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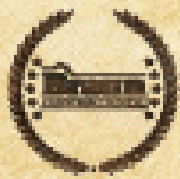
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# Tax restructuring discussed at town hall meeting

by Kelsey **KEENER**

IRON COUNTY TODAY

Southern Utah residents were invited to a town hall meeting hosted by the Legislature's Tax Restructuring and Equalization Task Force in Saint George last Saturday.

The task force was created to get public input on addressing the state's tax structure in response to growing concerns about Utah's outdated tax structure. House Bill 441 was presented to the legislature as a potential budget solution in March but failed due to discontent regarding imposing taxes on services.

The meeting began with an open house, intended for residents to have an opportunity to learn about the issue and the task force. Following the task force member introductions and a video presentation regarding the problems with the state budget officials are facing, the public was invited to share ideas and concerns.

The video presentation essentially explained the outdated tax structure, saying that it no longer meets the state's needs. Population growth

is affecting housing affordability, traffic congestion, air quality, schools, public safety and recreation areas. The presentation stated that changes in the economy are leading to much higher income tax revenue than sales tax revenue. Current legislation dictates that income tax can only be used for education and sales tax is to be used to cover other costs such as transportation. The presentation cited a shift from goods to services (such as CDs and DVDs becoming second to streaming subscriptions) as the reason why there is no longer enough sales tax revenue to keep up with the need for government services and programs.

The state's outdated tax structure was detailed in the presentation as a system of silos where each tax allocates funds to specific services: income tax is used for public and higher education; property tax is used for public education; the gas tax is used for transportation; and sales tax is used for public safety, social services, Medicaid, general government and several other services and programs. The video stated that the growth of sales, property and gas taxes is not

matching the growth of income tax which places added pressures on the services the former three taxes fund.

The restructuring options presented in the video were adjusting tax rates, modifying the tax base, reducing services and investments and breaking down revenue silos. The process of the tax force was also explained: the task force will conduct a public engagement and listening tour; verify the challenges and needs; explore options; analyze and refine options; and recommend a restructuring pathway.

When the public was invited to share comments and suggestions, several addressed the task force. Concerns regarding better support of public education and exempting retirement pay from taxation were raised. Many people spoke out against taxing services and cited the burdens it will place on legal services, small businesses and businesses which conduct services out of state and the additional problems it will place on affordable housing.

The issue of sales tax revenue was brought up several times, with many people saying that it is actually

increasing. The idea to move money from the education fund to the general fund or allow income tax to be used for additional purposes was also suggested, in addition to the state cutting spending.

Ron M., a Washington City resident, stated that he feels the people are looked at merely as wallets to fund special projects.

"I would like to have you approach your job as seriously as the 55 men who signed the Declaration of Independence, because when they put pen to paper that was a death warrant if King George had caught them," he said. "When you control the money of other people, that's terribly crucial to the people who have to give it up. I would like to see you accept that responsibility seriously. Only take what you need and spend it where it should be spent."

Ed Wallace, publisher of Utah Standard News, said there is not enough proper oversight as to how the state's budget is spent.

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see **TAX** » 9

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# Cargo container regulations proposed

by Kelsey **KEENER**  
& Trinity **PAJÓN**

IRON COUNTY TODAY

An ordinance to regulate the location of cargo containers within the city was proposed to the Cedar City Council during the June 26 meeting.

Resident Tina Dickinson approached City Attorney Tyler Romeril requesting a way to prohibit cargo containers in the city's residential zones. Romeril drafted an ordinance based on Dickinson's recommendations, as well as a version of the ordinance the city staff was more comfortable with.

Per Dickinson's recommendations, the original draft prohibits cargo containers in residential zones except for instances of moving purposes, construction or for use by the city. It also addresses aesthetics of the containers.

City staff's draft of the ordinance states that unless for moving or construction purposes, cargo containers on residential property must meet

the requirements of an accessory structure, be located a minimum of six feet in the rear of the primary structure, may not be stacked vertically and shall not be used for human habitation in any zone.

The ordinance was discussed during the May 21 Planning Commission meeting and the city staff's draft received a positive recommendation.

While the proposed ordinance was discussed at last week's City Council meeting, Dickinson stressed the dangers of burying containers and wanted that addressed in the ordinance as well. She added that several cities in southern Utah have adopted similar ordinances.

"The point we kind of really wanted to make was just that whether, individually, we think this is a problem or not, it's clear that nation-wide and state-wide people consider it a problem," Dickinson stated.

Romeril explained that after drafting the ordinance based on Dickinson's recommendations, the

city staff was uncomfortable with the regulations it dictated. He said he personally was uncomfortable, "writing an ordinance that says this applies to everyone except (the city)." He added that the city uses the containers frequently in residential zones.

"The other component that staff didn't really like, is the city has really stayed out of the aesthetic requirements of someone's home," Romeril continued. "If someone wants to have those requirements, they move into a place that has CC&R's that require it. But up to this point the city (has) stayed out of that."

Romeril said his goal for the second draft was to allow property owners as much as freedom as possible regarding containers while addressing potential concerns.

Councilman Scott Phillips said he feels aesthetics do play a role in a community and residents have a say in what a community looks and feels like. He added that the safety of residents should be considered, but he does not want to rush into a decision without enough information.

City Council will discuss the ordinance again during the July 3 meeting.

## City Council approves location of New Gymnasium

by Trinity **PAJÓN**

IRON COUNTY TODAY

Last week the City Council unanimously voted to approve the location of the new gymnasium at the Aquatic Center.

