boulder City High School in 1954. She then attended a year at Brigham Young University. Due to her mother's fragile health, she took some time off to care for her. Then she attended CSU, now SUU, for two years. Beverly lived with her paternal grandfather during this time, after which she completed her degree in Medical Technology and graduated from BYU. She did her internship at Huntington Memorial Hospital in Pasadena, California.

Beverly's mother passed away early in 1959. In November of that same year, she married Stanley Gaffin. They were sealed in the St. George LDS Temple in 1968. Their marriage produced four children, Michele L. Wadsworth, David B. Gaffin, Kimberly J. Chatterley and Daniel P. Gaffin. The family made a big change in 1972 by moving to Panaca, Nevada. Beverly lived there until 2014 when she relocated to St. George, Utah.

The first of two highlights this past year was going to Malibu in July to attend her Aunt's 100th birthday celebration. The second highlight was to travel to Billings, Montana and surprise her daughter to celebrate Beverly's 80th birthday.

Beverly is survived by three children, six grandchildren and 13 great-grandchildren. She was preceded in death by her daughter, Kimberly in 2001 and her husband, Stanley in 2007.

Funeral services were held on Saturday, December 31, 2016 at 11 a.m. at the Panaca LDS Chapel (1065 Main Street, Panaca, Nevada). A viewing was held prior to the service. Interment was in the Panaca Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent to www.sumortuary.com.

Daniel Marlo Stones



Daniel Marlo Stones passed away at home on December 28, 2016 surrounded by his family. Throughout his life, Marlo did not seek attention or praise. His greatest treasures were his wife and family. Marlo was born to Daniel Amasa and Leona Jones Stones in Cedar City, Utah on February 1, 1930, but was raised in Paragonah, Utah. He married Betty Easton on May 10, 1951, and was later sealed in the St. George Temple on May 10, 1969. Marlo and Betty had a son, Bruce Marlo, who passed away at the age of 15, and a daughter Brenda. Marlo was proud to have served in the Air Force

during the Korean War and felt a deep love for his country. He was also a volunteer firefighter in Cedar City for many years.

Marlo worked over 30 years as an electrician for the Utah International iron mine west of Cedar City. He also worked for Southern Utah University for 10 years and loved his time there. Marlo found great pleasure playing golf and being in the outdoors, especially while hunting and fishing. He also loved doing yard work and was known for having one of the greenest, best manicured lawns in town and always maintained a spotless yard. Marlo and Betty completed a mountain cabin at Panguitch Lake and loved spending time there. Marlo was a member of the Church of Jesus Christ of Latter-day Saints, serving in many positions, including Ward Clerk, Counselor in the bishopric, Stake Young Men's President, Stake High Council, and Bishop. He and Betty also served as church service missionaries at the Bishop's Storehouse.

Marlo was preceded in death by his parents, his son Bruce, his sister Kathleen (Carlyle) Mitchell, and brothers Antone, Thomas Milo (Marion) and James Alan (Kathleen). He is survived by Betty, his loving wife of 65 years, his Daughter Brenda (Eric) Schmutz, 3 grandchildren, Maegan (Doug) Corry, Lindsay Schmutz, and Nicole (Korby) Lunt, and 5 great grandchildren, all of Cedar City.

Funeral services were held at Cedar City 1st Ward (Rock Church) on Tuesday, January 3 at 11 a.m. Viewing was on January 2 at Southern Utah Mortuary (190 N 300 W in Cedar City). A viewing was also held at the Mortuary on Tuesday morning. Interment with military rites was at the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

Betty Jane Clayton Ramsey



Betty Jane Clayton Ramsey, 95, passed away on December 22, 2016 in Cedar City, Utah. She was born on May 22, 1921 in La Porte, Indiana to Peter H. and Ila Hubbard Clayton.

Betty attended a business college and worked as a secretary for an elementary school. She was a life-long Methodist and was an organist. She was a member of the ladies society, and the "cream pie" lady at the church booth at the La Porte County Fair.

Betty loved her family and her kitty. She enjoyed growing flowers, baking and reading. She enjoyed traveling with

her family.

Betty is survived by her children: Dennis (Barbara) Ramsey of Brownstown, Ind., Leslie (Clarena) Ramsey of La Porte, Ind., and Janet (Tom, deceased) Ackart of Cedar City, four grandchildren and 10 great-grandchildren with one on the way. She was preceded in death by her husband, Claude H. Ramsey, and her parents, Peter and Ila Clayton, her brothers, Vernon and Lloyd of La Porte, Ind., and her sister Ione Andrews also of La Porte.

Services will be held in La Porte, Ind., at a later date. Online condolences can be sent to www.sumortuary.com.

Joel William Clements



Joel William Clements, 62, passed away on December 27, 2016 in St. George, Utah. He was born in American Fork, Utah, on August 10, 1954 to William Lamar and Laura Alice Ashton Clements.

Joel married his sweetheart, Sylvia Clements on September 17, 1993. He was a very loving and devoted husband. He had an extremely fun and unique sense of humor and could often be found joking with those around him.

Joel attended Utah Valley Community College and made his career in carpentry as a cabinet maker. He was exception-

ally civic minded and spent many hours volunteering with the Red Cross, the Civil Air Patrol, the Citizens Core Council and the local emergency planning committee for Iron County. Joel was an avid ham radio operator. He contacted many countries and islands throughout the world on his ham radio. He also enjoyed being an astro photographer and all around astronomer.

An active member of the Church of Jesus Christ of Latter-day Saints, Joel was faithful in his devotion to His Savior. He will be greatly missed by all who knew and loved him.

Joel is survived by his wife, Sylvia Clements, and sisters Mary Ellen (Dale) Spencer of Kanab, Utah, Thyra Durrant of Orem, Utah, and brother-in-law Kent Flowers. He was preceded in death by his parents, sister Julia Flowers, brother Larry Clements and brother-in-law Ken Durrant.

Funeral services were held on Tuesday, January 3, 2017 at 1 p.m. at the Cedar Stake Center (155 East 400 South). A viewing was held prior to the service. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

Carole Joan Elam



Carole Joan Elam, age 81, passed away peacefully on December 27, 2016 in Richfield, Utah of natural causes.

