

Inside

Iron County Celebrates History and Heritage on July 24th



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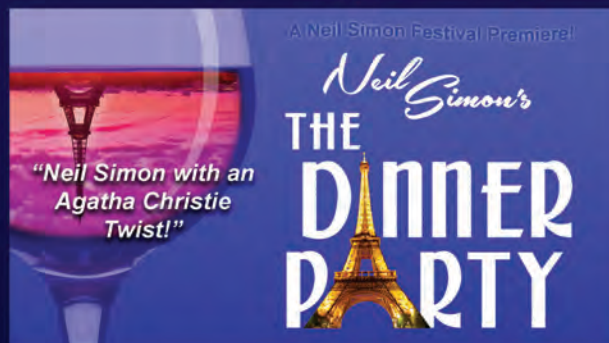
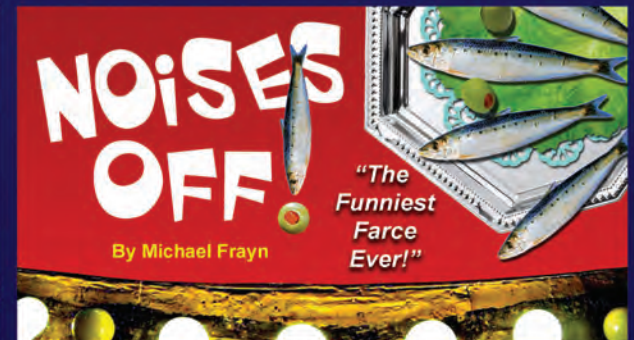
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WEDNESDAY, JULY 26, 2017

VOL. 9 NO. 34

Township Pharmacy to have prescription drop box

by Becki BRONSON
For Iron County Today

Township Pharmacy in Cedar City has partnered with Intermountain Healthcare to provide a prescription drop box location inside Township Pharmacy, for residents to safely dispose of unused or expired medication. This drop box partnership is the first of its kind in southern Utah. The drop box is available to the public free of charge, and open for use during regular business hours. A private medication disposal company facilitates the removal and incineration of the disposed drugs, which costs \$5,000 for three years of service. Intermountain Healthcare, working with Southwest Prevention, donated the funds necessary to secure the disposal container and services, and Township Pharmacy generously agreed to provide the site, space and support inside their pharmacy. The donation was presented today from Intermountain Healthcare's Community Benefit Manager Amber Rich and Southwest Behavioral Health Prevention Specialist Heidi Baxley, along with Cedar City Hospital Administrator Eric Packer, to Evan Vickers, owner of Township Pharmacy and Senator for Utah Senate District 28, along with Kyle Rowley, Township Pharmacy pharmacist.

see **DROP BOX** | 3



A COUPLE WALKS DOWN THE PARADE ROUTE in pioneer attire in celebration of Pioneer Day in Cedar City.

COREY BAUMGARTNER

PIONEER PRIDE

Remembering the Mormon pioneer heritage, history 170 years later

by Holly COOMBS
holly@ironcountytoday.com

For those as transplants to this state, July 24 might seem a little odd at first, but to us Utahans it's known to be a huge part of the state heritage and history.

In February 1846, the pioneers and early members of the Church of Jesus Christ of Latter-day Saints made their 1,300-mile journey that would take nearly 18-months from Nauvoo, Illinois way to the Salt Lake City valley. Thereafter, they settled many of the communities in the state and every year since their history and heritage is celebrated.

July 24, 1847 was the day they celebrated the end of their journey and Brigham Young proclaimed "This is the place!"

In Iron County, many themes and celebrations took place to celebrate that history and heritage.

A remembrance of the long journey the pioneers made was celebrated in a one-mile run in Cedar City and Beaver.

One young runner was just excited to cross the finish-line at the mile-run in Beaver, knowing he'd get a medal.

"I knew I could do it," Brixxon Roberts, 3-year-old resident of Parowan, said.

Roberts' mother, Emilee said he was so excited to run and she was surprised he woke up as early as he did.

see **PIONEER DAY** | 2



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PIONEER DAY

Continued from page 1

"We had to leave Parowan at 5:45 a.m., but he was so happy to do it," Emilee Roberts said.

After the races, heritage essay winners from local elementary schools were presented their awards for their work about their ancestors at the Cedar City Rock Church at 8 a.m. Monday.

Cedar City Temple President Dan Jones and his wife JoAnn spoke of the blessings of the pioneer history and the coming of the Cedar City Temple.

At 10 a.m., many decorated floats made their way down Main Street. With themes ranging from "Heritage," "Service is Love," "Press Forward with Courage" and "Forging the Future by Remembering the Past."

Pioneer, Mexican and Polynesian cultures danced and marched down the parade route.

Remembering the importance of heritage and the life given today were emphasized as part of the celebration.

The theme "Come to the mountain of the lord to save the souls of those who've left this world," with temple replicas resonated throughout the Cedar City Parade, as the coming of the open house and dedication is within months.

The importance of temples dates back to the beginning of the LDS faith, as they stand as proxies for ancestors to perform baptisms, sealing of families and married couples.

When the pioneers made their way to the Salt Lake Valley, a temple was the first priority, but took



CELEBRATION OF THE MORMON PIONEERS ARRIVAL IN UTAH takes place every year on July 24.

COREY BAUMGARTNER

40 years for the temple to complete. During that time, other temples spotted the state, including the St. George LDS Temple.

Activities in the park followed in Cedar City with food games, races and other fun.

Enoch started its celebration at 4 p.m. with a parade, games, food and fireworks but was not available for reporting by press time.

While, the pioneers made their way to this country 170 years ago, this holiday we remember what they gave those of us now living here and what they sacrificed for their future generations to live happily.



BRIXXON ROBERTS, 3, celebrates his finish in his first one-mile run in Beaver on July 24.

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DROP BOX

Continued from page 1

"This is an important and timely step forward in our community," Packer said. "Township Pharmacy and their team are taking an integral leadership role in helping us address the opioid epidemic. We are excited about this collaboration and what it means for the safety of our family and friends."

Vickers has been a leader in moving the issue forward both as a pharmacist and a lawmaker.

"Widespread misuse of opiate pain medications across the country is very real, and unfortunately we in Utah and even in Iron County, are no exception," Vickers said. "As community pharmacists, we know how important it is to have a safe place to dispose of medications, particularly to prevent misuse.

We're grateful to make it even easier by partnering with Intermountain Healthcare to provide this convenient drop box located right inside Township Pharmacy."

Intermountain Healthcare is actively implementing community initiatives across the state to prevent

prescription opioid misuse, including these community prescriptions drop boxes. Currently, drug poisoning is the leading cause of accidental death in Utah, and according to the Utah Department of Health, Utah is ninth in the nation in opioid overdose deaths, as more people die from prescription opioids in our state than all other illicit drugs combined. Most alarming, the Centers for Disease Control reported Utah is number one in the nation for "natural" opioid-related deaths from drugs like Lortab, OxyCotin, Percocet and Vicoden. "Natural" refers to the opioid having a similar chemical makeup to opioids found "naturally" in nature, like poppy plants. Interestingly, the illegal counterpart to these opium-based prescription drugs is heroin, which has a similar chemical composition.

"Our aim in supporting drop boxes at popular locations like Township

Pharmacy is seeking to change the perception toward holding onto unused prescription drugs and making it easier to get rid of medication you no longer need," Rich, who coordinates the community prescription opioid initiative in southern Utah, said. "In our state, 7,000 opioid prescriptions are filled every day. These prescription drugs, when misused, cause more deaths in our state than even illegal drugs. And yet, the majority of us don't equate the dangers of holding on to a bottle of pills 'just in case' to keeping heroin or dangerous chemicals in the bathroom closet."

In terms of prevention, prohibiting access is one of the simplest and most effective strategies, Baxley said.

The vast majority of people addicted to opioids get them from family or friends," she said. "The best approach to prevention of misuse is safe use, safe

storage and safe disposal.

We strongly encourage people to use drop boxes, because flushing or throwing out these medications can have damaging effects on our soil and water supply."

Vickers added that an average of 24 people die unnecessarily from prescription overdose in Utah each month. "We at

Township Pharmacy hope that having this convenient and easy drop box will prevent intentional or unintentional misuse of prescription medications, and are grateful to be strong community partners with Intermountain Healthcare to improve the safety, health and well-being of all we serve," Vickers said.

"This is an important and timely step forward in our community

— Eric Packer

Drop Box Locations in Iron County »

Township Pharmacy

108 W 1325 N
Cedar City, UT 84720
Monday - Friday, 9 a.m. to 6 p.m.

Cedar City Police Department

10 N Main Street
Cedar City, UT 84720
Monday - Friday, 8 a.m. to 5 p.m.



COURTESY PHOTO

TOWNSHIP PHARMACY TEAMS WITH INTERMOUNTAIN HEALTH CARE to provide a prescription drug drop box inside of Township Pharmacy.

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Realtypath hosts cellphone drive to benefit military

by Holly COOMBS
holly@ironcountytoday.com

Cellphones for Soldiers, a drive that began in 2010 continues this year by host Realtypath from July 1 to July 31 as a way to help soldiers with utilities and special individual needs.

In the last two years 175 phones, which equals to 26,250 minutes of talk time have been collected, Debbie Smith, event organizer said.

"I think that is very exciting," Smith said.

The drive began when one of Smith's co-workers had a grandson that was injured from an explosion.

"I wanted to help in some way so we started participating in this program," she said. "I was impressed that a brother and sister started the program at a very young age."

Smith said phones are accepted any day.

"So, as people get new phones I hope they will think about this program before they just toss them in a drawer," she said. "We are hoping to collect 100 phones during this drive. To date we have received 150 phones which equals 22,500 talk minutes for our military."

Drop off for phones can be done at 2142 W. 850 North Suite 101 in Cedar City.

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
Patti Bostick
Sales Representative
patti@ironcountytoday.com
435.592.1030

Editorial

Tom Haraldsen
Managing Editor
news@ironcountytoday.com
Holly Coombs
Assistant Managing Editor
holly@ironcountytoday.com
Corey Baumgartner
Reporter/Photographer
Kelsey Keener
Reporter
Rachelle Hughes
Arts/Entertainment Writer
Tom Zulewski
Sports Writer

Layout/Design

Devin Christ
Creative Director
design@ironcountytoday.com

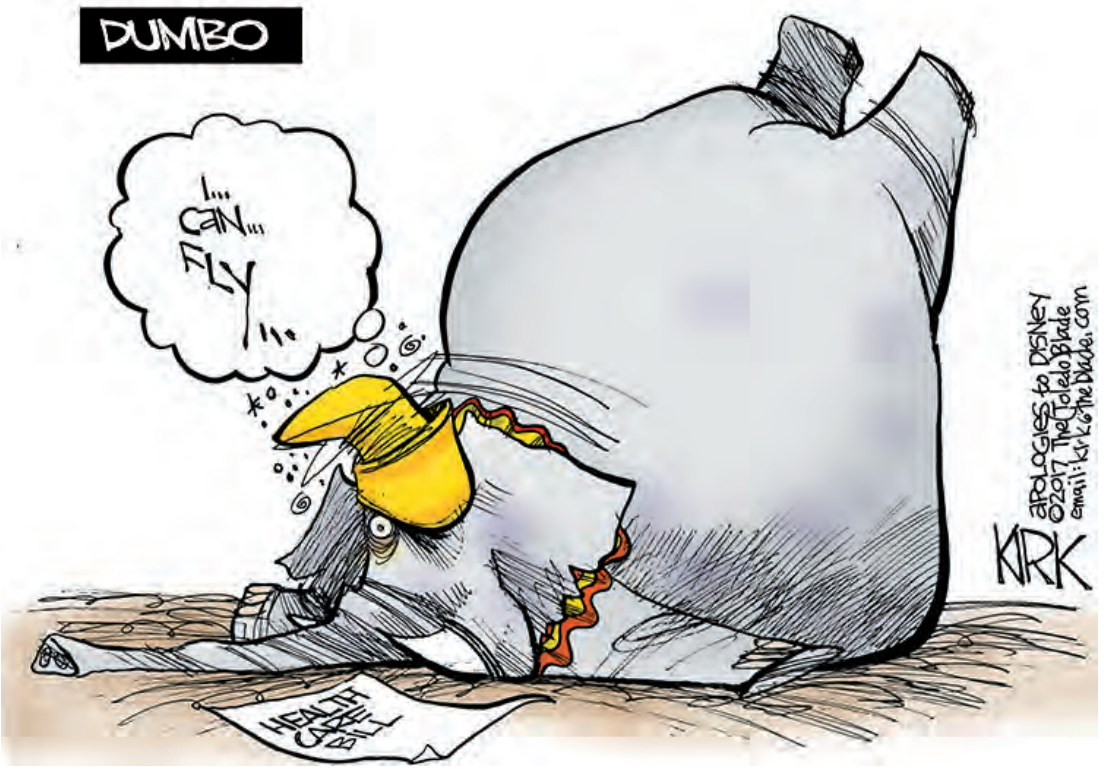
Circulation

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



Free market doesn't work in healthcare

In a response to a recent column in which I suggested voters should not mark ballots for third party candidates, a reader asked me what I had against the Libertarian Party. "The Libertarians are the only party that consistently supports free market principles," he said.