The Council agreed that there would be additional costs whether they plan to move the gym from the original designed location or the Yeti ice rink from the proposed designed location.

At the previous meeting, City Financial Director Jason Norris presented cost estimates for each of the plans. He clarified that the cost estimates are not 100% accurate due to changing variables.

General Manager of Staheli West Company Dallin Staheli asked the council to include approving a

thousand-dollar grant within their motion to allow him to gather new cost estimates for the ice rink relocation. He expressed to the council his desire to move forward with the ice rink project.

Councilwoman Hartley reflected Staheli's desire.

"I think that you have felt the support from everybody that we want you to move forward."

The Council then agreed to make a motion to approve the locations of the facilities.

The motion stated that the gym would be constructed in its original designed location and a thousand dollars would be granted to gather cost estimates for the relocation of the ice rink, which is yet to be determined.

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## OPINION

# Playing the Trump card

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

**T**he question comes up often: Can Donald Trump win a second term? The answer is easy: Of course, he can, depending on which candidate the Democrats nominate to oppose him.

At this point, presidential match-up polls are meaningless. One intriguing poll found that a majority of likely voters wanted someone other than Trump – but in the same survey, the majority thought Trump would be reelected.

If his were a normal presidency, he would be a shoo-in for reelection. Presidents do not lose in a thriving economy, regardless of how much influence they had in its bustle. But the Donald's erratic twittering, questionable statements, threats, and insults have left most Americans uneasy. Still, many voters will go with the Devil they know rather than the Devil they don't.

Yes, there are too many Democrats vying for the job. Right now, half of the population of Kanab has announced their candidacy, but the field will be narrowed down to a handful after the first two primaries. Take it from me, Andrew Yang, Tulsi Gabbard, Jay Inslee, Bill de Blasio, Kirsten Gillibrand, Michael Bennett, Marianne Williamson, Tim Ryan, and John Delaney will not be in the

running for the nomination.

The Democrats best shot of winning the election would come from a male presidential candidate and a female vice-presidential candidate. Donald Trump would love to run against Elizabeth Warren or Bernie Sanders. If the Democrats are smart, Trump won't get this chance.

Trump would also grin ear-to-ear if the Democrats campaign in support of slavery reparations, abolishment of ICE, and the offer of free college tuition. Democrats would be better off focusing on expansion of health care options, fixing aging infrastructure, the creation of plans for affordable housing, and ensuring the super-rich pay their fair share of taxes. Their candidate must be focused and firm, but no shrill. Americans don't want threats of another government shut-down and neither do they want the country bogged down in impeachment legalese.

As we all know, the Electoral College rules, not the popular vote count. Donald Trump is the president because he received about one-percent more votes than Hillary in three normally Democratic states: Pennsylvania, Michigan, and Wisconsin. The Democrats basically ignored these states in the last election.



## Cyclops

by Bryan GRAY

COLUMNIST

They won't make that mistake again. If one in every 100 voters in these states changes their mind, Trump will be moving from the White House to Trump Tower.

But that doesn't mean Trump cannot win. Some 10% of voters claim they would be hesitant to support a women president and about 30% say they would feel uneasy voting for a gay president. In a close election, those numbers could be crucial for Democrats.

Last week I exchanged thoughts with an Arizona man visiting a Utah restaurant. He was a middle-class mechanic who formerly voted for Democrats. In the past election, however, he voted for Trump.

"I think he's done a pretty good job," he said. "But I'm not in love with the guy. He's brought back the auto industry, but I'm not a fan of his tariffs."

I asked if he would vote for Trump again. "Maybe," he said. "But if the Democrats nominate someone decent, I could vote for a Democrat again." He is the voter who will determine who sits in the Oval office.

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## Thought of the Week

*"The rich invest in time, the poor invest in money."*

» Warren Buffett

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OPINION

From the Editor

# Revolutions and Root Beer

Last week I had the privilege of attending the final day of the Patriot Camp held at the Frontier Homestead Museum. The annual camp was an entire week dedicated to helping the youth learn about the values and freedoms that our nation was built on. It was a great way to honor the freedoms that so many have fought and died for; and who still fight to defend today.



**COREY BAUMGARTNER**  
MANAGING EDITOR

It was inspiring to see the youth in our community get excited about our country. They wore patriot camp shirts, sang patriotic songs, marched in unison and memorized parts of many documents that have directed and protected our country; the Constitution, the Declaration of Independence and the Bill of Rights were just a few of those sacred documents. On this final day, they also participated in a military

style boot camp to teach teamwork, hard work and even got to celebrate with awards and root beer floats.

We here at the Iron County Today wish to give a special salute and thank you to all of the leaders and staff, the youth volunteers and to the National Guard and the ROTC, who did a great job with our youth. And thank you to the youth who took time to not only learn about freedom, but how to maintain it and enjoy it.

## Want to Submit a Letter to the Editor?

Submit your letter on our website [ironcountytoday.com](http://ironcountytoday.com), or by emailing them to [news@ironcountytoday.com](mailto:news@ironcountytoday.com) or bring/mail them to 389 N 100 W, Cedar City, Utah 84721. All letters must be signed, be brief (generally under 300 words in length), list the author's city and give the writer's telephone number (phone number will not be printed). We reserve the right to edit all letters for length or content. For letters arriving electronically, we will use the author's e-mail address in lieu of a signature.

# Open burning approved at Thunderbird Gardens

by Kelsey KEENER

IRON COUNTY TODAY

An ordinance amendment allowing open burning at Thunderbird Gardens was approved.

"This just creates an exception allowing open burning in established burn pits at Thunderbird Gardens," explained City Attorney Tyler Romeril.