She was born January 6, 1935 to Edward Thomas Ochwat and Corinne Elizabeth Ochwat (Butz) in Chicago, Illinois. She grew up in Chicago. Carole was a high school graduate and attended one year of college.

She moved to Southern California in the 1960's. Carole lived in West Covina, Calif., for many years along with her mother Corinne. They were very involved with the West Covina Senior Center and attended the Elks Club Bingo for years.

Carole missed her friends when she moved to Utah eight years ago. She opened a toy store, as she loved toys.

Carole enjoyed playing Bingo and playing cards up until her passing. She is survived by her children Debbie Holmes (Aaron) of Enoch; Andy (Kathy) of Arizona; and Eric of Las Vegas, Nev.; her sister Judy Hendericks (Duane) of Chicago, Ill.; 5 grandchildren and 4 great grandchildren. She is preceded in death by her parents Edward and Corinne Ochwat, her husband Wilbur Elam, husband Chuck Meyers, brother Tom Ochwat and baby boy Timothy Hugh (died a few hours after birth).

Burial was in the Enoch Cemetery Tuesday, January 3, 2017 at 1 p.m. Arrangements are being handled by Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

Redmen rally, win third straight

by Tom ZULEWSKI
Iron County Today

In their first year with new head coach Russ Beck, the Cedar Redmen knew the art of winning would be a new challenge under a new system. With their effort against Spanish Fork at the Steve Hodson Cancer Classic, they took a few more steps in the right direction.

Senior Parker Haynie scored all of his 11 points in the fourth quarter, including a 3-point play in the final minute that helped the Redmen rally from a 13-point

to give Spanish Fork a 39-26 lead early in the third, but Ethan Boettcher hit two of his six 3-pointers on back-to-back trips to cut the lead to seven. After Noles got inside for a hoop and Tanner Argyle drained a triple of his own to rebuild the margin back to double figures, Keenan Nielson donned his hard hat and went to work.

Nielson scored nine of his game-high 25 points in a 12-0 run that ended the quarter, and his runner in the lane at the horn tied the game at 46-46.

“We went into halftime and Coach talked to us about defense, getting stops, getting rebounds,” Nielson said. “Their big guy was killing us in the first half. We made some adjustments and made some big shots.”

Boettcher, who finished with 18 points, added: “We had to want the ball and get our rebounds. Make sure no one was getting them except for us.”

Nielson hit a free throw with 4:27 left in the game to give Cedar a 49-48 lead, its first since he hit two free throws for the opening points. Haynie would hit a pair of shots to stretch the advantage to five, but the Dons countered with a Gavron Oldham layup and 3-point play that tied the score at 53-53 with

1:30 to play.

Haynie followed up a Mason Fakahua miss to put the Redmen back in front, but a Tanner Olsen 3-pointer put the Dons on top at 56-55. Nielson would answer by hitting two at the free-throw line with 50.2 seconds left, and Haynie would put the win away by following up his own missed shot, getting fouled, and completing the 3-point play.

Haynie added 10 rebounds to complete his second straight game with a double-double.

see **CEDAR HOOPS** | 18

third-quarter deficit to beat the Dons 60-56 on Dec. 29 to extend their winning streak to three straight games.

Beck said the ball got rolling on the comeback when the Redmen put the defensive clamps on Bridger Noles, who had 18 points, but none in the fourth quarter.

“Defensively, we needed to do something on 23. He was kicking our butts,” Beck said. “Once we figured out how to defend him and slow him down, they got tired. We kept the pressure on them long enough that they made mistakes.”

Noles hit two free throws



Cedar
60



Spanish Fork
56

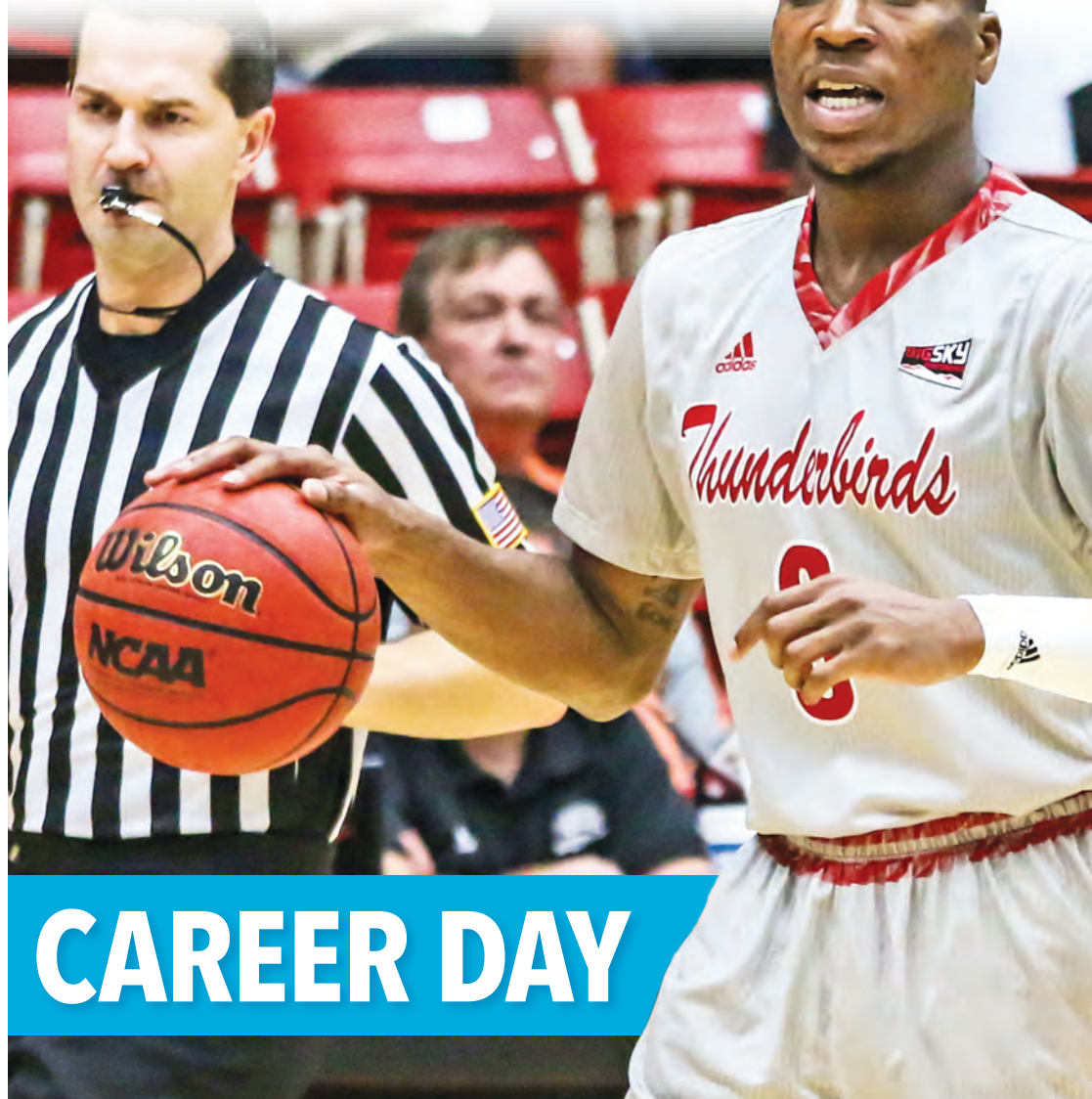
Cedar 8 15 23 14 -- 60
Spanish Fork 14 20 12 10 -- 56