I have nothing against the Libertarians, and in fact agree with the concept of "live and let live" espoused by the group. I also support the free market; having a choice of supermarkets and cell phone service providers and auto manufacturers brings down the costs and fosters innovation.

However, the free market and giving people choices doesn't work in every industry. The current debate over medical care is a perfect example.

A news channel noted last week that rural counties throughout the U.S. continue to face a crisis involving a lack of physicians.

Considering the \$400,000 and up in student debt a physician has when he or she leaves medical school, it is only natural for a young doctor to locate in an urban area. The pay and the number of patients are much higher among skyscrapers than in a county where jackrabbits outnumber patients with insurance.

The free market doesn't solve this; it only exacerbates the problem. A government subsidy is the only measure luring young

physicians to rural zip codes.

The free market also doesn't work well in hospital settings. When the ambulance arrives, the victim is not in a position to ask for an itemized estimate of hospital costs, and, once in the hospital, the patient doesn't have the right to negotiate the charge for those hospital slippers.

This is the problem with Sen. Mike Lee's idea that free markets can lower the cost of health insurance. If you allow young healthy

people to purchase low-cost insurance which covers little while those who aren't so healthy, especially older people not yet qualifying for Medicare, will be forced into purchasing expensive policies. Insurance actuary organizations and physician groups predict that costs will dramatically soar for adults, the exact opposite of what Sen. Lee's wishes. The political irony is that the older adults who generally favor Sen. Lee

and the proposed Republican health plan are exactly the people who will lose insurance or be assessed much higher premiums.

It may seem sensible that a 55-year old woman should not have to pay a few dollars every month for pregnancy coverage. But the reality is that if such coverage is only purchased by 21-30 year old women, many will be priced



Cyclops

by Bryan GRAY
Columnist

A government subsidy is the only measure luring young physicians to rural zip codes

To the Editor

On June 17th, a huge fire began burning in Brian Head, Utah, spreading rapidly in the dangerously dry conditions. More than 1500 people had to be evacuated and 13 homes were reported destroyed. Brian Head, a popular tourist destination, and the surrounding areas were hard hit, but as always, safety is everyone's top priority. Fire fighters have worked diligently since the fire began a month ago, and the Brian Head Fire is reported at 85% containment now and expected to have full containment by Saturday, July 15th.

The Southwest Wildlife Foundation (SWF), a nonprofit organization located in Cedar City Utah dedicated to the rescue and rehabilitation of wildlife and wildlife and environmental education, had a young golden eagle brought to us on June 23rd in critical condition. It was discovered trapped in a slot canyon by Jim and Caitlin Clery, owners of Utah Canyon Outdoors in Escalante, and BLM Ranger Mike Thompson. Rescued and brought to us just in time, Founder and Director of Wildlife Services for the Southwest Wildlife Foundation, Martin Tyner, got to work immediately providing the young eagle with food and fluids.

The rescued golden eagle is now healthy and strong and ready to be released back into the wild. It is a belief among many native peoples that if you say your prayers on the feather of an eagle, it will take your prayers to God. This belief, and the SWF's desire to touch lives and teach people about the animals we care for, has stemmed the tradition of seeking out deserving groups or individuals to dedicate our public wildlife releases to.

In light of the Brian Head Fire, the SWF has decided to dedicate this eagle release to the brave fire fighters who have fought so long to control this dangerous blaze. We would also like to dedicate it to all those who were displaced during this difficult time. The eagle release took place last Friday at Brian Head Peak, after which a community potluck held for the fire fighters as well.

Sincerely,

Nicole Shafer
Chairman of the Board of Directors
Chief Operating Officer
Director of Development
Southwest Wildlife Foundation Inc.
www.gowildlife.org

Opinion

Finding the Constitution in Baghdad

During a visit with U.S. and coalition combat troops in Southwest Asia in 2005, I gave 23 speeches on 12 bases, and on the U.S.S. Harry S. Truman aircraft carrier to more than 30,000 of our bravest soldiers, airmen, sailors and marines in Iraq, Afghanistan, Kuwait, UAE, Bahrain, and Qatar.

Among the remarkable military officers I met, one leader made a huge impression on me. During a conversation with Colonel Blair Hansen (now Major General USAF), Commander, 332nd Air Expeditionary Wing, he pulled a book from his pocket. It was a copy of the U.S. Constitution. He carried it with him 24/7 to remind him why he was in harm's way, away from his family, and fighting bad guys who didn't recognize the God-given rights of every human being.

Colonel Hansen emphasized that our troops were not fighting for a U.S. President, or for any elected official, but only as defenders of the Constitution. Tears filled my eyes as I realized in the military we honor those who willingly sacrifice themselves so that others may live; and in the corporate world we give bonuses to those who willingly sacrifice others. Shamefully,

we have it bass-ackwards!

In our 21st century consciousness of over-emphasized political correctness, our beloved Constitution guarantees everyone has the privilege of worshipping, or not worshipping, God according to the dictates of their own conscience, with the expectation that each of us will afford one another the same privilege, especially defending and protecting the inalienable rights of those who disagree with our theology.

Those who threaten or execute hate crimes must be prosecuted to the full extent of the law. However, no one is a bigot because he/she disagrees with our purpose of life, our definition of marriage, or our views on morality. The First Amendment clearly defines "self-government" as the personal responsibility of each of us to defend the rights of

every religion and its members to worship how, where, or what we may, protected by the rule of law.

I have returned many times to our war zones to inspire and entertain our servicemen and women. Each experience solidifies my appreciation for the sacrifice of their families, their personal commitment to service before self and what they teach us

about being an American.

On September 11, 2001, terrorists did not attack our landmass full of natural resources and breathtaking forests, lakes, mountains and plains. They did not attack a race, gender or specific group of people. They attacked what we believe in. Which means living in America does not make you an American!

America is an experiment in self-government, founded on specific ideals and preserved through obedience to a set of core values couched in an incentive-motivated economic system of free enterprise. America is a land of opportunity, not entitlement, which is clearly spelled out by our divinely guided Founding Fathers.

As you study the Constitution, I trust you'll conclude that being an American requires as part of our civic duty, we must be moral in our conduct toward all people. As a group of immigrants who have all arrived in America on different ships, we are all in the same boat now. May we come together to heal our beloved country and unite as citizens living together as "one nation, under God, indivisible, with liberty and justice for all."

(To download a Free pocket-size combination of the U.S. Constitution and Declaration of Independence, go to dan-clark.com and click on Receive Free Gifts and Training.)



DAN CLARK
Columnist

Dan Clark is one of Utah's best-kept secrets. He's considered to be one of the top 10 speakers in the world, and he's a New York Times best-selling author, publishing nearly three dozen books. In 2005, Clark was inducted into the National Speakers Association Speakers Hall of Fame and is a highly-sought expert on leadership training. Clark is a devoted father and husband, in fact he was named Utah Father of the Year in 2012. He is also passionate about supporting the military. Earlier this year, Clark was presented with the American Spirit Award, the highest form of recognition given to a civilian who has made a significant impact on the Air Force. Clark has appeared on over 500 television and radio shows including Oprah and Glenn Beck, and has been the feature article in Mayo Clinic Magazine, Forbes, Inc., Entrepreneur, and Millionaire Magazines. Although he still travels the world to speak to thousands to listeners, Clark is available to speak to local businesses and organizations. For information about booking Clark for a speech or leadership training, contact info@danclarkspeak.com or call 1-800-676-1211.

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Cedar City Council to consider zone change, residents speak out

by Holly COOMBS
holly@ironcountytoday.com

For the past three Cedar City Council meetings, an item regarding changing the zoning of 10 acres behind Intermountain Famers Association at 1000 S., 450 West has been an important item.

The land, currently zoned as R-2-2 to R-3-M and make housing available to student married couples as per the owners, Leavitt Land.

Residents from the neighborhood have attended each meeting awaiting the council's decision.

Rachel Robinson, one resident, whose home and driveway stand facing a possible road to considered future development has attended every meeting. Her concern at the most recent meeting was that Leavitt Land was adding the 10 acres to an already R-3-M 10-acre zone that it already owns behind IFA.

"I fail to see it as a logical decision," Robinson said. "They can develop housing on the 10 acres they already own."

The concerns of the residents and city that has kept the item tabled has been water, traffic and privacy. While City Engineer Kit Wareham was absent for two meetings, he was present at last Wednesday's meeting to help address concerns.

Leavitt Land Owner Brent Drew said

that the water drainage concern will hopefully have its resolve with a storm drainage down the road that will be paved and made a main entrance to the development on 895 South.

"We're here to do it well," Drew said. "We want to help house married couples and married students."

Another option Leavitt Land is considering to resolve traffic issues is to have the necessary second entrance coming from the

"We want to help house married couples and married students"

— Brent Drew

far east side of the property where travel will cease on 1150 West and Pinecone, where residents have concerns.

As for privacy consideration to the neighbors, the developers are considering putting up a wall around the development.

Robinson argued that residents don't want apartment buildings in their back yard and that the property values will go down.

City Council member Fred Rowley said he lives near one of the dorms at SUU and it has never bothered him.

"As one who lives 150 feet from Eccles Living Learning Center, I don't even notice it's there," Rowley said.

Robinson disagreed that the addition of student housing would not be a positive decision for the city.

"It ignores the needs and concerns of the citizens in the neighborhood," she said. "It puts a negative effect on the community as a whole."

The council will vote on the proposal at its next meeting on Wednesday at 5:30 p.m.

Another concern was brought forth by Utah Shakespeare Festival Founder Fred Adams.

Adams addressed the council in public comment about two women who said they would not be coming to the festival again because the ambient noise around the new SUMA building prevented them from hearing the play for more than 15 minutes.

"We've got to find a solution," he said. "We're having two to five customers per night in the outdoor theatre tell us they are not coming back because they can't hear with the traffic on Center Street."

Adams requested the support and a letter written for consent that he could take to the Utah Department of Transportation to allow a detour during the hours of 8 to 11 p.m.

The council and city staff provided him a letter.

CYCLOPS

Continued from page 4

out of coverage, forcing all of us to pay as hospitals pass on the cost to everyone.

Obamacare had its challenges. But repealing it without a rationale alternative that not only decreases costs but keeps people insured is like removing the heart from a patient without any timeline for a transplant. Stop calling for repeal and start working on improvements for what we already have.

Shifting costs to different age groups makes sense in car insurance coverage and no everyone has to drive a certain car for identical mileage, so the motorist is somewhat in control of the risk. However, people cannot control getting older and a lifetime of clean living can't prevent cancer or dementia or a host of other diseases.

The Libertarian idea of a free market is linked to choices, but people don't choose to have M.S. or breast cancer, or a premature infant. Society's best choice is to use public taxes to ensure that every American is covered against a catastrophic ailment.

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

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COSMIC CONTEMPLATIONS

The Summer Milky Way

by Mike **PHILLIPS**

Cedar Breaks Master Astronomer Program

Late summer is one of the best times of year to view the full splendor of our galaxy, the Milky Way.

The Milky Way galaxy is our home in space. The galaxy contains about 400 billion stars (with enough dust and gas to make billions more) and a 4-billion-solar-mass black hole at its core. More than half the stars found in the Milky Way are older than the 4.5 billion year old sun. Our solar system lies about 30,000 light-years from the galactic center, and about 20 light-years above the plane of the galaxy.

In order to see the Milky Way best, you need to spend some time outside under a dark sky before your eyes become fully adapted to the darkness. It takes about 20 minutes for human eyes to become fully sensitive to faint light.

What does the Milky Way look like? What you will see is a faint, whitish glow, stretching in a huge

arc from the southern to northeastern horizon. It has a mottled appearance, kind of like a fluffy cloud. There are brighter areas, especially toward the core of the galaxy in the southern part of the sky, and darker patches, where nearby clouds of interstellar dust block the light from beyond.

The Milky Way used to be visible on every clear, moonless night, everywhere in the world. Today, however, most people live in places where it's impossible to see the Milky Way because of widespread light pollution caused by lights that let light escape into the night sky. Thus, seeing the Milky Way requires a special effort for most, but it is well worth the trouble.

To see the Milky Way best, you'll need to travel far from any city, to a wilderness area. We are lucky that Cedar Breaks National Monument has been designated as an International Dark Sky Park and is only a short drive from here.

As the nights get a little warmer go out to place away from the city lights and look up and gaze at the Milky Way.

SERGE BRUNIER, ESO

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.