The amendment was proposed after the Bureau of Land Management came forward to provide funding to construct burn pits at the recreation area, but the previous city ordinance did not allow burning in that area.

The added language to Ordinance Chapter 17, Section 17-26(D) simply states, "open burning in the established burn pit(s) at Thunderbird Gardens will not be considered a violation of Cedar City Ordinance as contemplated under Chapter 17."

The amendment was approved unanimously during last week's City Council meeting.

# No parking approved on Coal Creek road

by Kelsey KEENER

IRON COUNTY TODAY

A no parking zone was approved by Cedar City Council during last week's meeting on the southwest corner of Coal Creek Road and 300 West.

Councilman Scott Phillips addressed his concern for the safety of this intersection during the June 12 council meeting and asked city staff to look into it.

During the June 19 meeting, City Engineer Kit Wareham suggested a no parking zone roughly 80 feet long on the

see **PARKING** » 7

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**85°/59°**  
PRECIP: 0%  
WINDS: S 15-25

**THURSDAY**  
Sunny  
**83°/63°**  
PRECIP: 10%  
WINDS: S 15-25

**FRIDAY**  
Mostly Sunny  
**85°/56°**  
PRECIP: 0%  
WINDS: S 10

**SATURDAY**  
Sunny  
**86°/58°**  
PRECIP: 0%  
WINDS: S 10

**SUNDAY**  
Partly Sunny  
**84°/59°**  
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WINDS: S 15-25

**MONDAY**  
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# City Council discusses adopting a personnel policy for use of public property

by Trinity PAJÓN

IRON COUNTY TODAY

The City Council discussed adopting a personnel policy regarding the use of public property. City Attorney Tyler Romeril opened up the discussion by addressing an issue that happened in northern Utah.

He stated that his drafted personnel policy was in response to the House Bill 163 which was passed for the state of Utah after an employee in northern Utah misused public funds and was getting away with it. Due to the difficulty of charging the individual, the state legislature passed this bill in order to convict abusers of public property and public funds to a felony standard.

Romeril continued by talking about his drafted personnel policy which he wrote to be similar to that of Bill 163 but not as rigorous.

"I wrote this with my belief that the current city policies that are in place are preventing misuse of public property," he said. "So, I didn't write any new policies, I just made sure it was clear how we use public property and why it's important that we live by the policies that we have in place."

Romeril then explained his composed personnel policy.

The personnel policy through Utah code 76-8-402 allows public servants to use public property for personal use under these conditions: the public servant is allowed to possess the public property when the personal use occurs, the personal use is in compliance with the individual's department policy, it is a part of their official responsibilities to have the public property in their possession at the time of personal use, the personal use doesn't damage the public property, the personal use does not interfere with the public use, the personal use does not increase costs to the city and the public servant agrees to pay for additional costs deriving from personal use.

The drafted personnel policy also includes a vehicle policy which states that, "city vehicles will be used for city business and personal use will be limited by City and Department policy."

Romeril further explained the vehicle policy.

"In a situation where there's a city vehicle (being used) it needs to be in compliance with

see **PUBLIC PROPERTY** >> 7

## Bookings

Below are bookings as reported by the Iron County Sheriff's Department and Cedar City Police Department. Those arrested are innocent until proven guilty. For a juvenile the name is "(Male/Female) Juvenile Offender" and juvenile is of age less than 18 years.

### June 24

**ANDRE D BELL**  
ST. GEORGE, UT  
Federal Contract Prisoner

**HENRY J NOWERS**  
CEDAR CITY, UT  
Retail Theft

**RYAN T WEST**  
SPRINGDALE, UT  
DUI

### June 25

**JARVIS J LUTHER**  
DUI

**MYNIE MARIE P ANOMAN**  
CEDAR CITY, UT  
Retail Theft

**JAYNE BEGAY**  
CEDAR CITY, UT

Child Abuse - Involving Physical Injury

**SARA C MICHAUD**  
BEAVER, UT  
Retail Theft

**JUAN F ZAPATA**  
BEAVER, UT  
Retail Theft

**MALE JUV OFFENDER**  
CEDAR CITY, UT  
Rape, Sexual Battery

### June 26

**CRAIG G PACHECO**  
CEDAR CITY, UT  
Lewdness, Assault

**MALE JUV OFFENDER**  
Lewdness Involving a Child  
Sex Exploitation of Minor  
**CHARNELL L**

**ADAMSON**  
CEDAR CITY, UT  
DRUG - Poss/use of Controlled Substance

**ROBERT E CRUZ**  
SALT LAKE CITY, UT  
DUI

**DAVID RODRIGUEZ**  
CEDAR CITY, UT  
Burglary, Theft, Possession of Dangerous Weapon by Restricted

### June 27

**COBY B HARRING**  
PAROWAN, UT  
DRUG - Poss of Drug Paraphernalia, DRUG - Poss C/S Sched I/II/Analogs

**JOSEPH A ALAS**  
CEDAR CITY, UT  
Interlock Device Req.

Revoked/Suspended Reg. Probation/Parole Violation

**CHAD S HENDRICKSON**  
ST. GEORGE, UT  
DUI

**BRUCE A MANSFIELD**  
DRUG - Poss/use of Controlled Substance

**TAYLOR J SCHURTZ**  
AMERICAN FORK, UT  
Disorderly Conduct, DRUG - Poss C/S Marijuana/Spice

**ERNEST I WINDER**  
OGDEN, UT  
Assault, DUI

### June 28

**BRANDON F PRICE**  
CEDAR CITY, UT  
Drug Court Violation

# William Flanigan, father of the Zion Narrows hike

by Jay M. JONES

FOR IRON COUNTY TODAY

“My first trip through the Zion Narrows was made alone on June 30, 1900.”