Cedar - Boettcher 18, Hinton 3, Nielson 25, Fakahua 2, Haynie 11, Lewis 1. Totals 21 9-15 60. 3-pointers - Boettcher 6, Nielson 3.

Spanish Fork - Argyle 8, Olsen 8, Money 8, Oldham 8, Chingas 2, Congdon 4, Noles 18. Totals 21 7-14 56. 3-pointers - Argyle 2, Olsen 2, Money 2, Oldham 1.

Wednesday's Game
Cedar 50, Carbon 33

Friday's Games
Cedar 41, Stansbury 34
Cedar 59, Eldorado 48



CAREER DAY

SUU SPORTS INFORMATION

SUU'S RANDY ONWUASOR SCORED 37 POINTS, and along with teammate James McGee, led the T-Birds to a big win over NAU.

Onwuasor, McGee lift SUU over NAU in record fashion

FLAGSTAFF, Ariz. — The Southern Utah Thunderbirds tipped off Big Sky Conference basketball with a 93-80 victory over rival Northern Arizona as both Randy Onwuasor and James McGee posted career-highs.

Onwuasor finished the game with 37 points after shooting 12-23 from the field and 7-12 from beyond the arch. McGee finished 9-13 from the field and 6-8 from the 3-point line.

Along with setting a handful of individual records, the Thunderbirds set a new program 3-point record with 16 threes.

“This was a great team win for us. Everyone contributed positively and did their jobs,” McGee said. “We are finally starting to click, and we are starting to understand that the hard work we put in pays off for us.”

Onwuasor finished with a double-double, 37 points and 12 rebounds. John Marshall led the Thunderbirds in assists with six. As a team, the Thunderbirds out-rebounded the Lumberjacks, 41-30.

“Incredibly proud of our team’s effort. We wanted to win the rebounding battle and play

with great tempo; We felt like we achieved both of those goals—especially with winning the rebounding battle,” head coach Todd Simon said. “We set a program 3-point record, which is a testament to running the floor and creating shots for each other.”

The Thunderbirds exploded for a 17-5 lead to begin the game before the Lumberjacks battled back to force a 10-point gap at 33-23 with 5:33 to play in the first half. NAU rallied to round out the opening half, forcing a five-point game at 45-40 in favor of SUU at halftime.

The Lumberjack streak continued in the second half as NAU captured its first lead of the game at 57-56 just five minutes into the final half. A seven-point Thunderbird rally put the Thunderbirds back in

the lead, which they extended to finish the game with a 13-point victory, 93-80.

The Thunderbirds are back in action on the road as they face Northern Colorado on Jan. 5 and will take on North Dakota on Jan. 7.

“We are looking forward into getting back, focusing on the next game, and continuing to play the way we know how to play,” McGee said.

“Everyone contributed positively and did their jobs”

— James McGee

Blackner saves day, Falcons edge Broncos

by Tom ZULEWSKI

Iron County Today

After the Canyon View Falcons played on even terms with the visiting San Juan Broncos on Dec. 28, the 2A school was holding on to the lead and surprising the home team for most of the second half.

Brantzen Blackner made sure CV would find a way and come through with a victory.

Blackner got fouled and made two free throws with 3.9 seconds left, then blocked a potential game-winning shot at the buzzer as the Falcons beat San Juan 51-50 to stretch its winning streak to three games and even its season record at 6-6.

The lead changed hands 10 times in the opening half, but the Broncos took a 26-24 lead into the break and kept it until Blackner made the big plays.

"We needed a little bit of a spark, and I think we're a deep team when we need to be," Canyon View head coach Robbie Potter said. "There were some hungry guys on the sideline looking to get some reps and get things done."

Bench players helped keep the Falcons within eight points in the third quarter, but a technical foul issued to Potter midway through the fourth kept San Juan up 50-44 after Jaden Torgerson made both free throws.

From that point, the Broncos wouldn't score again.

Sophomore Parker Holmes drained a 3-pointer that cut the deficit in half, then Canyon View got the ball back after a San Juan

turnover with 1 minute, 16 seconds left.

Blackner sliced through the Broncos defense and hit a twisting layup on the possession that pulled the Falcons within one.

Following two misses by both teams, CV called a timeout with 8.4

but I am surprised how the starters played early on."

When winning time mattered, Blackner came through, denying Torgerson from behind as he rose up from just inside the 3-point line.