July 17

Joelle L. Reber, Cedar City
Possession in Correctional Facility

Zachary D. Walker, Henderson, Nevada
Retail Theft

July 18

Joseph M. Sandoval, Cedar City
Possession

Lilia E. Dudas, St. George
Probation/Parole Violation

Angel Garcia, Cedar City
Possession, Failure to Stop on Command

Andriya Jones, Cedar City
DV-Child Abuse-DV-Non Inj.

Rocky Mott, Eureka, Utah
Probation/Parole Violation

Torrance A. Shimmin, Mesquite, Nevada
DUI

July 19

Patricia Razo, Los Angeles
Intoxication

Colton R. Owens, Parowan
Burglary, Theft, Controlled Substance, Criminal Mischief

Jeffrey A. Fox, Cedar City
Possession

July 20

Richard K. Macsparran, Cedar City
Retail Theft

Richard D. Barraza, St. George
Federal Contract Prisoner

Lydia Dockstader, Colorado City, Ariz.
Driving w/o license, failure to obey traffic laws

Charles P. Lafferty, Kanosh
DUI w/passengers under 18, Abuse of Psychotropic chemicals

Venito Mendez-Villalba, Kanab
Federal Contract Prisoner

July 21

Jonathan M. Geminiano, Cedar City
Witness Tampering, Unlawful Sexual Intercourse

Prescott T. Lehi, White Mesa, Utah
Theft, Criminal Trespass, Intoxication

Tina White, Cedar City
Probation Violation

SUU Library welcomes arrival of national archive

by Nikki **KOONTZ**

For Iron County Today

CEDAR CITY, UTAH — The archive of the National Society for Experiential Education arrived at Southern Utah University on July 11 for permanent collection in the Gerald R. Sherratt Library. The donation distinguishes SUU as a key player in the experience-based education movement and represents the first institutional home for the archive.

Founded in 1971, NSEE is a membership organization of educators and business leaders promoting experiential education and best practices for engaged education. Its archive contains historical documents and records capturing the emergence and history of the organization. Previously, the collection was housed at a non-publicly accessible location in Alexandria, Virginia, and at disparate locations throughout the United States.

"It is a real honor for SUU to be able to house the archive of a national organization as successful as this," said Patrick Clarke, SUU dean of the School of Integrative and Engaged Learning. "The contribution recognizes SUU as a real leader in experiential learning."

According to NSSE President Stephanie Thomason, Ph.D., the archive is well-matched to SUU for the university's commitment to experiential learning and the Experiential Learning Leadership Institute (ELLI) serving college educators.

"We are thrilled for the opportunity to collaborate with SUU's ELLI," Thomason said. "Both organizations share the goals of enhancing experiential education by supporting professional development, engaging in and sharing research, and advocating for the infusion of effective experiential learning."



COURTESY OF SUU

PATRICK CLARKE, SUU DEAN OF THE SCHOOL OF INTEGRATIVE AND ENGAGED LEARNING, SUU Provost Brad Cook and SUU President Scott L. Wyatt look through the new archive at the Gerald R. Sherratt Library.

The addition of the NSEE archive joins with several SUU initiatives for promoting experiential learning and educational leadership. The SUU EDGE program engages all undergraduate students in experience-based learning projects. For experience-based educators, SUU publishes a national journal titled, "Experiential Learning & Teaching in Higher Education," and hosts an annual ELLI conference.

SUU Dean of Library Services Richard Saunders said partnering with an established organization such as NSSE to produce an academic journal provides a natural outlet for speaking to professionals about higher education topics such as this.

In 2015, SUU received the NSEE Outstanding Experiential Education Program Award, which recognizes an outstanding K-12 or higher education institution that has demonstrated an exceptional commitment to experiential education.

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suu.edu/hss/venture

Dixie Leavitt agency receives "agency excellence award"

CEDAR CITY, UTAH — Leavitt Group recently awarded Dixie Leavitt Agency with an "Agency Excellence Award" and additionally awarded them with "Excellence in Sales Culture" during Leavitt Group's annual conference held this year in Scottsdale, Arizona.

Dixie Leavitt Agency has several offices in southern Utah and Nevada, and is led by local co-owners Adam Christensen, Russ Fitzwater, Mike Higbee, Jaron Hunt, Jeff Hyde, and Mitch Bringhurst.

"We are honored by this award and grateful for our wonderful staff and their dedication to taking care of our clients," Christensen said. "They exemplify our vision statement which includes a commitment to excellence by applying our best attitude and effort in all we do."

Leavitt Group noted Dixie Leavitt Agency's exceptional growth, prof-

itability, and customer service when presenting the award.

During the conference, Leavitt Group celebrated its 65th year in business. Dixie Leavitt opened the first insurance agency in Cedar City, Utah, in 1952 and today there are 135 locations in 19 states.

Leavitt Group is one of the largest privately-held insurance brokerages in the nation and provides clients with greater insurance market access and a wide range of value-added services and resources. Clients receive employee benefits solutions, property and casualty insurance, risk management, and other services. Clients also benefit from the consultative approach to employee benefits and risk management found within the culture of each office and the unique flexibility that comes with local, on-the-ground agency owners. For more information about Leavitt Group, please visit www.leavitt.com.



COURTESY OF THE LEAVITT GROUP

DIXIE LEAVITT AGENCY WAS HONORED for "Agency Excellence" and "Excellence in Sales Culture" awards. The agency is led by local co-owners Adam Christensen, Russ Fitzwater, Mike Higbee, Jaron Hunt, Jeff Hyde, and Mitch Bringhurst.

Win big at Panguitch Lake fishing tournament

PANGUITCH, UTAH — To celebrate the reopening of Panguitch Lake, the local businesses are hosting its first ever fishing tournament. Starting this Saturday, visitors have the chance to win prizes for catching a fish.

Beginning July 22 through Labor Day, Garfield County, the U.S. Forest Service, the Division of Wildlife Resources and businesses in the Panguitch Lake area are holding a fishing tournament to encourage visitors to come experience the beautiful area and its activities.

"The six-week tournament will allow visitors the opportunity to not only catch big trout," said Falyn Owens, executive director of the Garfield County Tourism Office. "But also enjoy everything offered at Panguitch Lake such as renting a cabin or a boat, having a meal or taking a scenic horseback trail ride."

Participants can win a prize one of two ways. They can catch one of the 100 tagged rainbow trout, which will be tagged near the dorsal fin with a red "spaghetti" tag, or they can catch any fish that is over 24 inches long. Participants that catch a qualifying fish can bring it to one of the businesses listed below.

Prizes include boat rentals to the lake, overnight hotel packages, gift certificates to local restaurants, fishing gear, indoor skydiving certificates in Las Vegas and more. In addition to receiving a prize, all participants will be entered in a drawing to win a rifle donated by Sportsmen for Fish & Wildlife. The drawing will take place on Monday, Sept. 4.

"Fishing at Panguitch Lake is really good right now," said Richard Hepworth, Southern Region Fisheries manager for the DWR. "We have not

yet seen any negative impacts from the Brian Head fire."

Panguitch Lake hosts a healthy population of rainbow trout, Bonneville cutthroat trout and tiger trout. The lake has in place special fishing regulations to help keep fishing competitive. To learn about the fishing regulations, visit wildlife.utah.gov/guidebooks and see page 37 of the 2017 Utah Fishing Guidebook.

Additional details about the tournament are available on the Facebook event page at <http://bit.ly/PanguitchLakeTourney>. For more information about fishing at Panguitch Lake, visit <http://bit.ly/2t5flC8>.

"The Panguitch Lake area is still a safe place, and we want folks to come visit and continue making memories here," said Danny Perkins, Garfield County sheriff. "We invite all to come enjoy weeks of fishing and to support our local businesses to help generate new memories at the lake."

All those involved with the fishing tournament would like to thank all the sponsors. The Gold Fish sponsors are Jerry and Monica Taylor and Ruby's Inn. The Bronze Fish sponsors include Bryce Valley Builders, Doug Stoddard Cabinets, Relic Advertising, Perkins Livestock and Allen and Jeannie Henrie.

List of Businesses

To claim a prize and to enter in the rifle drawing, participants should bring their fish to any of these businesses in the Panguitch Lake area:

- » Aspen Cove Resort
- » Bear Paw Resort
- » Burger Barn
- » Blue Springs Lodge
- » Panguitch Lake Adventure Resort
- » Panguitch Lake General Store
- » Rocky Point Boat Dock



Greg Stauffer, Colorado

"I feel like I never even had shoulder surgery."

Greg Stauffer's career in higher education took him from SUU to positions around the state, but he came back to Cedar City when he needed another shoulder surgery. Dr. Robert Nakken performed Greg's arthroscopic shoulder operation 10 years earlier. Last February, Greg had his other shoulder scoped on a Thursday and was back on the job the following Monday. Now retired, Greg is in top shape as he works his 130-acre ranch in Colorado.



Robert Nakken, MD



Lex Allen, MD

Learn more about Dr. Robert Nakken, Dr. Lex Allen and the latest options in shoulder surgery by calling (435) 704-9228.



166 W. 1325 N., Ste. 150, Cedar City, UT 84721

IN Review:

'Guys & Dolls' a show of fun, falling in love

by **Rachelle HUGHES**
Iron County Today

I love a good opening number and Utah Shakespeare Festival's production of "Guys and Dolls," brought an immediate grin with its big city lights stage set and an energetic and varied New York City cast traipsing, skipping, and dancing across the Randall L. Jones Theatre stage.

This story of gamblers, missionaries and showgirls is one of my favorite musical comedies -- favorite songs, favorite stories and favorite characters. I had high expectations. Fortunately, the opening number promises a fun and playful musical. Like many of the Festival's plays this season, this musical is all about falling in love. While the two love stories in this play that follow Sky Masterson (Brian Vaughn) and Sarah Brown (Alexandra Zorn) and Nathan Detroit (Quinn Mattfeld) and Miss Adelaide (Melinda Parrett) both end in wedded bliss, the journey of their love stories are completely different from each other and any other love story in the Festival this season. As Sky says, love is all about "chemistry" and director Peter Rothstein and his cast make sure we get chemistry.

Vaughn's carefree Sky Masterson doth protest too much against true love but when Sky convinces Sarah Brown (the resident missionary against sinful living) to fly off to Havana with him for dinner in order to win a bet against Nathan Detroit he falls hard and fast.

Nathan Detroit is in love and has been for 14 years with the star performer of a Hot Box show and eventually he is going to get married. Smooth talking Nathan Detroit and Sky have their work cut out for them as they navigate the gambling world of New York and the choppy waters of love. Their love lives may be their biggest gamble of all.

Mattfeld as Nathan Detroit is lovable (no wonder Miss Adelaide can't resist his sweet nothings in her ear). Mattfeld plays three different characters this year at the Festival and his acting chops are praiseworthy in that he performs each character with a very different personality. No cookie cutter performance gags for Mattfeld. Vaughn is a suave and clever Sky well matched to the spirited Zorn's Sarah. But Vaughn really won me over when he rescued one of my favorite performance numbers "Luck Be a Lady." The scene was just a little flat on the desperate drama that goes along with this all male dance and song number until he came in and amped up the scene with his impassioned singing plea set in the sewers of New York.

Guys and Dolls has some real toe tappers for musical numbers and the pinstripe and plaid dressed gamblers really put on a showstopper with their number "Sit Down, You're Rockin' the Boat." However, there were a couple

moments in this musical where I found myself wanting a little more. I wanted more time in Havana on the stage to develop the love story between Sky and Sarah. I have seen it performed with more dancing and more story development before and I can see that Rothstein wanted to move the play along at a quick pace but I like Havana, and wanted just a little more time there.

This play is full of delightful characters but some of my favorite are the threesome that are sidekicks to Nathan and his efforts to find a location for the ongoing craps game. This threesome of Nicely-Nicely (Redge Johnson) Benny Southstreet (Josh Durfey) and Rusty Charlie (Brandon Burk) threw down some of the most grin worthy numbers in the play. I also have to give a shout out to Sarah's grandpa, Arvide Abernathy played by Jonathan Gillard Daly. He like Mattfeld plays three very different roles in this year's Festival and his performance has been stellar in every one. Arvide Abernathy has always had a soft spot in my heart and Daly gave him all the heart and wisdom of a doting grandpa.

There are layers of artistic talent that make this musical a success from the lighting to the New York skyline set. K.L. Alberts' costume designs bring rollicking color to this musical and adds to the playful atmosphere that is always lurking in the wings even when love gets serious. In the end, this play was just pure fun. I had a blast and I will be singing "I've got the horse right here . . ." for days.

Guys and Dolls will play in the Randall L. Jones Theatre through September 1st. For more information or to purchase tickets visit bard.org or call 800-PLAYTIX.



UTAH SHAKESPEARE FESTIVAL'S BRIAN VAUGHN (LEFT) as Sky Masterson and Alexandra Zorn as Sarah Brown in the production of *Guys and Dolls*.