So began the log of a dozen treks by William W. Flanigan down the scenic river trail that is now world famous.

Flanigan was a guide in August 1917 for a group of three professors and one student of the Branch Agricultural College in Cedar City; forerunner of Southern Utah University. The party took three days, starting on foot from Cedar City, over the mountain to the southeast, down Crystal Gulch to the confluence with North Fork of the Virgin River, then down the river to Wylie Camp, located where the Zion Lodge is now.

On June 22, 1919, Flanigan made the trip through the Narrows in company with three doctors from Salt Lake City. This Narrows hike was the grand finale for a week-long tour of the scenic wonders of Cedar Breaks, Duck Creek, Navajo Lake and Hop Canyon by about two dozen men from Cedar City and Salt Lake City. While most of the party rode horseback along Zion’s West Rim to finish at Wylie Camp, Flanigan and the doctors trekked on foot through Crystal Gulch and the Narrows.

Later that year, 100 years ago on 19 Nov. 1919,

Zion became a National Park. Prior to that, since 1909, it had been designated Mukuntuweap National Monument.

In August of 1925, Flanigan writes that he led a party of 12 men through the Narrows, starting on the upper North Fork. This was his first time taking this route, which is now the route most often followed. The Iron County Record gives the names of 13 men that planned to accompany Flanigan: Arthur Fife, J. H. Maughan, Arthur J. Morris, Dr. F. H. Petty, Wilford Fife, Otto Fife, Irvin T. Nelson, M. J. Urie, Fred Braithwaite, Cleo Dix, Vergene Simkins, S. F. Leigh, and Elton Jones.

Among later trips, Flanigan indicates that on August 29–30, 1949 he was the guide for the first group of Boy Scouts to hike the Narrows. Five Senior Scouts from Troop 340 of Cedar City made the trip, along with seven adult leaders, according to Flanigan’s notes.

William Flanigan was born in 1877 in Rockville, Utah. In 1901 he assisted his brother David in constructing the cable works at Zion’s Cable Mountain, which was used to lower lumber from the mountain top to the floor of Zion Canyon in the early 1900’s.

Several years later, as superintendent of buildings and grounds at the college, Flanigan supervised the planting of many trees that now beautify the campus of SUU.



Senior Scouts of Troop 340 get some information from William Flannigan guide, as they prepare to start their trip down the Zion Narrows. Left to right are Flannigan; Lloyd Crawford; William Weber, scoutmaster; Lavan Martineau; Deloy Prishrey; Gary Terry; Vernon Condie and Ernest Lloyd, navy recruiting chief. Others who made the trip, but who are not in the picture are Vincent Spencer, assistant scoutmaster; Dr. Franklin S. Harris, Jr.; and William Beal, photographer.

**WILLIAM FLANIGAN GUIDING** the first Scout Troop at the start of the Zion Narrows hike. Iron County Record newspaper, dated 1st Sept 1949.

Besides Zion, other scenic attractions in the area were promoted by an enthusiastic William Flanigan. Flanigan’s Arch in the Ashdown Gorge east of Cedar City was named in his honor.

## Active Transportation Committee bylaws approved

by Kelsey KEENER

IRON COUNTY TODAY

Proposed bylaws for the creation of the Cedar City Active Transportation Committee were approved during last week’s council meeting.

Councilman Paul Cozzens asked for clarification on what the committee’s purpose will be, and Councilman Scott Phillips explained that the committee’s goal is to encourage more residents to use forms of active transportation to commute around the city rather than vehicles.

“It’s just trying to say, ‘how do we get people out of their cars and become more active utilizing the services and the things we have,’ and to come up with an active transport plan,” he said. “This is not to create roads, but this is saying next time we are resurfacing roads on the west side of town, maybe we try and put bike paths on this road, this road and this road.”

Phillips explained during the June

19 meeting that active transportation improves peoples’ health and the overall of the community and City Attorney Tyler Romeril added that part of the committee’s responsibility will be to ensure residents are able to use active transportation in a safe manner.

The bylaws were approved last week for the Active Transportation Committee.

Specific purposes for the committee stated in the bylaws include the creation of an Active Transportation Plan, advising City Council, staff and community organizations on the implantation of that plan, representing community interests in transportation planning decisions and providing feedback on projects regarding active transportation.

There will be nine committee members, all of whom must reside within Cedar City with the exception of members representing the Utah Department of Transportation. One member will be a designated City Councilman as well.

## PUBLIC PROPERTY

« CONTINUED FROM PAGE 6

whatever the individual’s department policy is,” Romeril said. “Obviously, (the public employee) wouldn’t be able to drive 50 miles outside of the direct path of travel, but they need to follow the policy and be using the vehicles how we deem appropriate for what they are doing.”

During the action meeting, City Councilman Paul Cozzens expressed his approval for Romeril’s Personnel Policy draft.

“I think most people are honest and do the right things. Obviously, there’s some abusers and I think that those people need to be prosecuted and held accountable. I like the wording (of the draft) and that’s kind of what we did in the counties. We left that very vague, so that the incidental use is allowed.”

The City Council then voted yes unanimously to Romeril’s drafted personnel policy.

## PARKING

« CONTINUED FROM PAGE 5

southwest corner of the intersection to improve visibility when turning onto Coal Creek Road from 300 West.

The specific language added to City Ordinance Chapter 35, Section 10


describes the new no parking zone as follows: along the south side of Coal Creek Road starting at 300 West and going 80 feet to the west.