"It was a fun, crazy game," Blackner said. "We were lazy at times, including myself, and had energy spurts. If we do that, teams are going to hang around. We've got to have energy the whole game."

With Blackner's winning attempts, the Falcons were just 4-of-6 from the free-throw line. San Juan was 8-of-11. CV made six 3-pointers to the Broncos' two.

Canyon View extended its win streak to four in a row and went above .500 for the first time this season with a 70-28 rout over Millard on Dec. 29. Blackner led all scorers with 18 points, including four of the Falcons' 10 3-pointers in the win.

CV held the Eagles to single digits in every quarter, building a 20-6 lead after the first and cruising from there.

The Falcons' win streak would end at four when Spanish Fork rolled to a 64-44 win on the final night of the Classic on Dec. 30. Bridger Noles led the way with 31 points as the Dons rebounded from letting a 13-point third-quarter lead get away at Cedar the night before.

Spanish Fork led 34-19 at the half and never let Canyon View closer than eight points in the second half.

CV will close its non-region schedule tonight with a rematch against Cedar on the home floor. Tipoff is set for 7 p.m.

Steve Hodson Classic



Cyn. View

51



San Juan

50

San Juan 12 14 16 8 -- 50
Canyon View 16 8 13 14 -- 51

San Juan - Pemberton 2, Ivins 2, Brown 16, Blake 13, Pugh 3, Torgerson 14. Totals 20 8-11 50. 3-pointers - Pugh 1, Torgerson 1.

Canyon View - Sanders 3, Huxford 8, Holmes 3, Dastrup 5, Blackner 19, Lambeth 6, Miller 7. Totals 21 4-6 51. 3-pointers - Sanders 1, Holmes 1, Blackner 2, Miller 1.

Thursday's Game
Canyon View 70, Millard 28

Friday's Game
Spanish Fork 64, Canyon View 44

seconds left and knew the ball would head straight into Blackner's hands.

"He's a competitor and isn't going to struggle all night," Potter said of the junior, who finished with 19 points and seven rebounds. "He doesn't like to lose, so he did what it took. I'm not surprised at that,



CANYON VIEW'S BRANTZEN BLACKNER

made a pair of free throws with 3.9 seconds remaining, then blocked a shot to preserve a 51-50 victory on Dec. 28.

JR ROBINSON



RANDOM Thoughts

by Tom ZULEWSKI
Sports Writer

With Big Sky play officially under way in the first season under head coach Todd Simon, the Southern Utah men's basketball team certainly left an impression in a road win at Northern Arizona on Saturday.

But while it gets conference play off on the right foot, there is much more work to be done. It will not be easy.

One of the biggest initial hurdles this program is trying to cross is finishing with a winning record, which hasn't happened in a full decade. The T-Birds are trying to do it with four freshmen - Decardo Day, Jacob Calloway, Brayden Holker and Ivan Madunic - seeing significant minutes of game action.

Among the quartet, Madunic is averaging the most minutes per game (24) and has the most starts, 12 in the first 14. Calloway and Holker average around 16 mpg, and Day plays 12.8 minutes per contest.

As I look at the numbers, the T-Birds faced a similar situation with prominently using four freshmen in the 2013-14 season - Trey Kennedy, Juwan Major, Race

T-Birds getting better, patience still necessary

Parsons and John Marshall. The circumstances were a bit different, almost like four T-Birds of the apocalypse that had a 26-game losing streak and the final carnage of a 2-27 overall record.

This group is nowhere near like that one for a myriad of reasons, the biggest of which is they already have three wins. Kennedy and Major are no longer here, but Parsons and Marshall have stuck around and are on their senior campaigns as T-Birds.

Through 14 games, this year's SUU team scores much better than its 2014 counterpart (79.4 points per game against 59), but also gives up more on the defensive end (83.6 vs. 74.9).

As a whole, the Big Sky doesn't exactly deliver a wow factor when it comes to their non-conference success. The league had two teams with winning records heading to league play this year in Portland State and Eastern Washington, but only Northern Colorado was above .500 three years ago.

Take the last paragraph for what it's worth, but the bottom line is this: for SUU to have its breakthrough and break the decade of futility, they'll have to go 13-4 in league play to finish above .500 for the regular season. Since everyone gets to play in Reno at the Big Sky postseason tournament, the mark could change, but it's not likely.

If the T-Birds can do that, it'll end 15 years of losing records in whatever conference they've been in. SUU

last had a winning league mark of 8-6 in the Mid-Con in the 2001-02 season.

-College football bowl update: Cedar High grad John Ursua had an impressive showing at Hawaii in its bowl game as the Rainbow Warriors beat Middle Tennessee State, 52-35 on Christmas Eve. The redshirt freshman had six catches for 120 yards and two led directly to 10 points.

Ursua caught a 44-yard pass from quarterback Dru Brown that put Hawaii at the MTSU 1, and Steven Lakalaka ran for a touchdown from there to tie the score at 14-14 late in the first quarter. Early in the third quarter, Ursua hooked up with Brown on a 35-yard pass play, but that drive only led to a 23-yard field goal from Rigoberto Sanchez that gave the Rainbow Warriors a 38-21 lead.

-I neglected to mention two more notable sports highlights from the area that happened in 2016. Cedar's girls track and field team won the 3A state title, while the Parowan girls repeated as 1A champions, getting by the Panguitch Bobcats again.

The Rams will be returning to the 2A ranks in cross country next fall, but winning the way the girls did against a Panguitch team that had won the previous four championships is a great way to go out.

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

Wasps snap Lady Reds' win streak

by Tom ZULEWSKI
Iron County Today

Cedar girls basketball coach John Elison had one big request for his players as they faced Juab on the second day of the Steve Hodson Classic. A fast start was more than welcome.

What the Lady Reds didn't count on was a slow start in the second half that ended their six-game winning streak.

Taya Jones scored 10 points, including a key 3-pointer in the third quarter that helped break the game open, and Juab held Cedar to just two points in the period on the way to a 40-34 victory. The Wasps improved to 7-2 on the season and the Lady Reds fell to the same record.