COURTESY OF UTAH SHAKESPEARE FESTIVAL CARLE HUGH

A Perfect Friday Evening in Cedar City

by **Mary Anne ANDERSEN**
Cedar City Arts Council

Okay. So let's say you have seen the Shakespeare plays that are running Friday evening, July 28. (You would have seen them on a week-night, when Iron County residents can buy half-price tickets. If that is a surprise to you, now you know.) But you still want to be out on a beautiful summer evening. The action is definitely in the Main Street/Center Street corridor and you are looking to be there.

So let me plan a perfect Friday evening for you. (My family doesn't call me the Master Planner Extraordinaire for nothing.) You need to plan a 3-hour block of time, say 5:30 to 8:30.

The Cedar City Arts Council's Final Friday Art Walk gets under way about 5:00. Artists and musicians will be on the streets, performing, demonstrating, displaying. You will be able to

see their work, see them at work, maybe purchase their work, if you should be so inclined. The two art galleries in the area, Artisans and Art Works, have enough to occupy a good part of the evening by themselves, but don't ignore the other artists and displays on the streets surrounding.

You will want to eat while you are downtown, and fortunately for you, there are great places along the way. I can't name them here but there are five or six restaurants that will be open into the evening until 8:00 or later.

Okay, so it is about 7:00 by now. Make your way down to SUMA as your last stop, looking over your left shoulder at the USF Greenshow as you go by. Be sure to see the gorgeous quilt show "Pathfinders" in the gallery itself and then step into the cool classroom for a special way to end an already great evening.

There, beginning at 7:30, the Council's summer Arts Social will provide a place to sit down and be entertained by some local artists and enjoy some great snacky finger food. (I've seen the menu. Yum.)

The performing artists that evening is Debra Stillman and Danielle Dubrasky. Deb Stillman is a fabulous singer who plied her trade in New York City for a time. She and her guitar will make you



Gary Fenske exhibit at Art Works Gallery

by Linda KILEY
For Iron County Today

Art Works Gallery will be exhibiting work by Portland artist, Gary Fenske. Fenske will be exhibiting his "Night Vision"™ paintings. The opening reception takes place on Friday from 5 to 8 p.m. at Art Works Gallery, in Cedar City, Utah. In addition, this will also be the second Final Friday Art Walk. Gary Fenske is a regular gallery artist, but we will be highlighting his work during the month of August.

About Gary Fenske

Gary Fenske is well known around the world as the pioneer of luminism. His invisible, or "Night Visions"™ art is mysterious. On what appears to be a blank white canvas, his fine art paintings hide, until illuminated, waiting to surprise the unsuspecting viewer.

Fenske first encountered luminous fine art in 1958. It filled him with amazement and changed his life forever. It's still a thrill when he sees others experience luminism for the first time.

A well-known gallery figure in Japan, he was the first American artist to show his work at the Nagoya Shogun Castle. Additionally, his work is found in collections world-wide.



COURTESY OF LINDA KILEY

GARY FENSKE'S PIECE, "DELPHINUS" IS A PART OF HIS WORK "NIGHT VISIONS," which will be available for display on Friday at the Cedar City Art Works Gallery.

CCAC

Continued from page 9

glad you made the effort to leave home. The voice is beautiful, as is the person, and you will want to learn when you can hear her again.

Danielle Dubrasky teaches in the English department at SUU and is a published poet. One of her works was the inspiration for a commissioned piece played by the Orchestra of Southern Utah last season. She will read some of her pieces, which are very lovely and accessible for the modern audience.

The Sagebrush Fiber Artisans Guild will display some of its fabulous work for you to see, and will be able to answer any questions you may have. All three presenters are past recipients of CCAC artist mini-grants.

There. Just follow this itinerary for a perfect summer evening! You're welcome.



COREY BAUMGARTNER

UTAH SHAKESPEARE FESTIVAL PERFORMERS SET THE STAGE AT THE GREEN SHOW. The festival continues through the coming months with various plays and activities.



ROMEO AND JULIET

2017 Plays - June 29 to Oct. 21

As You Like It
Shakespeare in Love
Romeo and Juliet
Guys and Dolls
A Midsummer Night's Dream

Treasure Island
The Tavern
William Shakespeare's Long Lost
First Play (abridged)
How to Fight Loneliness

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ASK *an* EXPERT

» 10 TIPS for Healthy Family Road Trips

by Melanie **JEWKES**

Utah State University Extension family & consumer sciences faculty

Summer time is a great time for road trips. In Utah, there are many wide, vast stretches of highway between destinations, and most stops are at gas stations and tourist attractions that are known to stock sugary drinks, candies, sweets and salty snacks. It's not always easy to eat healthy foods while on the road, or any vacation for that matter, but it can be done. Consider these tips.

1. Pack a small cooler with easy-to-eat healthy snacks such as:

- » Apples (Be aware of agriculture check points that won't allow fruit to pass through, including the border into California and other locations. Buy fruit after passing through.)
- » String cheese and whole-grain crackers
- » Pre-packaged yogurt tubes
- » Trail mix and dried fruit
- » Hummus and pre-cut veggies, like carrots, radishes, snap peas and bell peppers.
- » Celery and small individual-sized containers of peanut butter (check the peanut butter aisle for the small 1-2 tablespoon packages); pretzels also can be dipped in peanut butter for an easy snack
- » Whole-grain bread and peanut butter and jam or cheese and lunchmeat
- » And remember to include wet wipes and garbage bags for easy clean up

2. Take refillable water bottles to save cooler space and to avoid purchasing sugary beverages. They can also help you save money on buying beverages. Refill the bottles each time you stop for gas and restroom breaks.

3. When eating out, seek healthier options such as fruit cups or slices, milk, wraps, salads, rice and veggie bowls and whole-grain options of breads, tortillas and rice.

4. Use a navigation app on your smartphone to look for restaurants near you beyond the ones connected to the gas station when stopping to refuel. Consider non-burger fast food restaurants for variety and possibly healthier options, such as:

» Sandwich restaurants where you could split a larger sandwich with a family member and load up on the veggies options.

» Chinese food places, which often have more choices of veggies than other fast food restaurants.

» Mexican food places where you can look for beans, rice and veggie options, but remember to eat less of the high-fat fried foods.

» Pita and wrap restaurants, which also offer fresh veggie options, but beware of high-calorie sauces.

5. Make farmers markets a destination around meal times. This is a great way to literally taste some of the local foods and culture. Most markets have more than just produce, so enjoy many other vendors selling fresh breads, homemade tamales, side salads and more. Plus, you'll get to move and stretch your legs after all that driving.

6. Visit grocery stores or local bakeries at your destination to buy meals and/or replenish your healthy snack cooler. Consider whole-grain muffins, fruit and small milk containers for breakfast or instant oatmeal packets you can make with hot water from gas stations or hotel room coffee makers.

7. Plan moving time. Search for places along the way for walking, hiking, biking or swimming adventures to break up driving time and get your body moving. It might take a little extra time, but together with choosing varieties of fruits and veggies, moving your body will help you feel more energized, help you sleep better and help keep you "regular."

8. Make gas and restroom breaks a physical activity break—walk, run, dance or do yoga or

stretches. You could even have races with the family. Consider ordering your meals take-out and head to a picnic spot at a local park to enjoy fresh air and more opportunities to move your body.

9. Save treats for events and special destinations of your trip. This will save your car from sugary, sticky spills and melts, and also help reduce calories consumed.

10. Plan non-food activities in the car to pass time and to avoid the snacking-from-boredom syndrome. Listen to audio-books the whole car can enjoy, make videos of the family rocking out to a favorite song, sketch Picasso-like portraits of each other without looking at the paper, play "I Spy," bingo or read books and articles about the history of places you're going to visit.



Calendar

Wed, July 26

CEDAR CITY COUNCIL, 5:30 p.m., council chambers
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 Rally Stop and the Travelodge. Rides available at no charge, leaving the Main Street Pavilion by the library at 11:30 a.m. and returning to same location after the meal. Look for the Sunrise Christian Fellowship van.

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.

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.

BELLY DANCE CLASS AT THE POINTE DANCE STUDIO, 6:30 p.m. All levels welcome. Enjoy a group of supportive ladies in fun and fitness and love of belly dance. Just \$15 a month. More details at <https://www.facebook.com/bellydanczarifa/>

"TRANSFORMATION OF ATTITUDE." BEDE CLIFFORD, "The way I see the world dictates how I feel about my life. Knowledge, seeing what is, relieves me of my friction." A 25 minute video then casual discussion. 7 p.m., Cedar City Library in the Park (Rare Books Room). The Literary Club. For more information, call 435-559-7777.

Thurs, July 27

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.

SUMMER STORY TIME FOR CHILDREN, 10 and 10:30 a.m., Cedar City Library in the Park. This summer's reading program theme is "Build a Better World." All ages are welcome.

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.

PAROWAN CITY COUNCIL, 6 p.m., city offices.

CEDAR CITY RADIO CONTROL CLUB, 7 p.m., Cedar City Library in the Park.

Fri, July 28

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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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 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.

Sat, July 29

YEAR ROUND FARMERS MARKET, every Saturday rain or shine, 9 a.m. to noon in the parking lot across from Pastry Pub. Local vegetables, greens, fruit, herbs, baked goods, artisan cheese, live plants, flowers, jams, raw honey, farm fresh eggs, and more. Also every Wednesday, same location, 4 to 7 p.m.

SATURDAY MARKET, 9am-1pm every Sat. @ IFA, 905 S. Main. Good weather outside - bad weather inside. Farmers with vegetables, fruits, eggs, honey, baked goods & breads, meats, tamales, food vendors, hand-crafted items including soaps, lotions, jewelry, clothing, home décor and gifts for all ages. For more info call 435-463-3735.

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.

Sun, July 30

ALCOHOLICS ANONYMOUS, 11 a.m. (TGISS) AA and 6:30 p.m. 12x12 Book Study, The Meeting Hall, 1067 S. Main St., Cedar City, for information call (877) 865-5890.

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

COMMUNITY MINDFULNESS MEDITATION, 4 p.m., St. Jude's Episcopal Church, 89 North 200 West, Cedar City. This is facilitated by Amber Gower. This is a guided meditation open to the public. It is non denominational and free to all looking for guidance in group meditation. Phone 435-590-4092 for more information!

Mon, July 31

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.

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.

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.

Tues, August 1

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.

IRON COUNTY BOOKMOBILE PRESENTS CHILDREN'S STORYTIME FOR KIDS UP TO AGE 8 10:45 A.M., Old School Library, 4763 N. Santa Fe Trail, Enoch. Info at 435-586-6715.

Wed, August 2

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

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 Rally Stop and the Travelodge. Rides available at no charge, leaving the Main Street Pavilion by the library at 11:30 a.m. and returning to same location after the meal. Look for the Sunrise Christian Fellowship van.

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.

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., city offices

BELLY DANCE CLASS AT THE POINTE DANCE STUDIO, 6:30 p.m. All levels welcome. Enjoy a group of supportive ladies in fun and fitness and love of belly dance. Just \$15 a month. More details at <https://www.facebook.com/bellydanczarifa/>

Want Your Event on Our Calendar?

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.

SUU Pre-school

123 South 300 West

- Utah Early-childhood Licensed Teachers
- Early-childhood Utah Curriculum
- Morning Classes (five days a week)
- Afternoon Classes (four days a week)

For more information and registration please visit:
www.suu.edu/ed/preschool
 Contact us at: 435-586-5471



the **Pet** CORNER



DAWN AERTS
Contributor

K-9 Courage at Work

Dogs like 'Bolos' are one of a kind.

In fact, it's hard to explain just how important a 'well-trained' dog is to law

enforcement Officers like Iron County Sheriff's K-9 handler, Deputy Shawn Peterson.

"We've been a team for the past two years," Peterson said of his 3-year-old Dutch Shepherd and partner, Bolos. "He is what we term a 'Dual Purpose Dog' -- one who specializes in patrol and narcotics detection."

Peterson said this K-9 not only keeps Officers safe, but serves the community in a range of high-risk situations, from search and rescue to criminal apprehension.

"K-9's like Bolos are exceptional in every way," Peterson said, of his military background and the specialized training they have completed as a Team. "These dogs must complete a basic training cycle of 16 weeks; a rigorous practical skills test, as well as a yearly re-certification process." With that, Peterson and Bolos are required to complete 8 hours of practical training time each week.

You might say, a well-trained K-9 is one of the best tools available to law enforcement and essential to their mission.

Peterson is quick to point out that when an assault suspect bolted into a nearby residence last year, it was Bolos who tracked him down for Officers. And when two felony suspects tried to elude Officers in an early morning car chase -- it was Bolos who apprehended them for an eventual arrest.

In short, Peterson said: "These dogs keep us safe. Their nose, hearing and eyesight is remarkable -- so (as they react), we just don't question their abilities."