The council voted unanimously to approve the amendment to the ordinance and Phillips thanked Wareham for his timely handling of this concern.



# Spirit of '76

## Independence Day Parade

Cedar City Lions Club 

### A Return to the Spirit of '76 (Part 4 of 4)

**ROUTE:**  
200 S TO 400 N  
ON MAIN ST.  
9:30AM, 7/4/19

Through divine intervention a small, under skilled colonial army, led by great men, defeated the greatest power in the world. But even that was not the greatest task they would face. They needed to form a government. This was what they had fought for; the right and power to govern themselves. The founders had dedicated their lives to this very moment. Yes, the battles were over but the war was not quite won. Forming a federal government that was strong enough to perform its legitimate and limited functions while keeping the aspects of state sovereignty the people wanted to preserve, proved to be no small task.

The first attempt at self-governance, made during the war, resulted in the Articles of Confederation. This document was the epitome of states' rights. It was considered, "a firm league of friendship" between the states. The federal government had no power to tax, regulate commerce or wage war. The Articles of Confederation proved to be inadequate, especially in the aftermath of the Revolutionary War. The Constitutional Convention commenced in Philadelphia to address the weaknesses of the Articles of Confederation. From May to September 1787 our founders, led and directed by

James Madison, debated every aspect of government and compromised where needed to preserve the union. The Constitution instituted a series of checks and balances designed to ensure that no branch, one individual, or special interest could override

another. The Bill of Rights outlined basic freedoms guaranteed to individuals and insured that the federal government had no powers other than those specifically outlined in the articles of the Constitution. The Electoral College compromise provided the means to elect the President. It protects against large states or cities overruling small states or rural areas, encourages candidates to engage with the entire country, and discourages voter fraud.

The Great Compromise settled the debate of representation between large states and small states. The states would be represented equally in the Senate with two members from each state, but states would be apportioned representatives in the House of Representatives by population.

The result of the Constitutional Convention was a divine document securing freedom, liberty and justice for all citizens blessed to live under its limited rule. The founders gave us everything we needed to prosper, as long as we do our part. Benjamin Franklin said, "Only a virtuous people are capable of freedom." Patrick Henry echoed "A vitiated [impure] state of morals, a corrupted public conscience, is incompatible with freedom."

One way we can maintain public virtue and help preserve our nation as founded is to learn about our history and heritage. We the Cedar City Lions Club value freedom and encourage everyone to come to the parade, enjoy each other's company, learn our history and participate in remembering and showing respect for the great legacy left to us by our founders. Our hope for this Independence Day is that our community will celebrate our heritage- that of honor, duty, and virtue-- "The Spirit of '76".

## The Cedar City Lions Club Wishes to Thank Their Generous Sponsors!

### Pageant Sponsors



### Float Sponsors



## TAX

« CONTINUED FROM PAGE 2

budget session, but today we have one oversight committee that has 33 working days to evaluate the reports of 500 agency heads," he said. "That's about 30 minutes per agency and the only benchmarks on the success of (those) agencies are set by the agency heads. Miraculously the always live up to their own standards."

He continued to say that due to the lack of time available for oversight, legislatures are unable to fulfill their

oaths of office.

"The requirements set by the Constitution are not being met," Wallace said. "Basically, our government has grown to point where it's no longer manageable and able to meet constitutional mandates. And our bureaucracy has no requirement or incentive to cut costs ... Instead we're told that we need to increase taxes and broaden the tax base. How is it that you lawmakers have the time to pass a record number of new laws but provide virtually no reasonable oversight to how the budget is spent? I've seen a report that up to 75 percent

of Utah's budget could be cut by proper oversight and taking a hard look at the role of government. If that were to happen (there'd) be no need to raise taxes and we'd eliminate our 16-billion-dollar deficit. We don't need (taxes), we need you to do your jobs."

Jennie Hendricks, a real estate broker in Iron County and past President of the Iron County Board of Realtors, said the median family income does not support the current median sales price of a home in Iron County.

"We have already outstripped our community's ability to find affordable housing," she said. "We have an

affordable housing crisis across the state, this isn't news. Please consider that a sales tax on services has a direct negative effect on housing affordability as well as small businesses. A transfer tax on real estate will further hurt housing affordability and slow housing as well as growth. It will also have negative consequences on the economy as a whole. We urge you to

**Full story can be  
found online  
[ironcountytoday.com](http://ironcountytoday.com)**

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we'll continue to  
*innovate*

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ARTS &  
ENTERTAINMENT  
IN IRON COUNTY

# Showcase

## ART WALK

inspires crowds with creativity



**LOCAL ARTISTS** put their creative talents on display for the public during the Friday Night Art Walk.



by Shay **BARUFFI**

IRON COUNTY TODAY

The Cedar City Arts Council presented their first Art Walk of the season last Friday. The Art Walk takes place along Cedar City's Center Street where visual and performance artists presented their work in designated locations. The Art Walks are free and family friendly events featuring art activities and live music.

The tree shielded, grassy space across from Art Works Gallery featured a variety of artists including; Larry Laskowski's Blue Raven Watercolors, handmade polished rock jewelry by Cab Creations, demonstrations by the Sagebrush Fiber Artisans, cyanotype prints by Hanna Dawson, an opportunity to look at the sun by The Southern Utah Space Foundation, and membership information from The Cedar City Arts Council. The Washburn Family Band, and later a couple of young violinists, provided delightful music to accompany the perusing crowd.