"There was frustration, more than anything," Elison said. "I was happy we started stronger. That was our goal. Juab has a 6-foot-2 girl inside (Hannah Robins), they're playing a 1-3-1 zone, and getting the ball inside is pretty tough to do. You've got to hit 3-pointers to open them up, and we didn't do that. They just beat us, outlasted us, and outplayed us."

Juab led 25-21 at the half, but Jones' second triple of the night keyed a 7-0 run that pushed their advantage to 10 at 33-23 heading to the fourth quarter. The Wasps built the lead to 12 at 37-25 early in the final period, but Cedar could get the deficit no

closer than five points the rest of the way.

Dream Weaver led all scorers for Cedar with 11 points, but the Lady Reds shot just 14 percent (3-of-21) from 3-point range. Robins just missed a double-double for the Wasps, finishing with nine points and 10 rebounds.

Cedar fell behind by five early in the

opening quarter, but used a 7-0 run to claim its first lead of the night. After Jones hit two free throws, Courtne Lamb hit a 3-pointer before the end of the period to put the Lady Reds up 14-13.


Robins would hit five straight points, including a conventional 3-point play, that started a 10-2 run in the second quarter, and Juab would never trail the rest of the way.

Cedar would shake off a rough beginning in the tournament opener against Stansbury on Dec. 28, rallying from an 11-1 deficit after a quarter and beating the Stallions, 42-29. Weaver had 12 points and seven rebounds in the win.


The Lady Reds used a 12-2 second quarter to get back in the game, then pulled away by outscoring Stansbury 19-8 in the third.

Cedar wrapped up play at the Steve Hodson Classic with a 44-42 win over 2A school North Sevier. Carley Davis led the way with 16 points and nine rebounds, and the Lady Reds held the Wolves without a 3-pointer while making 9 of 11 at the free-throw line.

Cedar wraps up non-region play Thursday night with a road game at Richfield, then opens Region 9 play at home against Desert Hills on Jan. 10. The Thunder, like the Lady Reds, are off to an 8-2 start.



Juab
40



Cedar
34

Cedar	14	7	2	11	--	34
Juab	13	12	8	7	--	40

Cedar - D. Weaver 11, Robinson 5, Lamb 3, Pearson 2, J. Weaver 7, Davis 6. Totals 12 7-12 34. 3-pointers - D. Weaver 1, Lamb 1, J. Weaver 1.

Juab - Harmon 4, Williams 6, Durbin 3, Heap 5, Robins 9, Wall 3, Jones 10. Totals 13 11-18 40. 3-pointers - Heap 1, Jones 2.

Wednesday's Game
Cedar 42, Stansbury 29

Friday's Game
Cedar 44, North Sevier 42

CEDAR HOOPS

Continued from page 16

"It just takes time to grow something, for guys to trust and buy in," Beck said. "We're seeing a lot of that now."

Cedar opened play at the Classic with a 50-33 victory over Carbon on Dec. 28 behind 15 points from Nielson and 14 from Haynie to go with 11 rebounds. The Redmen led by 10 after three quarters and held the Dinos to five points in the fourth.

Cedar would follow up the win over Spanish Fork by sweeping a pair of games Friday to push the record to 6-5 on the season. The Redmen started the day with a 41-34 victory over Stansbury led by 14 points from Nielson, then beat Eldorado of Las Vegas 59-48 in the evening.

Nielson finished with 26 points - his best effort of the tournament - and got help with 14 from Fakahua along with 12 points from Haynie.

The Redmen will travel to play at Canyon View tonight, then host Richfield in a 5 p.m. start Saturday to wrap up non-region play.

Lumberjack women rally over T-Birds

For its Big Sky opener Saturday afternoon, the Southern Utah women's basketball team was hanging on with all its might in search of a win. With time winding down, the 3-point shooting of the visiting Northern Arizona Lumberjacks broke the Thunderbirds' hearts.

Olivia Lucero drilled the last of NAU's 12 long-range makes with two seconds left in regulation to tie the game, and the Lumberjacks took control in the overtime for a 77-68 victory that snapped SUU's brief two-game win streak.

The T-Birds (0-1 Big Sky, 5-7 overall) led by 12 at 23-11 early in the second quarter, but the Lumberjacks steadily chipped away at the deficit and set the table for a see-saw fourth quarter when Raina Perez (18 points) drilled the first of her three 3-pointers in the period that gave the visitors their first lead of the day, 50-48.

"They did a good job of executing and we didn't adjust to their dribble-penetration and kick to the 3-point shooters," SUU head coach Chris Boettcher said. "We've got a lot to learn, and it's partly a maturity thing. We've got kids

that are still trying to figure out when league hits, it doesn't matter how great you come out in the first quarter. Teams know it's a 40-minute game."

SUU responded to Perez's second triple of the final quarter with a 9-2 run capped by a Jessica Richardson layup

Jamie Smith hit two free throws with four seconds remaining.