Like most K-9 teams, Peterson and Bolos are together, on call duty 24-7 ready to assist the community and law enforcement counterparts as the need arises. "Basically, we help out when called on by Cedar City, Parowan, or by Garfield and Washington Counties." The Iron County K-9 Team also works with outside agencies like the Utah Highway Patrol (UHP) and U.S. Forest Service in both training and operations.

"One of the most important roles of a K-9 (like Bolos) is to simply keep neighborhoods safe and to assist in getting drugs off the streets," Peterson, a K-9 handler since 2014, said. He believes that a well-trained K-9 saves countless hours (in search and apprehension work) and can really reduce risk for Officers who find themselves in high-stress, critical situations.

"When something bad happens, a K-9 will move beyond the 'handler' and past the SWAT Team in place." In other words, this dog would be the first to run through the dark hallway, or into that dangerous stretch of road, Peterson said of his partner, "A well-trained K-9 will always run into danger rather than run away from it."

If you have a special dog or pet that you would like featured in an upcoming Pet Corner you can email your story idea to dawnaerts@hotmail.com.

In Honor of K9 Dingo who was killed by a wanted fugitive in Salt Lake City July 7th, and K9 Endy who died July 3rd in an overheated patrol vehicle in Cache County.



DAWN AERTS

**IRON COUNTY K-9
OFFICER AND DEPUTY
SHAWN PETERSON** with
his K-9 partner, Bolos

New thrift store brings charitable treasures to town

by **Corey BAUMGARTNER**
Iron County Today

The newest community thrift store in town, "Treasures," officially opened its doors on July 20. Established by the Community Presbyterian Church, the new store will sell everything from clothes for children and adults, jewelry and books; to home furnishings, appliances, electronics and nearly everything in between.

Since about 1938, the Presbyterian Church has always held rummage sales to benefit the community. However, with all the work involved for one weekend a year, they felt it was time for a change. That was when Nancy Pearson, pastor of the Community Presbyterian Church, and her treasured task-force, embarked on a quest to find a more permanent and more effective location and solution for their cherished charitable work.

"Treasures" will be no ordinary thrift store.

"Our prayer is that this store will become a place where you know you will be treated respectfully and kindly and that you will always find a ready, listening ear when you come here to shop," Pastor Nancy Pearson said.

Built in what used to be a gas station and garage, this benevolent boutique is also unique because the majority of all sales will remain in and be used throughout the community. Monies, and merchandise will help support local compassionate groups such as the Care and Share, Bread of Life, the Canyon Creek Women's Crisis Center, and the Children's Justice Center, to name a few.

"We have been so blessed with people bringing stuff in, it's incredible," Bob Pearson said.

During the special grand-opening ribbon-cutting and welcoming ceremony, Pastor Nancy welcomed and thanked everyone for their support and prayers during the planning and launching phases of this new addition to their ministry. Then, speaking of the vision for Treasures, she read the biblical verses from Matthew 5:14-16—about the responsibility of being a light unto the world.

"We pray that God will allow us to be a light shining for Him, here from this corner in Cedar City," she prayed.

Another very applicable Bible verse says that, "For where your treasure is, there will your heart be



COREY BAUMGARTNER

also." (Matthew 6:21) The heart of the Community Presbyterian Church is definitely in this community and the good people of Cedar City.

Following Pastor Nancy, Cedar City Mayor Maile Wilson spoke to those gathered.

"We are so fortunate in this community to have churches and ministries where we can all come together, regardless of faith, and support each other," she said. "We are not just a city, but a community where we all strive to lift one another up. We are thrilled as a community to welcome the thrift store and see you thrive for many, many years to come."

Treasures, is located at 1093 S. Main St. in Cedar City and will be open Thursdays, Fridays and Saturdays, from 10 a.m. to 4 p.m. Donations are welcomed and for large furniture donations volunteers will come pick it up for free. Bring a friend and come discover some new treasures.

Third annual Water Festival Saturday

THE PUBLIC IS INVITED TO LEARN MORE ABOUT WATER in a festival hosted by Southwest Plumbing Supply and Central Iron County Water Conservancy District on Saturday.



COURTESY PHOTO

Southwest Plumbing Supply and Central Iron County Water Conservancy District invite the community to join them at Main Street Park on Saturday from 10 a.m. to 2 p.m. for the third annual Water Festival.

The festival is designed to promote water conservation throughout Iron County and will showcase water efficient home products, irrigation and landscape equipment, consulting and professional services, and software and technologies.

The booths will be demonstrated by local businesses that provide services and sell products which include; rain water harvesting for irrigation, smart irrigation controllers that can be operated from your phone, drought tolerant plants and turf, and many other water-saving concepts and devices.

The festival will include free hotdogs starting at 11 a.m., bounce houses, and water friendly activities for the kids. Water balloon fights will take place every half hour. Other water activities include; a slip n' slide and water sprayed from a Cedar City fire truck. The total water to be used in all activities will be less than 5,400 gallons. The appropriate water needed to water Main Street Park in one night is 36,264 gallons. The festival activities will use less than 1/6 of the water needed to irrigate the park in one night.

Come join in the fun and learn how you can do your part in helping conserve this precious natural resource.

For information please visit www.cicwcd.org/water-festival or call CICWCD at 435-865-9901.

Stop living a crumby life!



The Rut LESS TRAVELED

by Corey BAUMGARTNER

Have you ever gone to the cookie jar anticipating a chewy chocolate chip cookie only to find—to your hunger's horror—that there are only crumbs left? Looks like that cool glass of milk will be dancing alone tonight.

Perhaps you feel jilted that you didn't get there sooner, or that someone didn't think enough to save you one. It doesn't help to complain about the crumbs. Nor can you idly sit by the jar waiting for some benevolent baker to magically fill your cookie jar. Like that crumby, empty jar, you can feel like you're always getting the crumbs in life.

The problem isn't knowing where the cookie jar is. You could find it blindfolded if you needed to. The real challenge is in the making and baking of your own cookies, but rarely is that quick or convenient. It certainly is not as convenient as having a ready-made morsel waiting to quickly quell your craving quest. Plus, it's time consuming to search for all the ingredients, get out the bowls, spoons and cups and then clear the countertop before you can even begin mixing. And of course, you have to have a reliable recipe and then there's the baking time. You could starve before the process is finished!

So, what recipes have you been following? Have you been following a recipe for a crumby life? Maybe you have the right recipe but not enough motivation to mix the ingredients properly or patience to cook them long enough? Maybe you think you can skip a few steps, or leave out a few ingredients—thinking that the cookies will still taste the same as long as they look good on the outside? Even if you have all the ingredients, without the right recipe you'll be baking blind and hoping that somehow, you've miraculously measured and mixed everything perfectly. If they do taste terrible, you give up and tell yourself that you didn't really want a cookie anyway.

Maybe some of you feel that you aren't meant to enjoy the goodies from life's cookie jar? Maybe you've got your hopes up so many times by putting your hand in the jar, but finding only crumbs, so you gave up trying? It can feel easier to believe there will never be any cookies for you and become a bitter baker, or bitter at the baker and continue feeling just as empty as the cookie jar.

You are meant for more than crumbs and empty cookie jars! Stop following crumby, ratty recipes. Maybe you have lost the recipe, or parts of it got erased, or faded by time, but you don't have to live a crumby life anymore. If you don't have the right recipe, or ingredients, then go find them. Follow the directions with care and then be patient while the oven of life helps bake your new beginnings into more than just tasty morsels, but jars full of joyful and sweet memories.

Maybe some of you feel that you aren't meant to enjoy the goodies from life's cookie jar

People

Wedding



Terry-Chappell

Curtis and Cheryl Terry are pleased to announce the marriage of their daughter, Courtney to Jamie, son of Lane and Coral Chappell in the St. George Utah Temple on July 29, 2017.

Missions

Elder Austin Derk Evans

Elder Austin Derk Evans is returning from his mission in the Kansas, Wichita Mission and will report in the Ashdown Forest Ward of the Canyon View Stake Center, located at 1985 N. Main St. on Aug. 30 at 1 p.m. He is the son of Derk and Kori Evans of Cedar City.



Elder Dallin Rice

Elder Dallin Rice has returned home from serving in the Philippines Cebu Mission. He will speak on July 30 at 9 a.m. at the East Bench Ward at 155 E. 400 South in Cedar City. He is the son of Jon and Colleen Rice.

Elder Dalton Beeson

Elder Dalton Beeson will return from serving a full-time mission for the Church of Jesus Christ of Latter Day Saints on Friday, July 28, 2017. He will report on his service in the North Dakota Bismarck Mission on Sunday July 30, 2017 at 9 a.m. in the Coal Creek 2nd Ward located at 290 W. 1045 North in Cedar



City, Utah. Dalton is the son of Chet and Holly Beeson of Cedar City, Utah.



Elder Jeff Rogers

Elder Jeff Rogers is returning from the Italy Milan Mission and will be speaking Sunday, July 30th at 11 a.m. in the Hillcrest Ward located at 2830 W Cody Drive, Cedar City, Utah. Jeff is the son of Mike and Terri Rogers.

Elder Jedd Norman Kjar

Elder Jedd Norman Kjar has been called to serve as a missionary for the Church of Jesus Christ of Latter-Day Saints in the Italy Milan Mission. His farewell was July 23 in the Equestrian Pointe Ward, Cedar North Stake. Anziano Kjar will report to the Provo Missionary Training Center on July 26th,



2017. He is the son of Norman and Daralee Kjar.

Birth



Kacheton Armita Gale

Sajel and Kelsey Gale are proud to announce the birth of their first-born son, Kacheton Armita Gale on July 3, 2017. Kacheton was born in Beaver, Utah weighing six pounds, nine ounces and measuring 21 inches long. Grandparents are Tony and Amy Wilkey and Lance and Alexa Gale

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

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The Dalton's Son is Getting Married

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586-0460
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433 S. Main, Cedar City (Look for the Big Tire in Front)
See our website at midtowntireauto.com for other savings!



PHOTOS COURTESY OF LOUISE CROSBY

Cove Fort Days to be celebrated in next week

by Louise **CROSBY**
For Iron County Today

On April 12, 1867, Brigham Young sent a letter to Ira Hinckley asking him to leave his home in Coalville and travel 220 miles south to supervise the construction of this fort. Between April and November 1867, quarrymen, stonemasons, and carpenters from nearby settlements labored to construct the fort of black volcanic rock and limestone native to the area. Although the Fort was built to provide safety for travelers during the Black Hawk Indian war, it was never attacked, certainly in part because of its uniquely solid construction. But Ira and family also made friends with the Indians, traded with them and even employed them in the Fort.

Cove Fort was a hub of activity. News of the west and the nation throbbed over the telegraph lines, pony riders delivered the mail, and each day two stagecoaches, with a variety of travelers, rumbled up to the fort. Guests were provided delicious meals and comfortable accommodations. The Hinckleys saw their daily, practical activities, including interactions with visitors, as expressions of their faith.

As times changed so did the need for the Fort. In 1890, the Church leased the fort out, and in 1911 sold it to the William H. Kesler Family, who ran the Fort as a motel, and a museum with a souvenir shop. They also added a gas station, a small grocery store, and a cafe. From 1904 to 1962 at least four generations of Keslers lived at Cove Fort.

In 1988 descendants of Ira and Arza Hinckley acquired Cove Fort from the Kesler family and gifted it to the Church of Jesus Christ of Latter-day Saints as a historic site. The Church then spent seven years restoring it to as near as possible its original state, and on May 21, 1994, Ira Hinckley's grandson, President Gordon B. Hinckley, of the Church's First Presidency, dedicated the completed Historic Cove Fort complex as a Church Historic Site. It is open year-round, and is famous for its immaculately kept rooms and outbuildings with authentic period pieces, its beautiful gardens, picnic areas, clean restrooms, and friendly missionaries.

Cove Fort Days 2017 is coming up on August 4-5. During this annual celebration guests enjoy continuous FREE entertainment throughout the day, featuring many outstanding performers including the famed story teller and singer of Utah history, Clive Romney, and Southern Utah's Heritage Choir; a pioneer village with free demonstrations of pioneer arts and crafts; free horse-drawn wagon and stage coach rides; free hotdogs, chips, punch, and soft ice-cream till it runs out. Festivities begin at 9 a.m. with a flag raising ceremony and visitors from Cove Fort's past, and end by 7 p.m. both days.

There is something for the whole family, so step back in time 150 years and be reminded of the faith, sacrifice, hard work, charity, service and devotion to God and family of our pioneer forefathers.

Tips for low sugar food preservation

Though living in an area where home food preservation is prevalent, not everyone shares the same passion to "put up" or preserve fresh fruits due to the added sugar—especially in syrups used to cover fruit and aid in gelling fruit preserves. The good news is that those who prefer eating less sugar or who must consume less sugar due to dietary restrictions, are not without options.