The Southern Utah Museum of Art (SUMA) offered materials to create a make your own

terrarium while listening to The Southern Utah Handbell Choir perform outside the museum. Bill and Loretta Westbrook performed outside Artisan's Gallery to passersby and patrons of the gallery watching Brad Holt's painting demonstration.

Art Works Gallery hosted Red Acre Farm who arrived with an assortment of delicious looking treats. Sofie Scaletta, a wonderful acoustic guitarist and vocalist, performed in the charming Art Works gallery. Joey Favino demonstrated his painting technique outside of Stone Path Massage and Energy Center while Jay Jackson of Canyon Reverb performed for the crowd and Tyler Braun offered chair massages.

There is so much to see and experience at the Cedar City Arts Council's annual Art Walk events. They provide four Final Friday Art Walks per year. Be sure to attend one of the later Art Walks on July 26th, August 30th and September 27th, don't miss out on this fun event! For more information, visit: [www.cedarcityartscouncil.org](http://www.cedarcityartscouncil.org).



PHOTOS BY SHAY BARUFFI

# You really need to visit SUMA!

by Mary Anne **ANDERSEN**

CEDAR CITY ARTS COUNCIL

**W**alking into the Southern Utah Museum of Art, or SUMA, often makes me gasp with delight. The space is so beautiful, so light, and so filled with beauty that I stop and congratulate myself for having the good sense to be there. The size of the building is just right for me; it is small enough that I can really enjoy the exhibits without that feeling of being tired that overtakes me before I even begin to move around like in other more famous, larger spaces in New York or Los Angeles.

One Saturday afternoon my daughter and I set out to see the new courtyard at the Shakespeare Festival grounds and then wandered down to SUMA because I had been meaning to get to the new Kate Starling exhibit, "A Study of Scale". To quote from the museum's announcement, "Kate Starling is an oil painter who lives and works in the canyons of southern Utah. Her paintings portray the natural world...She knows the strength of emotion that the landscape seen in a particular light can trigger in her...and the people who see her work."

Her medium is oil, not usually my favorite, but I've never seen oils done in quite this way. In most of the great masters, it seems to me, the paint itself is a presence, a weighty, textured product that calls



attention to itself and requires me to step back from the painting so I can see the image. In these beautiful works, the canvas is free of awareness of the medium and I was able to focus on the portrayed

landscape itself. The colors are breathtaking, the exact shades that I see on a brilliant sunny day in southern Utah. On my favorite three pieces, large canvases hung side by side titled: Moenkopi Frieze #s 1,2,3. I thought if I were to touch the surface, the rock walls would be hot to my touch.

Many of the pieces are very large, one 84 by 78 in. I wonder how one works on a surface that large? She must have to use a step ladder to reach the tops of the larger canvases. Some of them, such as Yellow Mesa, are large with miniatures of the same scene hung next to them. They gave me a feeling of space travel—I was looking at a beautiful scene a long distance away and then instantly getting my wish to be there, feeling the breeze in the trees and seeing the colors of the grasses up close.

Although Starling is the main exhibitor, there are the usual works of Jimmie Jones, the local artist whose estate founded the museum, and some watercolors by Steven Dibble, beautiful, slightly casual presentations of familiar scenes. The work of Karl Momen echoes the current Shakespeare season.

I have a sense that we as a community are not taking advantage of this treasure among us. SUMA is working hard to get us to come inside with child-centered, family-friendly activities. Please take my advice and go. It is free and so worth your effort!



LOCAL HISTORIAN RYAN PAUL shares interesting and inspiring stories during a guided tour of historic Cedar City.

PHOTOS BY TRINITY PAJÓN

## New Tour of Cedar City's Historic Downtown

by Trinity **PAJÓN**

IRON COUNTY TODAY

Last week a walking tour of Cedar City's Historic Downtown was held in accordance with the Final Friday Art Walks.

Local Historian Ryan Paul guided the tour down Main Street from Boomers Bloomers down to Sizzler. He told the stories behind the buildings of Main Street, many of which were about the strength and unity between members of the community.

Paul shared a story about a fire on Main Street in the 1960s. An employee of Leigh's Furniture Co. (which is now replaced by Charlie's Southern Barbecue and the Hong Kong Buffet) didn't put out his cigarette all the way which caught the furniture store, and the apartment buildings all along Main Street, on fire. When firemen arrived on the scene, a woman came up to one of them and begged them to retrieve her life savings which were in a mattress in her apartment. The firemen designated one entire

firehose to save her apartment bedroom. She was able to secure her life savings because of the firemen.

Other stories Paul told were about the past gems of Cedar City such as the El Escalante Hotel. When the Railroad was built it brought more tourists to Cedar City and to accommodate this the City had the El Escalante built in 1923. The hotel hosted everyone from average tourists to celebrities and presidents including President Warren G. Harding. Unfortunately, the hotel was demolished in 1971 and today the Sizzler stands in its place.

There are many more stories that are told within the tour that emulate Cedar City's rich history and strong community.

Paul ended the tour expressing the importance of educating the public on our history.

"We can learn a lot about our community by the buildings that are here," he

said. "Everybody has a story to tell and everybody has a right to have their story be told."

For more information contact Paul at Frontier Homestead State Park, 435-586-9290.



# Unique artist reception at Groovacious Art Wall Gallery

by Lisa **CRETSINGER**

FOR IRON COUNTY TODAY

You are invited to attend an artist reception on Thursday, July 11, 2019 from 6:00 PM to 8:30 PM for Jennifer Cullings and Todd Cullings at Art Wall Gallery located inside Groovacious Records at 195 West 650 South #2 in Cedar City, Utah. Light refreshments will be served.