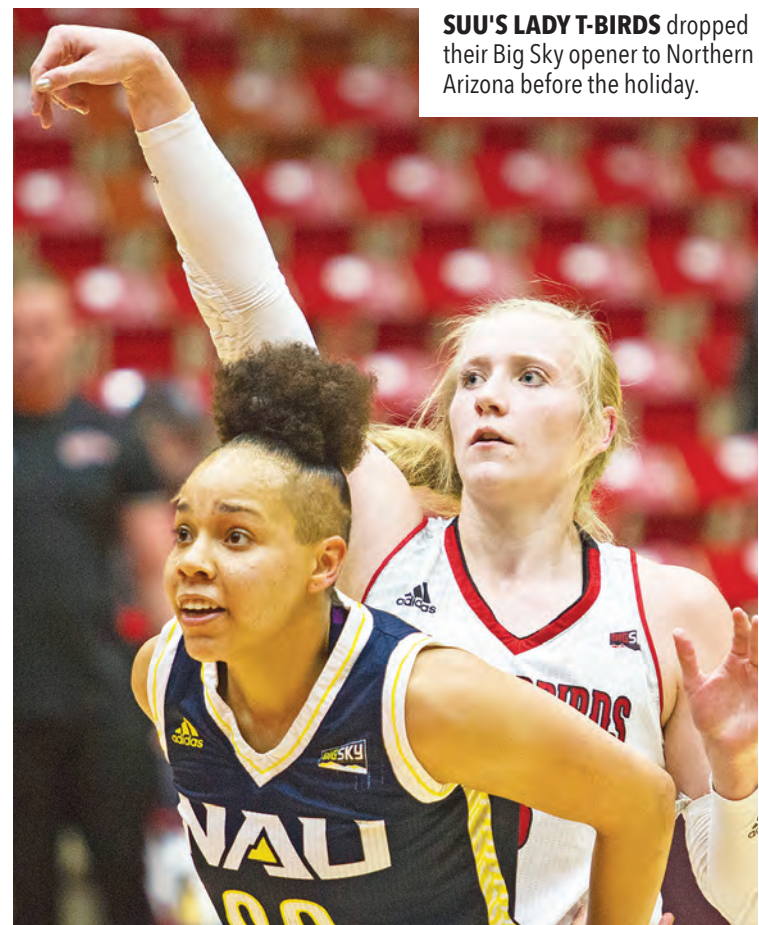
It was more than enough time for Lucero, who hit the game-tying shot from two steps behind the line, her fourth make of the game.

"We got caught underneath," Boettcher said. "She hit a tough shot, but I wish we would have been all the way out to deny it so she catches it further away or has to back-cut and it's a two-point shot, which doesn't hurt us. We did a good job maintaining our lead throughout, then fighting back when we lost it to give us a chance to win."

Kaleigh Paplow, who dished the assist to Lucero for the game-tying shot, took over in the extra period, scoring eight of her 11 points to help NAU pull away.

Richardson led the T-Birds with a double-double of 23 points and 13 rebounds, while sophomore Darri Frandsen chipped in with one of her own - 14 points and 12 boards.

"We were really close and started off really good. In the end, we had critical turnovers and missed shots," Richardson said. "When they hit the shot, we knew we had five more minutes and had to play hard. The second half was rough



SUU'S LADY T-BIRDS dropped their Big Sky opener to Northern Arizona before the holiday.

SUU SPORTS INFORMATION

compared to the first."

NOTES: Both teams made 25 field goals, but SUU was just 2-of-14 on 3-pointers. ... The T-Birds enjoyed a 51-36 rebounding edge, but committed 19 of their 24 turnovers in the second half. ... Smith was the other SUU player in double

figures with 12 points. ... Perez, Lucero and Kenna McDavis each hit four 3-pointers for the Lumberjacks and combined to shoot 43 percent (12-of-28) from behind the arc. ... NAU was 15-of-16 from the free-throw line. ... Both teams played their first overtime game of the season.

with 1:51 left to move back in front at 61-57. Perez responded again with another 3-pointer that trimmed the lead back to one with 1:28 to play, and the score would hold through an exchange of turnovers before

How it began for LaVell and me

By time this column is published, there will have been dozens of articles and columns written about former BYU football coach LaVell Edwards, who died on Dec. 29 at the age of 86. Many people were closer to him or knew him much better than I did. But I need to share my Coach Edwards story.

On September 16, 1972, my "relationship" with Edwards began. I think it did for a lot of us.

I had transferred to BYU from a junior college in California, and frankly, until I arrived in Provo in 1972, I knew nothing about the Cougars' football reputation, or lack thereof. Except this—they usually lost. On that beautiful Saturday night, BYU was hosting Kansas State of the Big 8, a powerful football conference even though the Wildcats were, much like the Cougars in the Western Athletic Conference, perennial football doormats. The old Cougar Stadium was filled, and BYU got a quick lead and continued to build on that. I remember that midway through the fourth quarter, with the Cougs up 32-9, the students and fans around me began murmuring something—that BYU was actually going to win the game. They did.

That was Edwards' first game as head coach. BYU was a running team in those days, like most college football teams. The next week, nationally-ranked Utah State came to Provo, and amazingly, the Cougars led the Aggies 16-7 at halftime. Could another miracle be in the offing, and was LaVell Edwards a

magician who'd turned the BYU football fortune around? Well in the second half, Utah State outscored BYU 35-3. The final score: USU 42 BYU 19.

But Edwards still had the team headed in the right direction. They finished that season 7-4, despite a sound 49-17 thrashing they took at home to long-time WAC bully Arizona State.

ASU trounced the Cougars 52-12 the next year as well. The Cougs finished 5-6 in 1973, which turned out to be Edwards' only losing season at BYU. In 1974, things started terribly, as BYU lost its first three games and suffered an embarrassing tie at Colorado State when the Cougars fumbled a snap as they were trying to run out the clock. The Rams weren't much luckier, however. CSU scored as the game ended and only needed to kick an extra point to win the game. But a 15-yard penalty resulted in CSU missing the kick. So BYU was 0-3-1 after four games.

That's when the magic began to happen. Edwards had shifted the Cougars to a pass-oriented offense, and JC transfer Gary Sheide began to assert himself at quarterback.

BYU won its next two games at home against Wyoming and UTEP, but then faced traveling to Tucson to take on 16th

ranked Arizona. The Cougars won 37-13, and then followed that with a road win over Air Force 12-10 the next week. And suddenly, a WAC title and a bowl game berth seemed a possibility as the new 16th ranked team, Arizona State, came to Provo on Nov. 9.

I remember that game because a friend of mine who lived in my dorm convinced me to dress up in a devil costume he had and to arrange to arm-wrestle the Cougars' mascot Cosmo at halftime. I agreed. I made plans with the cheerleaders, and at halftime left my date in the stands and went into the BYU locker room to put on the outfit. When I came back onto the sideline, the student body booed me very loudly, even as Cosmo kicked by tail in the arm wrestle. I was hit by a few thrown objects (the only one that hurt was an apple in the ribs), and it wasn't until I got back to my seat that the girl I'd taken realized her date was the devil. (No jokes, please). Edwards said after the game that he'd heard about the Cosmo-Devil duel at halftime and that it had invigorated the home crowd. I don't know if that was true or not, but it's been fun thinking



TOM'S Tomes

by Tom HARALDSEN
Managing Editor

that maybe he did say it.