Before discussing other sweeteners, however, it is important to realize that sugar has several purposes in canning fruits including helping fruit retain color and texture. Syrup made with granulated sugar and water is most common for covering fruit prior to processing to preserve color and keeps the texture of the fruit firm. In addition, sugar is used in jams, jellies and other fruit spreads (e.g. butters) to help form the gel (along with pectin) and after processing allows the end product to become shelf stable (does not require refrigeration).

» Sugar Substitutes

According to the National Center for Home Food Preservation (NCHFP), using Splenda® instead of sugar should work as a sugar substitute for syrup recipes used in canning fruits because the product is heat-stable. Some people, however, have reported an aftertaste when it has been used in various products, so it's possible for flavor to change during storage.

When looking for a sweetener to use in jams and jellies, you could also use Splenda® as the optional sweetener in recipes made with a no-sugar needed pectin (low-methoxyl) for flavor.

Also, sometimes a combination of sweeteners is used to change the flavor of the product. For example, light corn syrup may be used to replace up to 50% of the sugar in a jam/jelly recipe that also calls for commercial pectin.

» Other natural sweeteners

While fruit can be canned with no sugar added, it is especially important to use fully ripe, firm fruit for best flavor. The use of a pre-treatment using an antioxidant such as ascorbic acid will result in better color when no sugar is used. Consider also that though fruit being prepared for canning can be either hot packed or cold packed, hot packing is preferred to



Kathy's CORNER

by Kathleen **RIGGS**
Utah State University Extension

extract the natural liquid and flavor from the fruit.

Unsweetened fruit can be packed in jars and covered with any of the following liquids: use water, the fruit's own juice, or other unsweetened juice. Considering reports mentioned above, it's better not to add artificial sweeteners before canning because they may change the flavor. If you want to sweeten

your canned fruit with an artificial sweetener, add it when you serve it.

» Clear Jel®

Although not a sweetener, Clear Jel® is a modified food starch that serves as a thickening agent with similar gelling/thickening properties of sugar in jams and jellies. It also is the recommended ingredient to thicken canned pie fillings. It is heat stable and will not break down over time as do cornstarch, tapioca, and flour. Specific low sugar recipes using this product in jams and jellies as well as pie fillings are available from the National Center for Home Food Preservation, www.nchfp.uga.edu. The product can be ordered on-line, is available at some specialty kitchen supply stores, and some County Extension offices.

If you have further questions regarding home canning and other methods of food preservation, contact your local USU Extension Office.

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

Not everyone shares the same passion to "put up" or preserve fresh fruits due to the added sugar

SUMMER PHOTO CONTEST

Time to get out & snap those photos that best capture the Summer season here in Iron County!

PHOTOS DUE AUG 2 @ 5PM

Winning photos will be published Aug 9th

- Limit of ONE PHOTO per entrant
- Email photos to design@ironcountytoday.com or deliver to 389 N. 100 W. Suite 12, Cedar City.
- Include the name of the photographer city of residence.
- By submitting your photo, you agree to give Iron County Today permission to publish your photo.
- Questions? Call 867-1865 ext. 4

Obituaries

Amanda Monique Naegle



Amanda Monique Naegle returned to our Heavenly Father on July 19, 2017 following lifelong illnesses. Her final days were spent with family and friends that came to visit or call. Her life would seem too short to many, but those who were touched by her understood that the quality of existence far exceeds the quantity of time in which one lives. Her contagious laugh and friendly conversation made a person feel like you were instant friends.

Monique possessed strength, perseverance, and an ability to overcome incredible odds and physical challenges. With her courage, she led us to believe that each day is a blessing and an opportunity to create lasting memories. Monique loved her family fiercely and had a special place in her heart for animals. She enjoyed puzzles (upside down and backwards!), cards, games, reading and solving mysteries, and drawing pictures or crocheting items for family and friends.

With Monique's passing we remind others that life is to be celebrated. We will miss her every day and she will forever remain in our hearts. Her resilience and example of having a happy attitude with minimal complaining through pain and setbacks has been and will continue to be an example to us. We were able to create wonderful memories and it has been a privilege to be her family.

Monique is survived by her loving parents, Patti Hatch Olvera (Armando), and Buck Naegle (Michele); sisters Rachel Richins (Brian), Sydni Dunford; brothers Derek and Zach Dunford; maternal grandparents Ervin Larry and Mignon Hatch; and loving aunts, uncles and cousins. She is preceded in death by her paternal grandparents LaMar and Joyce Naegle, uncle Don Cripps, and cousin Sierra Tietje.

Funeral service will be held Monday, July 24, 2017 at 11 a.m. at Southern Utah Mortuary, located at 190 N. 300 West in Cedar City, Utah. A viewing was Monday, July 24 at the mortuary from 10 to 10:45 a.m. Due to state holiday, the graveside service was held Tuesday, July 25 in the Cedar City Cemetery at 1 p.m. under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

In lieu of flowers, donations may be made to: Mokey's Memorial Fund.

William "Bill" Cravey



William "Bill" Cravey of La Verkin, Utah passed away July 10 at the age of 71 of congestive heart failure.

He was born in Wisconsin and later settled in Anaheim, California where he ran a termite control business with his dad. After his father retired, he continued to run the business until 1989. He then moved to La Verkin, Utah in the early '90s.

He was an avid rock hound and was a member of the local Cedar City Rock Club.

He is survived by his wife, Margaret; sisters, Norma and Rosalie; brother, Frank; his cousin Kevin Cravey and second cousins

Kannon and Jace Cravey of Cedar City.

His funeral has already taken place and he was laid to rest in the La Verkin Cemetery

Christel Editha Hampton



Christel Editha Hampton of Cedar City passed away on July 17, 2017 after a long battle with kidney disease and congestive heart failure.

Christel was a devoted wife, mother, and grandmother.

Christel was born in Berlin on December 31, 1941, at the end of World War II. As a young girl her family immigrated to the United States. After meeting their sponsored citizenship requirements, they settled in North Dakota to farm. Several years later they left North Dakota for the prosperity of California and landed in the Bay area. There Christel

finished school and married. Along with her husband, she traveled the world, during which time she had a daughter, Ingrid.

Eventually settling in the Salt Lake City area, Christel maintained a prosperous housekeeping business, all the while raising her daughter. She also met and married her late husband Larry B. Hampton. Together they enjoyed traveling, boating and snowmobiling.

After Larry's death Christel moved to Cedar City to be close to her family and while in Cedar became a dedicated five county volunteer, where she helped to care for those disabled or less fortunate.

In her final days she was admitted to a local nursing home to provide for skilled care, and a few short weeks later, passed in the night.

She will be greatly missed as she was the life of every party, determinedly strong, and loved those around her with all of her being.

She is survived by a daughter, Ingrid, son in law, Donni, and grandchildren Chance, Lindsey, and Ashton.

A private memorial will be held at the Krans residence. In lieu of flowers please send donations to the American Lung Association.

Services were provided by Affordable Funeral Services (435)586-3456.

Online Condolences can be sent to Christel's Memorial Book at www.affordablefuneralservices.com

Darrell E. Smith



Darrell E. Smith, age 86, of Cedar City, Utah passed away Thursday, July 20, 2017 at Bella Terra Cedar City.

He was born February 5, 1931 in Cedar City, Utah to Earl F. and Verda Williams Smith. He married Kaye Watson Smith on September 28, 1954. Later they were sealed in the St. George Temple.

Darrell graduated from Cedar High School in 1949. He was a long-time resident of Cedar City, Utah. He and Kaye moved to Las Vegas, Nevada where Darrell worked, returning after one year to his beloved Utah where he worked various jobs, retiring from Western Rock.

He loved his childhood living in Kanarrville. He had many fond memories and stories about his life there. Darrell lived life to its fullest.

Darrell was a member of the Church of Jesus Christ of Latter-day Saints.

He is survived by his wife Kaye of 62 years; two sons Kelly Darrell (Wendy Smith and Mark W. (Jennifer) Smith); 5 grandchildren: Kimber, Heidi, Burk, Chandra, Colton; 3 great grandchildren: Makysa, Maklayne and Lavette; and many nieces and nephews.

Darrell is preceded in death by his mother, father, sisters Mignon Malm (Ed) and Yvonne

(Talmage) McDonogh and countless relatives. Funeral services will be Wednesday, July 26, 2017 at 1 p.m. at the Cedar 2nd Ward Chapel, located at 256 S. 900 West in Cedar City, Utah. A visitation will be held on Tuesday, July 25 at Southern Utah Mortuary, located at 190 N 300 West in Cedar City, Utah from 6 to 8 p.m. A visitation will be Wednesday, July 26 at the mortuary from 11:30 a.m. to 12:30 p.m. Interment will be in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

The family would like to thank the staff at Bella Terra, Alliance Home Health, the many doctors who cared for Darrell through his life, along with family, neighbors and friends.

Mary C. Reese



Our sweet and loving mom, grandmother and friend Mary C. Reese passed away July 20, 2017.

Mary was born in Nampa, Idaho to Joe Cerva and Helen Garrity Cerva on March 13, 1937. She had an older brother (Bob) and a younger sister (Susan).

A job transfer with the Union Pacific Railroad brought the family to Milford, Utah and it is there she met her lifelong sweetheart Clifton G. Reese. They were married 45 wonderful years until his passing in 2000.

Mary worked as a nurse for the Cedar City Clinic alongside Dr. Rymal Williams for 26 years. She was everybody's favorite nurse and always served with kindness and compassion.

Mom never met a stranger and loved to visit with everyone she met. She truly found the good in everything and every person. She was a true cheerleader for those she loved. In her eyes, the grandkids were perfect in every possible way.

Even as her physical health declined, her wit and sense of humor were sharp as ever. She loved her family, old time country western music, the Utah Jazz, and her red Honda.

In the winter of 2015, mom made the move to St. George where she was a resident of Spring Garden Assisted Living. She made many wonderful friends while there and will be greatly missed.

Our family wishes to thank the staff of Spring Garden and Applegate Hospice Care for their friendship, love and kindness they provided for Mom. We will be forever grateful.

Mary is survived by her three daughters: Gaylene Miller (Dave Schoffstall), Anne Hunt (Robert Morgan) and Kara Wogksch (Richard Wogksch); 7 grandchildren and 6 great grandchildren.

She is welcomed into heaven by her loving husband Cliff, mother, father, and son-in-law David Miller.

Funeral services will be held in her honor Tuesday, July 25, 2017 at 10 a.m. at Southern Utah Mortuary, located at 190 N. 300 West in Cedar City, Utah. Interment will be in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

Scott Thomas Pitchford



Scott Thomas Pitchford age 47, was born on March 12, 1970, in Racine, WI. Scott served our country, first as a soldier in the U.S. Army and then as a sniper in the U.S. Marine Corps, since he was 17 years old. Scott proudly served in the military for eight years. Scott then dedicated his life to the Las Vegas community by serving as a police officer with the Las Vegas Metropolitan Police Department for 19 years. Scott retired from LVMPD on May 31, 2017. Scott was a true American Hero, a fierce warrior, amazing husband and father, loyal son and brother, a brother in blue,

U.S. Marine, and a best friend to so many. Scott is survived by his wife Rhiannon, daughters Alyssa and Raelee, son Darien, mom Sam, dad Bob, sister Jenilyn and family, mother-in-law Sherrie, father-in-laws Ron and Dave, numerous brother and sister-in-laws, nieces, nephews, his Marine Corps family, his brothers and sisters in blue and many, many friends. Scott's infectious personality and his ability to make everyone feel special and will be severely missed. Scott passed away on July 20, 2017. His celebration of life will be on Friday, July 28, 2017, at 3:30 p.m. at the Veteran's Memorial Park, 200 N 200 E, Cedar City, Utah. Services are under the direction of Affordable Funeral Services (435)586-3456



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There is no charge for obituaries of 400 words or less with up to two photos. Please email submissions to news@ironcountytoday.com or bring to 389 N. 100 West #12, Cedar City, Utah 84721. The deadline for submission is Monday at 10am. For pricing information for obituaries longer than 400 words, please call 435-867-1865 ext. 5.

CHALLENGE ACCEPTED



PHOTOS COURTESY OF AARON WHEELWRIGHT.

CEDAR NATIONAL'S AVERY VEST SLIDES INTO SECOND BASE against Oakley, Calif., at the Little League West Regional in San Bernardino, Calif., on July 22. Cedar National won, 6-3.

Cedar National rallies for win at West Regional

by Tom **ZULEWSKI**
Iron County Today

After running roughshod through the competition at the Utah All-Star Tournament, Cedar National found itself with a completely different challenge in its opening game of the Little League West Regional softball tournament at San Bernardino, Calif.

Challenge accepted and test passed with flying colors. Despite falling behind early, Cedar National rallied with three runs in the fourth inning and three more in the fifth to beat Oakley, Calif., 6-3 in the first game of pool play July 22. Pitcher Payton Lister went the distance in the circle, while Harley Nicoll and Sidney Webster drove in two runs apiece in the victory.