Todd Cullings explains that watercolor is a medium of happy accidents. "With each painting I never know how water and paint colors will mix to create new tones and textures. These "accidents" inspire and drive the direction of each new piece." Todd is inspired by wild animal life.

Jennifer Cullings makes her living creating Pet Portraits by commission. She works in layers of watercolor pencil. "I am able to create the textures and depth of fur. The eyes always speak to me, and



COURTESY PHOTO

share the essence of the animal. My goal with each portrait is to capture the spirit of the animal."

We are sure that you will enjoy the visual presentation of Jennifer and Todd and encourage you to

come meet them at their reception. Visiting with original artists adds to the experience of enjoying unique art.

The idea of the Art Wall Gallery began when it was realized that the west wall inside the record store Groovacious Records could be used to showcase original works of art from artists in the Cedar City community.

The Cullings show will be the third art show to take place at Art Wall Gallery.

The two previous shows were quite successful for the artists Scott Campbell and Angie Ann with requests for additional artwork and invitations to display at area events and galleries.

Consequently, many artists are eager to display their work at Art Wall Gallery and show dates are booked until the end of 2019 and well into the following year. Each show is on display for two months.



Hamlet

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# Newly launched 'Kayenta Company' presents three exciting summer shows

from Merrie **CAMPBELL-LEE**

FOR IRON COUNTY TODAY

**IVINS, UT** — Theatre veterans/buffs/snobs Richard Hill, Jan Broberg, and Chris Whiteside have partnered to form Kayenta Company, whose purpose is to enhance an already vibrant arts scene in southern Utah by putting on Broadway-caliber theatre at the beautiful new Center for the Arts at Kayenta. Broberg is the Center's Executive Director; Hill teaches theatre at Hurricane High School and co-helms Hill Trotter Productions; and Whiteside, the Center's manager, recently produced and starred in "Hank Williams: Lost Highway."

"The Taming of the Shrew"

In this version of William Shakespeare's hysterical comedy, four breathless, mentally disturbed actors play all 28 parts!

When asked whom the play would appeal to, Hill (who directs and acts in it along with three others), said "Shakespeare lovers, people who like romance, people who like comedy, young people who are a bit scared of Shakespeare but curious to know why he's the bomb...these are the people who will definitely love this wild show."

Hill was inspired to do the play after watching a similar feat by a troupe from the Royal Shakespeare Company perform Hamlet a few years ago. He was struck by how skillfully the actors took on different characters and voices and changed in and out of costumes...all at the speed of a Shakespearean comedy. "It's fascinating to watch four actors perform 28 roles, wearing and changing in and out of Elizabethan costume—all on stage," he says, adding, "It's delightful, funny...romantic."

He's pleased to have three terrific actors working with him: Brandon Miller, Joseph Carlisle,

and Christa Gross.

"Shakespeare's Roses," by Dan Decker  
This one-man play, starring Hill, is an exploration into the human side of Shakespeare that few knew about, like his secret love life and the dreaded disease he contracted in his 20s that ultimately killed him. "It's about beating formidable odds," Hill says, "It's about his ambition to become a poet [talk about underestimating yourself], and how hard it was for him to overcome his reputation as a country yokel." The play examines the roots of Shakespeare's humor, bitterness, helplessness, and hopeless romanticism—the same emotions that fed his brilliant writing. Chris Whiteside, who's seen Hill perform, is eager to see the play. "Richard has a fascinating style," he says, "and I can't wait to watch him portray one of history's most fascinating people."

"Shakespeare buffs, history buffs, and anyone who loves romance and comedy will love this show," Hill says adding, "and anyone 12 and older if none of those descriptions apply to you."

"Barefoot in the Park," by Neil Simon

Neil Simon fans, families with teens, boomers who love reminiscing on the good ol' days, and pretty much anyone (over 14) who "loves love" will love this production of "Barefoot in the Park."

Why? According to Jan Broberg, "It's a play that stands the test of time; it has universal appeal because it's a funny, moving story that tells why love is the power we want to rule and rock the world!" Directed by Clarence Gilyard, Emmy-nominated star of "Walker: Texas Ranger," the play tells the story of Paul, a conservative young lawyer, who marries the vivacious Corie. Their passionate relationship descends into comical discord in a five-story New York City walk-up. Get your tickets online through [kayentaarts.com](http://kayentaarts.com), or by calling 435-674-2787.

## Event Details:

"Taming of the Shrew"

Dates: July 11th (Thurs.) and 13th (Sat.), 19th (Fri.), & 20th (2pm Sat. matinee)

Show times: 7:30pm, 2pm Saturday matinee (no evening show Sat)

Cost: \$25 each, \$60 for all three, \$10 for students/children with valid ID

"Shakespeare's Roses"

Dates: July 12th (Fri.), 14th (Sun.) & July 18th (Thurs.), 20th (Sat.)

Show times: 7:30pm, 6pm Sunday

Cost: \$25 each, \$60 for all three, \$10 for students/children with valid ID

"Barefoot in the Park"

Dates: July 31–Aug 4 (Wed–Sun)

Show times: 7:30pm, 2pm Saturday matinee, 6pm Sunday

Cost: \$25 each, \$60 for all three, \$10 for students/children with valid ID

## Natalie Young's exhibit Wide Open, displays 'almost rural' photography

by Shary **BARUFFI**

IRON COUNTY TODAY

Natalie Young presented her Wide Open exhibit featuring 'almost rural' photography, last Friday at Art Works Gallery. Unquestionably a virtuoso of sorts, not only is she one of the founding editors of the prized poetry magazine Sugar House Review, she also works as an art director for an ad agency based out of Salt Lake City, and she is an accomplished photographer.