But the good news was that BYU beat ASU 21-18 that afternoon, secured a berth in the Fiesta Bowl that year after easily beating New Mexico and Utah the next two weeks, and the Edwards' championship legacy really began.

Of course BYU under Edwards went on to win many championships and bowl games, and won the National Championship in 1984. I had season tickets in Provo for 20 years, watching some great games. After the Holiday Bowl win over Michigan in 1984 but before the national polls had been finalized, I ran into Coach Edwards at Sky Harbor Airport in Phoenix. We actually met at the package claim area. I told him congratulations on the unbeaten season, wished him well in the polls, and he was gracious and thanked me. We never crossed paths again, but I loved the legacy he created and that he has left—both as a coach and a person.

On that September night 44 years ago, neither LaVell Edwards nor I ever thought anyone would be discussing his football coaching career decades later. But many of us are, along with the pleasure we had to know him or follow him. Thanks for those memories, coach.

Tigers get by Falcon girls

by Tom ZULEWSKI
Iron County Today

The Canyon View girls basketball team played on even terms with one of its future Region 9 rivals in the final game of the Steve Hodson Cancer Classic on Friday night.

Even with only four players finding their way onto the final score sheet, the Hurricane Tigers had just enough to sneak past the Falcons.

Kylie Stevens scored a game-high 21 points, including five 3-pointers, and Jayden Langford chipped in 13 as Hurricane pulled away down the stretch and beat Canyon View 42-33 to improve to 7-4 on the season.

"We adjusted to their zone and used our high post a little better," Hurricane head coach Franci Homer said. "We were more patient, took better care of the ball and made better decisions with our passing."

Stevens had 11 points in the first half, but the Tigers went to the locker room trailing the Falcons 17-16 at the break. After Langford hit a free throw to break a 22-22 tie early in the third, Stevens hit two more from behind the arc and the Tigers wouldn't trail again.

The Falcons wouldn't go down without a fight. Kylie Slack banked in a 3-pointer to tie the game at 30-30 early in the fourth quarter, but Langford would score the next eight points in an 8-1 run to help put the game away for Hurricane.

"We've been in every game, but I talked with them about how we need to improve our basketball IQ," Falcons head coach Jared Sanders said. "Find ways when the game could go either way to make the plays we're not making right now. We panicked and stopped doing the things we did that were working well. Our shot selection needs to focus more on

higher-percentage shots. We have girls who can finish inside."

Alycia Flores led the Falcons with nine points, including a basket that gave CV a brief 10-9 lead in the second quarter. The lead would change hands seven times in the period before a Jordan Nielson jumper and a Morgan Cheney free throw put the Falcons up by one at the half.

CV split a pair of close games earlier in the week at the Classic. The Falcons dropped a 35-33

H Hurricane
42

Cyn. View
33

Canyon View 8 9 8 8 -- 33
Hurricane 9 7 13 13 -- 42

Canyon View - Flores 9, Nielson 2, Slack 3, Francisco 1, Cheney 5, Oshley 4, Lusk 2, Condie 5, Vasi 2. Totals 10 11-19 33.
3-pointers - Slack 1, Condie 1.

Hurricane - Stevens 21, Langford 13, Christensen 2, Hirschi 6. Totals 14 8-11 42.
3-pointers - Stevens 5, Hirschi 1.

Wednesday's Game

San Juan 35, Canyon View 33

Thursday's Game

Canyon View 39, Lincoln County 36

decision to San Juan on Dec. 28, converting only 1 of 7 from the free-throw line, but followed up the next day by edging Lincoln County, 39-36.

Canyon View led the Lynx 19-9 at the half, but had to hold on in the second half. The Falcons are 3-9 on the year and closed its non-region schedule with a home game against Delta on Tuesday. Results were not available at press deadline.

Desert City Crit Series starts Jan. 7

ST. GEORGE — Speed and endurance will be on display as Rapid Cycling Racing hosts the first of five races of the Desert City Crit Series Jan. 7 at the Canyons Softball Complex in St. George.

Criterion racing consisting of several laps around a closed circuit, the length of each lap or circuit varying in length. The Jan. 7 race goes around these streets on the southwest side of the Canyons complex: Tuweap Drive, W 2000 North and N 2100 West.

This race is the first of five in the series, which will take place every two weeks. On Jan. 21, the racing moves to Ivins, followed by Fort Pierce (Feb. 4), Hurricane (Feb.

18) and back to Fort Pierce for the March 4 finale.

"We are thrilled that Rapid Cycling Racing is continuing its commitment to bringing exciting bike racing to the region for the third year in a row," said Kevin Lewis, Director of the St. George Area Sports Commission, in a release. "As a series of USA Cycling, this is a tremendous chance to earn points and advance your ranking."

The first wave of racers start at 11 a.m. Spectators are free and welcomed at the event.

The cost to register is \$35 online at www.rapidcyclingracing.com until Jan. 6. In-person registration on the day of the race is \$40.

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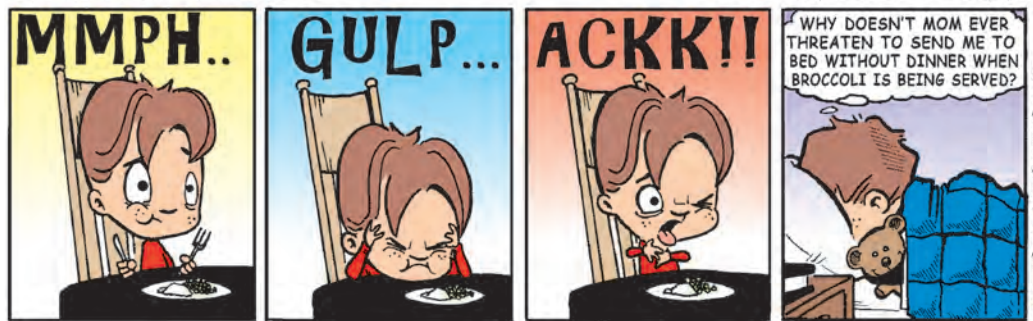