"We were a little timid and scared, a little nervous," Wheelwright said.

Kendra Whitehair led off the fourth with a triple and scored on a throwing error to start the initial rally. Kamryn Allen and Payton Lister added singles, and Webster doubled to tie the score and put all the momentum in Cedar National's corner.

"That inning changed everything for us the rest of the game," Wheelwright said.

Oakley had scored twice in the first inning and added one in the top of the fourth before Cedar National started its comeback.

For its second game of pool play, Cedar National faced a team from Juneau, Alaska, on Monday that was too late for press deadline. A full recap will be available in the Aug. 2 edition and online at ironcountytoday.com.

Cedar American victorious in Junior League West Regional

by Tom **ZULEWSKI**
Iron County Today

The weather wasn't always kind to Cedar American at the Junior League West Regional in Tucson, Ariz. Even after two days of rainouts that altered the schedule, the team put itself on the edge of having another chance at playing for a championship.

Denim Henkel doubled, homered and drove in three runs, and Cedar American broke the game open with a five-run fifth inning on the way to a 9-4 win over Apache Junction, Ariz. on July 23. The game was the second one to be postponed due to rainy weather in the Tucson area.

Cedar American scored twice in the top of the first, but Apache Junction scored once in the second inning. They would counter that run with one in the third before putting its game-breaking rally together that Henkel finished off with a solo home run in the sixth for a 9-1 lead. Apache Junction scored three runs in the bottom of the sixth, but Japrix Weaver – who went the distance in the circle – left two runners stranded in the seventh to wrap up the victory.

Weaver and Kaydee Anderson added two hits to Cedar American's 12-hit attack, and Kelsi Oldroyd and Laynee Anzalone drove in two runs apiece.

After the opening day was rained out July 20, Cedar American opened the regional a day later with a 7-1 win over Burbank, Calif., behind the pitching of Japrix Weaver, who allowed only four hits and struck out five.

Burbank scored its run in the top of the third inning to tie the score at 1-1, but Cedar American wasted no time, answering with three runs in the bottom half before going on to the victory. Henkel had three hits and drove in two runs for Cedar American.

In its second game of the day, Cedar American couldn't overcome a 5-0 deficit and fell 7-4 to Nunaka

Valley, Alaska. Cedar American scored all of its runs in the top of the sixth inning, but Nunaka Valley responded with two big insurance runs in its half to secure the win.

Henkel and Weaver had two hits apiece for Cedar American, and Oldroyd drove in two runs.

The West Regional continued Monday with a game that was too late for press deadline, and the title game is scheduled for today at 6 p.m. A full recap from the remaining games of the regional for Cedar American can be found in the Aug. 2 edition and online at ironcountytoday.com.



PHOTOS COURTESY OF MARTIN ANDERSON

CEDAR AMERICAN CAME OFF IN VICTORY THIS LAST WEEK with a few wins and the possibility of a championship at the Junior League West Regional in Tucson Ariz.



TOM ZULEWSKI

SETH OHMS HOLDS THE PLAQUE HONORING THE INDUCTION OF HIS FATHER, DENNIS OHMS, into the National Horseshoe Pitchers Association Hall of Fame on July 23 at the Dixie Center in St. George.

Ohms inducted to Horseshoe Pitchers Hall of Fame

by Tom **ZULEWSKI**
Iron County Today

ST. GEORGE – It was a moment three generations in the making, and the induction of the late Dennis Ohms of Cedar City into the National Horseshoe Pitchers Association Hall of Fame was as special as a 90 percent ringer game.

Ohms, who passed away in 2015, was one of four people given the honor last Sunday as part of the World Horseshoe Pitching Championship being held at the Dixie Center through July 29.

With a mix of 10 family members and friends reading their tributes of the man who was instrumental in promoting the game for all of Southern Utah, Dennis Ohms was remembered by everyone from his son, Seth, to Utah Summer Games horseshoe tournament director Bruce Barclay.

Dennis Ohms started in horseshoes at the age of 8. When he won his first tournament, he declined the award of a pair of horseshoes in favor of a baseball that he kept throughout his life.

Ohms was instrumental in promoting the game of horseshoes not just in Southern Utah, but around the world. He organized a committee to put together a bid to bring the World Horseshoe Pitching Championship to St. George in 2004, and finally won the honor for the Dixie Center to host the tournament in 2013.

To top that, Ohms was able to achieve another goal of winning the bid to bring the tournament back to St. George within five years, completing the task before he passed away. Seth Ohms, who helps as co-director of the USG horseshoes tournament with Barclay, closed the presentation with one more story of how the youth who took top honors in the 2016 World Championship tournament received a baseball, just like Dennis Ohms did back in the days of his youth.

Ohms formed the Southern Utah Horseshoe Pitchers Association in 1983 and was elected president every year until his passing two years ago. Seth Ohms closed the presentation of his father – who was the second generation to be inducted after Ray Ohms in 1992 – with the perfect description.

“He’s playing in the big horseshoe tournament in the sky,” Seth said as he wiped away a tear.

Pluto TV, Eleven Sports both announced for Big Sky coverage

by **SUU STRATEGIC SPORTS COMMUNICATION**
For Iron County Today

CEDAR CITY, UTAH — At the Big Sky Kickoff the league announced two new media deals, as the conference is partnering with both Pluto TV and Eleven Sports for broadcasts moving forward. Both changes will have a major impact on advancing the reach of Big Sky content, while keeping it free for fans of each program.

Pluto TV

Pluto TV is the leading free Internet television service in America, with over six million monthly active users. The Big Sky is now the first mid-major conference with a dedicated 24/7 channel that can be viewed on any Internet-connected device, ranging from mobile, tablet, desktops and connected TV's.

The Pluto TV app is available on iPhone and iPad from the App Store and available on Android devices from Google Play. The app is also available on connected living room devices, such as Roku, Apple TV, Android TV, Amazon Fire TV, PlayStation or Xbox as well as most smart TV's. Tune in to Channel 230 on the app for Big Sky content.

Pluto TV can be accessed via web at pluto.tv/

watch. WatchBigSky.com is now powered by Pluto TV, which will feature on-demand archived events and exclusive video content.

Eleven Sports

The Big Sky has also reached an agreement with Eleven Sports, who will be broadcasting a football and men's basketball game of the week beginning next fall.

Eleven Sports will be broadcasting three Southern Utah University football games this fall, one on the road and two at home. SUU's road matchup against Weber State (6 p.m. MT) will be the first on the network, with their home matchups against Eastern Washington (5 p.m. MT) and Northern Arizona (2:30 p.m. MT) also scheduled to be broadcast.

Eleven Sports, which is available on various Cable, Satellite, Telco and OTT providers, will also be broadcasting the quarterfinals and semifinals of the men's basketball championship, the semifinals and championships game of the women's basketball championship, and the semifinals and conference championship game for women's soccer, volleyball and softball.

All Eleven Sports broadcasts will also be available on WatchBigSky.com and on Pluto TV.

The broadcast schedule for Eleven Sports will be announced at a later date.

Scheduling isn't always about revenge

Collegiate athletic directors already have a hard-enough job when it comes to scheduling football games. It's no different at Southern Utah, who recently announced games against Utah – in 2022 and 2024.

But there's an account out there of how SUU and UNLV announced there will be a game played in Las Vegas to open the 2019 season. Words like “revenge” were being used to describe the potential reasons to put the programs on the same field once again.

Considering for just a moment how the last meeting between the teams happened in 2011 – a full eight years ago – let's put any “revenge” talk for a game that's still two full years away right now.

UNLV's head coach at the time of the Rebels' 41-16 loss was Bobby Hauck. He was the same coach who couldn't get his success at Big Sky school Montana (80-17 overall in seven years, three trips to the FCS national title game) to translate to the big boys of Division I.

In five years in Las Vegas, Hauck had a 15-49 record and only one winning season before stepping down in 2014. He was hired at San Diego State in 2015 as the special team's coordinator.

By the time this game gets played, it will have been five full years since Hauck left. No revenge exists here, and players on the rosters will probably have little to no memory of that night where the T-Birds basically beat up the Rebels on their turf.

We know the drill on how SUU will collect a nice check once again for playing UNLV, but whoever will step on the field at Sam Boyd Stadium in 2019 will have their own motivations for doing well.

Revenge won't be part of the equation.

» **As good as Randy Onwuasor was at Southern Utah** in his only season in 2017, it's hardly shocking he announced his intention to transfer again after coming over from Texas Tech. Onwuasor led the Big Sky in scoring at 23.6 points per game, but



RANDOM Thoughts

by Tom **ZULEWSKI**
Sports Writer

the T-Birds were 6-27 overall.

Sources have reported Oregon, Gonzaga, and South Carolina are among the schools interested in the 6-foot-3 shooting guard from Inglewood, Calif.

It's no coincidence all three of those schools reached this year's Final Four at the NCAA Tournament. If Onwuasor latches on to any of them, it'll be a clear case of going from the basement to a Park Avenue penthouse with all the trimmings.

» **Jordan Spieth had one of the crazier back-nine finishes** to any major in recent memory, but it was good enough to hang on and earn the third major of his career Sunday at The Open at Royal Birkdale.

If you were up and awake to watch the drama, it was really a small part of the big picture. Spieth turns 24 years old Thursday and already has the first three legs of golf's career Grand Slam and can complete it next month when the PGA Championship is played at Quail Hollow in North Carolina.

When you can do whatever it takes to make your dreams come true, it only adds to how amazing Spieth's achievement was.

Three trophies down, one to go.

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

Southern Utah athletics take off in season openings



SOUTHERN UTAH FOOTBALL TEAM GEAR UP for the opening of their season. The T-birds will open its season on Sept. 2 | Eugene, Ore.

SUU ATHLETICS STRATEGIC COMMUNICATION

by **SUU ATHLETICS STRATEGIC COMMUNICATION**

For Iron County Today

Football

PARK CITY, UTAH — A season after both linebacker Mike Needham and defensive lineman Robert Torgerson had a large impact on the Thunderbird defense, both of them have been named to the Preseason All-Conference list by Big Sky media members.

“Their Preseason All-Conference selections show what type of careers they have had thus far,” SUU head coach Demario Warren said. “We have a ton of senior leadership on our defense this year, and are excited about what these two bring to that group. Our defense has led the entire country in combined interceptions and takeaways the last two seasons, so I cannot wait to see how these guys finish off their career and build on their legacy.”

Needham led the Thunderbirds in solo tackles last season with 47, and tied for the team lead in total tackles with teammate Junior Tufuga. Needham racked up five interceptions (which led the team), nine tackles for loss and three sacks during the 2016 campaign. He also tallied eight pass breakups.

After sitting out for a season, Torgerson returned to the Thunderbirds on a mission and was a bruiser on the first line of defense. He led the Thunderbirds in tackles for loss during the season with 12, and totaled five sacks during the year which tied him for the top spot on the team alongside teammate Taylor Pili. He also accounted for a forced fumble, a fumble recovery and a blocked kicked during the year.

The Thunderbirds will open their season on September 2 in Eugene, Oregon against the Oregon Ducks. SUU's first home contest will be against Northern Iowa on September 16, and they will open Big Sky play in Sacramento against Sacramento State on September 23.

Both 2017 Big Sky Preseason Polls were released in conjunction with the Big Sky Football Kickoff in Park City, and both the media and the coaches around the Big Sky Conference have tabbed the Thunderbirds seventh heading into the season.

In his first year as the leader of the Thunderbirds head coach Demario Warren led the Thunderbirds to a tie for fourth in conference standings with a 5-3 Big Sky record.

“You don't demand respect, you earn it,” Warren said. “We are working to build our reputation as one of the top Big Sky teams year in and year out. Since joining the league in 2012 we are tied with the fourth most Big Sky wins and third most in the last two years, one behind Eastern Washington and North Dakota. We are on the right path and this will be a big season for us to try and earn that respect around the league and the country. Our guys are used to being the underdogs and will be thrilled about the challenges that brings.”

SUU was picked seventh in both polls before the 2016 season and eighth in both before the 2015 campaign.

The Fighting Hawks of North Dakota and the Eagles of Eastern Washington were picked first and second respectively in both the Media Poll and the Coaches' Poll.

The Thunderbirds are projected to play the top five teams selected in both polls, with UND, EWU, Northern Arizona, Cal Poly and Weber State all on

SUU's schedule.

The Thunderbirds will open their season on September 2 in Eugene, Oregon against the Oregon Ducks. SUU's first home contest will be against Northern Iowa on September 16, and they will open Big Sky play in Sacramento against Sacramento State on September 23.

Keep tabs on the Thunderbirds all year long by following @SUUFB on Twitter and Instagram and like the SUU Football page on Facebook.

Men's Tennis

CEDAR CITY, UTAH — The Southern Utah University men's tennis program and head coach Sadhaf Pucher are proud to announce the addition of Jose Ortega to the roster.