Comics & Puzzles

WEDNESDAY, JANUARY 4, 2017

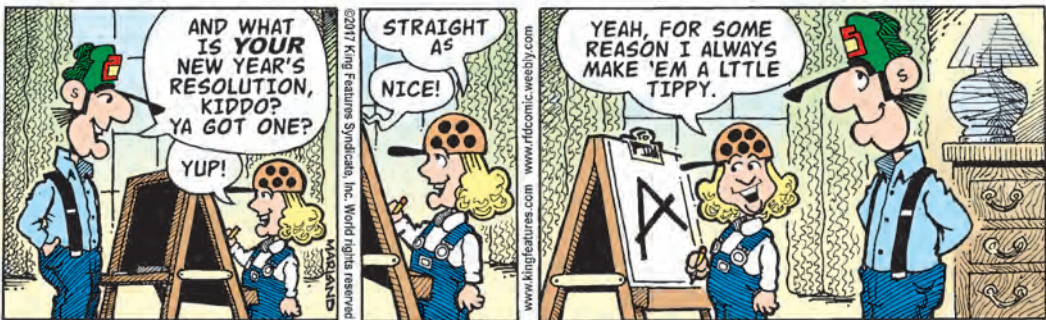
Amber Waves

by Dave T. Phipps



R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



King Crossword

ACROSS

- 1 Rebuff a masher
- 5 Whip
- 9 Vanna's cohort
- 12 Twosome
- 13 Reverberate
- 14 Center
- 15 — -European
- 16 Part of Q.E.D.
- 17 "Monty Python" opener
- 18 Egg container?
- 19 Symbol of intrigue
- 20 Hoofbeat sound
- 21 Mound stat
- 23 Sib
- 25 Like wet snow
- 28 There
- 32 Pot
- 33 Of service
- 34 Construction pieces
- 36 Prepares to propose
- 37 Bottom line
- 38 Egos' counterparts
- 39 Crooked
- 42 Under the weather
- 44 "G.W.T.W." plantation
- 48 Regret
- 49 Verbal

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19				20			
			21	22			23	24			
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32								33			
34				35			36				
			37				38				
39	40	41		42	43			44	45	46	47
48				49				50			
51				52				53			
54				55				56			

- 50 Enthusiastic, plus
- 51 "All the Things You —"
- 52 Exhaust-pipe output
- 53 Undressed member
- 54 Pantheon
- 55 Unoriginal one
- 56 Ball-bearing items
- 57 Room to maneuver
- 58 Farm fraction
- 59 Down-at-the-heels
- 60 Stolen
- 61 Donahue or Collins
- 62 Car
- 63 Recipe meas.
- 64 Potential winner
- 65 Lyricist's specialty
- 66 Circular
- 67 Take to the slopes
- 68 U.K. pol. party
- 69 Multipurpose truck
- 70 Conk out
- 71 Right angle
- 72 Scale members
- 73 Rouse
- 74 Strikingly effective
- 75 Boast
- 76 Continental coin
- 77 Requisite
- 78 Like some excuses
- 79 Chills and fever
- 80 Took the shuttle
- 81 Quite some time
- 82 Son-gun link

DOWN

- 1 Whirl
- 2 Nathan of Broadway
- 3 Helps
- 4 Lutheran, e.g.

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Weekly SUDOKU

by Linda Thistle

	6			9				7
9					1			3
		8	6			5		
		4	1					6
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

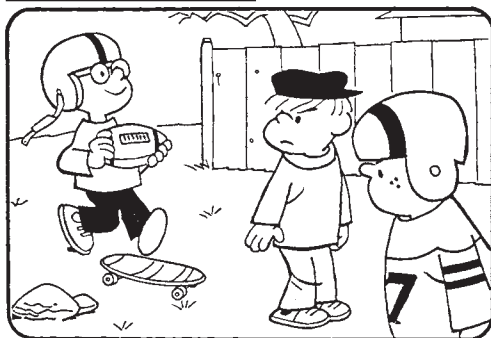
DIFFICULTY THIS WEEK: ♦♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

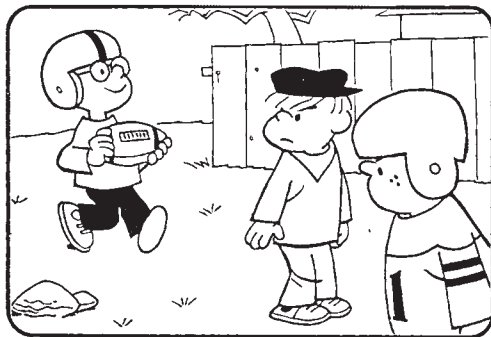
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Strap is missing; 2. Post is missing; 3. Skateboard is missing; 4. Collar is different; 5. Stripe is missing; 6. Number is changed.

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

Answer

Weekly SUDOKU

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

Solution time: 24 mins.

Answers

King Crossword

Trivia test

by Fifi Rodriguez

1. ASTRONOMY: What makes the planet Mars appear red?
2. INVENTIONS: What is the Latin meaning of the velocipede, an early type of bicycle?
3. GEOGRAPHY: What is the largest freshwater swamp in North America?
4. MEDICINE: What are vasodilators?
5. HISTORY: When did Canada win its independence?
6. MUSIC: Which 20th-century bandleader was known as "the king of swing"?
7. GENERAL KNOWLEDGE: What type of plant was used to make the first paper?
8. MOVIES: What was Indiana Jones' trademark weapon in the movie series?
9. LITERATURE: In Shakespeare's play, what is Julius Caesar warned about just before his death?
10. LANGUAGE: What is the name for bird eggs that were laid at the same time?

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Trivia Test Answers
 1. Abundance of iron oxide; 2. Swift foot; 3. Okfenokee; 4. Medicines that dilate blood vessels; 5. 1867; 6. Benny Goodman; 7. Papyrus; 8. Bullwhip; 9. The Isles of March; 10. A clutch