“We are very excited for Jose to join our program this fall. He was a five-star recruit in the juniors and has grown up playing in one of the toughest sections in the country,” Pucher said. “Being ranked 13th in Florida is an incredible accomplishment and very tough to do. Jose has a very unique game style that I believe will be successful in the Big Sky Conference. His work ethic, leadership skills and experience at the high junior and collegiate level will be a positive impact for our team this year.”

Ortega will come to Cedar City after spending his freshman year at Coastal Carolina. During his first season as a Chanticleer, Ortega finished 11-8 overall in singles play and 7-7 in doubles. He helped the Chanticleer's to a third-place finish in a tough Sun Belt Conference.

Before joining CCU, Ortega was a five-star recruit and was ranked as high as 95th in the country at one point. He was named to the National High School All-American team and was voted

Big Sky Football Polls

Media Poll

Place	Team	Votes (1st)
1.	North Dakota	298 (15)
2.	Eastern Washington	271 (5)
3.	Northern Arizona	236 (3)
4.	Cal Poly	224
5.	Weber State	209
6.	Montana	204 (1)
7.	Southern Utah	175
8.	Montana State	156
9.	Northern Colorado	135
10.	Portland State	104
11.	UC Davis	62
12.	Sacramento State	61
13.	Idaho State	44

Coaches' Poll

Place	Team	Votes (1st)
1.	North Dakota	130 (6)
2.	Eastern Washington	124 (2)
3.	Northern Arizona	119 (2)
4.	Cal Poly	108 (1)
5.	Weber State	103 (1)
6.	Montana	83 (1)
7.	Southern Utah	80
8.	Montana State	69
9.	Portland State	62
10.	Northern Colorado	60
11.	UC Davis	35
12.	Sacramento State	26
13.	Idaho State	15

Miami-Dade Player of the Year following the 2014-15 season. He was also named “Mr. Tennis” by the Florida Dairy Farmers after finishing as the individual champion at the 2015 Florida AAAA State Championship.

Volleyball

CEDAR CITY, UTAH — The Thunderbird volleyball program has added an exhibition match to their 2017 schedule against the UNLV Rebels that will be played in Mesquite, Nevada on August 14.

The match will be played in The Barn at the Rising Star Sports Ranch Resort, with first serve scheduled for 7 p.m. Mountain Time (6:00 Pacific Time).

“This will be a good opportunity to give our freshmen a taste of college volleyball before our first game that counts,” SUU head coach Craig Choate said.

The preseason match is open to the public.

Following the match in Mesquite, the Thunderbirds will open their regular season schedule on August 25 in Charlotte, North Carolina at the 2017 Charlotte Invitational.

Southern Utah's first home match is scheduled for August 29 against Utah Valley, in a contest that will start at 6 p.m.

For any and all Thunderbird volleyball news, follow @SUUVolleyball on Twitter and Instagram along with liking the SUU Volleyball page on Facebook.

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4 Weeks \$.10/word - 30 Words - \$9.00. More than 30 words - \$.10/word

Submit your classified ads at www.ironcountytoday.com or fax them to 867-1866 or call 867-1865 ext. 1.

DEADLINE TO PLACE ADS IS FRIDAY AT NOON

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LEIN STORAGE SALE: NOTICE IS HEREBY GIVEN, by Enoch Storage Rentals, that the rights, title and interest of the following storage occupant's personal property will be sold at public auction for non-payment of rent. Each unit's contents will be sold in bulk as a single transaction for CASH only on Saturday, Aug 5 at 9:00 am at Enoch Storage located at 660 E 4930 N Enoch, UT 84721, 435-867-4655. A \$100 refundable cash performance deposit is required of successful bidders. #118 John D. Langston; appliances, baby carrier & crib, exercise equip, furniture, tent. #152 Shanna Pender; bed, furniture, dresser, bookshelf, household items, clothing. #178 Cathy Mahr; crib, luggage, toys, household items. #194 Savannah Dutton; bed frame, mattress, baby items, guitar, dresser, desk, sports equip. #310 & 311 John D. Crumback; furniture, bike, beds, mattress, go cart, drums, table, jazzy chair, fridge.

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REAL ESTATE

NICE LOT FOR SALE: Commercial/Residential, many options for property, 259 W 200 S, 1/3acre, 78x198. Good views, all utilities to the street. No prairie dog problem. \$37,500 Firm. 435-627-8733/435-216-6759.

NICE LOT FOR SALE: Commercial/Residential, many options for property, 259 W 200 S, 1/3acre, 78x198. Good views, all utilities to the street. No prairie dog problem. \$37,500 Firm. 435-627-8733/435-216-6759.

HOME FOR SALE **PRICE JUST REDUCED!** Beautiful home for sale in Sycamore Trail subdivision. 5 bdrm, 3 bath, 3050 sq ft. Built in 2009. Newly 100% finished basement. 1,900 (801)808-2319.

GORGEOUS TOWNHOME! THE PERFECT home for a new family! Washer, dryer, and fridge included. Clubhouse includes gym, theater, pool, play room. \$156,000. Check it out! Call Diana at 435-327-1402.

LOT FOR SALE/PAROWAN: 360 degree view. Prime location, Perfect lot size, utilities on sight. 280 South 300 E. Priced to sell. For details: 435 705 5929.

REAL ESTATE

GREAT STARTER HOME ON 1/2 ACRE: 2-Bed, 2-Bath, 2-car garage, zoned for horses, dogs, etc. In the Enoch area, Spanish Trails Subdivision. 435-867-8171 John. Please no agents.

RENTALS

ROOMS FOR RENT: INCLUDES bathroom, living room area & access to kitchen. 435-231-9009.

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WANTED

MATURE RESPONSIBLE PERSON AVAILABLE for childcare, full or part time, references upon request. 435-383-3523.

SENIOR MAN, 78, DISABLED, needs help. Car is like an oven w/o A/C! & Power windows stopped working! Need power windows fixed-too darn Hot. Hope you can help me. 435-383-3099.

YARD SALES

YARD SALE: 4312 W. 1525 S., 8am-12pm. Friday & Saturday July 28th-29th.

YARD SALES

HUGE SALE! FILL A bag sale- get as many clearance items in a bag for \$5. Add'l 30% off store @ Twice As Nice 8/2-8/5. 1223 Sage Dr. by Starbucks .

HUGE MULTI-FAMILY YARD SALE August 4 and 5 at 691 N 4200 W, Cedar City from 7-noon. GREAT family deals - a bag of clothes for \$2! ALL offers considered.

MULTI-FAMILY YARD SALE. JULY 29, 8am-1pm. 1916 W. 600 S. Cedar City (Behind south main chevron) Great variety! Lots of nice clothing, all ages; household items; much more!!

LEGAL NOTICES

PUBLIC NOTICE

Auction of unit #116. will be held on August 15th at 5:30pm. Fiddlers Storage: 174E CobbleCreek C.C UT. Renter was Mike Newton (3165w. Wildwood, Parowan UT). Cash only.

ICT#0006

Published July 26 & August 2, 2017
Iron County Today

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Comics & Puzzles

WEDNESDAY, JULY 26, 2017

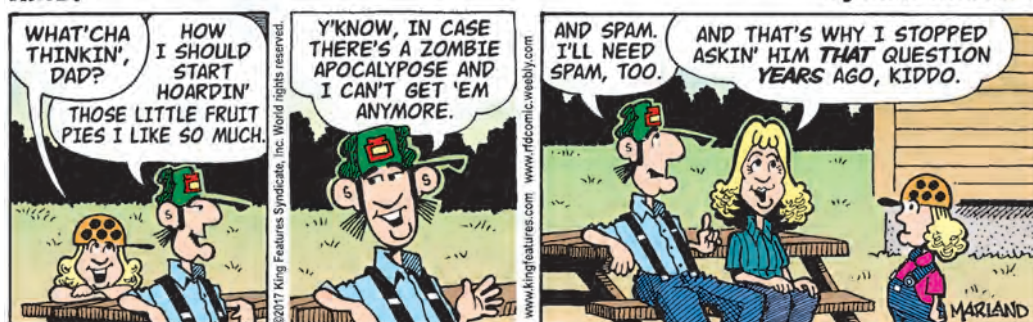
Amber Waves

by Dave T. Phipps



R.F.D.

by Mike Marland



The Spats

by Jeff Pickering

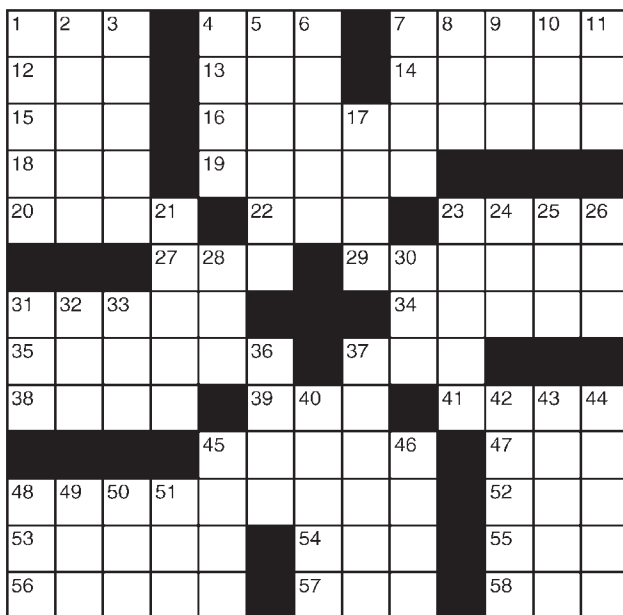


King Crossword

ACROSS

- 1 Several scenes
- 4 Track circuit
- 7 Root for
- 12 Feathery accessory
- 13 Actress Thurman
- 14 Sill
- 15 Branch
- 16 Joey and his parents?
- 18 Hi-tech SFX
- 19 Be philanthropic
- 20 Contraband measure
- 22 Author Brown
- 23 Got up
- 27 Vast expanse
- 29 Successful

- 31 Upright
- 34 Pint fraction
- 35 Hitting sound
- 37 Plead
- 38 Gardener, at times
- 39 Hosp. section
- 41 Sharpen
- 45 Poe topic
- 47 Scale member
- 48 Dime portrait
- 52 Mid-afternoon, in a way
- 53 Trip around the world?
- 54 Lawyer's due



- 55 Superlative ending
- 56 Dams
- 57 Engine additive brand
- 58 Alternative to white
- 8 That girl
- 9 Tokyo's old name
- 10 Id counterpart
- 11 Scale members
- 17 Talent show prop
- 21 PBS curmudgeon
- 23 Coarse
- 24 Possess
- 25 Moment
- 26 Before
- 28 And the like (abbr.)
- 30 Fish eggs
- 31 Biblical verb suffix
- 32 Pi follower
- 33 Lamb's dam
- 36 Chicken —
- 37 Ammo unit
- 40 Staff leaders?
- 42 Wickerwork willow
- 43 Loud
- 44 Upper crust
- 45 Wagers
- 46 Pace
- 48 Tier
- 49 Raw rock
- 50 Sapporo sash
- 51 Round Table address

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

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

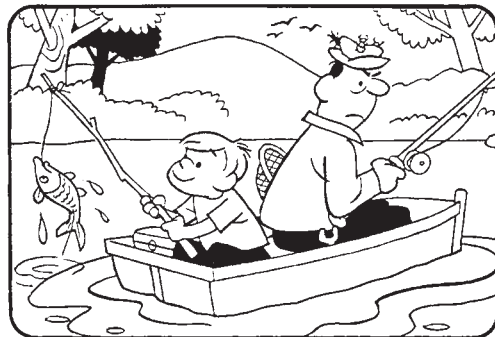
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Fish is smaller. 2. Sleeve is shorter. 3. Net is moved. 4. Collar is smaller. 5. Boat number is missing. 6. Anchor rope is missing.

24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmall.com

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

Answer

Weekly SUDOKU

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

Solution time: 27 mins.

Answers

King Crossword



by Fifi Rodriguez

1. GEOGRAPHY: What body of water separates European and Asian Turkey?
2. PROVERBS: What is the ending to this famous proverb: "Actions speak ..."?
3. LITERATURE: What flower does the following Shakespearean line refer to: "That which we call ... by any other name would smell as sweet"?
4. U.S. STATES: Which state is last in alphabetical order?
5. COMICS: What was Wolverine's secret identity?
6. MEDICAL: What is a more common name for tussis?
7. ANIMAL KINGDOM: What is a group of herons called?
8. MATH: How many zeroes are in a trillion?
9. ANATOMY: What role does the olfactory nerve play in the human body?
10. HISTORY: What was the name of the military operation for the Allied invasion of France?

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Trivia Test Answers
1. Bosphorus Strait; 2. ... louder than words; 3. A rose ("Romeo and Juliet"); 4. Wyoming; 5. James Logan Howlett; 6. Cough; 7. A siege; 8. 12; 9. Responsi- ble for sense of smell; 10. Operation Overlord