KELSEY KEENER

Natalie Young's exhibit pays close attention to her Cedar City home and the beautiful landscape surrounding it. According to her official artist's biography, Natalie is "lefthanded, half Puerto Rican, and a fan of Dolly Parton and green olives". Check out Natalie Young's beautiful photographs at Art Works Gallery, they will be up until July 20th. To learn more about Natalie and The Sugar House Review magazine, visit: [www.sugarhoureview.com](http://www.sugarhoureview.com).

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### UPCOMING EVENTS

Southern Utah Museum of Art  
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**KATE STARLING:**  
**A STUDY OF SCALE**  
Now through July 27

**KARL MOMEN:**  
**HOMAGE TO WILLIAM SHAKESPEARE**  
Now through October 5

**\*SUMA SUMMER NIGHTS:**  
**MASTERPIECE IN THE MAKING**  
July 11 from 6-8 p.m.

**FAMILY DAY:**  
**To collage or not to collage, that is the question!**  
July 13 from 2-4 p.m.

**\*SUMA SUMMER NIGHTS:**  
**UNDERSTANDING JIMMIE JONES**  
July 18 from 6-8 p.m.

**SUMA AFTER HOURS:**  
**THE ARTISTRY OF LEATHER JEWELRY**  
July 26 from 5-8 p.m.

\*For SUMA members and USF ticket holders

[www.suu.edu/pva](http://www.suu.edu/pva)

## Annual water fest showcases new tech

by Kelsey **KEENER**

IRON COUNTY TODAY

Residents were invited to Main Street Park to participate in the Central Iron County Water Conservancy District's annual Water Festival.

The festival featured a free hot dog lunch, water balloons and water-focused activities for kids, a fire engine and multiple vendors showcasing ways to conserve water.

CICWCD General Manager Paul Monroe said promoting water efficiency is one of the goals of the festival.

"The key for the water festival is to showcase new technologies and water efficient products that are available,"

Monroe said. "We want to highlight that and let our community know that there are a lot of new technologies, rebates that are available through the district and through the state for smart water technology, water efficient products and that we'll come out and do a free water check and do an audit on your property as well to see how we can better improve, save you money through using less water and also conserve water to benefit us long term here."

Additionally, the festival provides family activities and fun for the community. Monroe said all the activities that use water during the festival only use about one-sixth the amount of water the park itself uses in one night.

"It kind of just goes to show too, how much water we actually use on our turf, we use a tremendous amount

of water just to keep some green areas in our community," he said. "Which is great -- we need to have green areas, we need to have parks -- but there's also smart ways to do landscaping around our houses."

The CICWCD partners with Utah State University Extension and several sponsors to put the festival on for the community. Southwest Plumbing was this year's keynote sponsor in addition to Crollo Engineering. Zion Engineering provided the lunch as well.


"Those are the the keynote sponsors that help put it on for the community and make it happen so we can make our dollars stretch and do more good through rebates and conservation measures," Monroe said.



IT'S NOT EVERYDAY ONE CAN GET DRENCHED WITH WATER FROM A FIRETRUCK, have a water balloon fight and learn about the importance of both enjoying and using water wisely.

PHOTOS BY COREY BAUMGARTNER






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**Dr. Nathan Call**  
DMD, Pediatric Dentist



DENTAL EXAMS AND CLEANING ARE FREE FOR CHILDREN UNDER 3!

# Groundbreaking for Mountain Springs Prep Rec Center

by Kelsey **KEENER**

IRON COUNTY TODAY

The groundbreaking ceremony for the Mountain Springs Preparatory Student Recreation Center took place last Friday.

Owner of Choice Builders, Roger Thomas, spoke briefly on the design of the new recreation center, which is focused on providing a space for students to congregate and unwind.

"This building is going to be modern craftsmanship in design. It's going to have about 6400 hundred square feet and what's really great is that it's bringing to the campus a place for students to gather, where they can communicate, unwind, decompress and generally hangout," he said.

The building will include large common areas, a movie theatre and an art studio.

Head of School for Mountain Springs Prep Jon Larsen said the new center is focused on the students.

"This building will not increase our revenue in any way shape or



**SEVERAL SHOVEFULS OF DIRT** officially launched the rec center project to provide more room for Mountain Springs Prep students.

form, there won't be any more students here as a result of it," he said.

"It really is a building that is solely for the benefit of the students."

Larsen added that it will also help provide more space for the students during winter.

"We have a lot of green space in

places where kids can spill out and enjoy the surrounding areas, but in the wintertime when there's snow on the ground it does become a little bit more challenging for us to find places where all the kids can go so this is a space that kids will be able to have," Larsen said.

Owner of the Certified Educational Recreational Therapeutic Schools Group Kent Tasso also

commented on the new center's benefits for students.

"I'm not interested in more students, I'm interested in doing a better job of taking care of the ones we've got, and that's really how we feel, that's what this is all about," Tasso said. "I feel so much gratitude and I'm so excited for the future."

The CERTS Group is the parent organization to Mountain Springs Prep and two similar programs in southern Utah: Moonridge Academy and Kolob Canyon.

Marketing representative for the CERTS Group Anamarie Rodabough said the center will provide additional resources for the students.

"This gives them the chance to really work on their peer relationships," she said. "It gives them a chance really work on the navigation of being a teenager and learning how to get along. Also, it just gives them some more space because the dorms are lovely but there's not a lot of places to just hang out as a group."

The building is expected to be fully functional toward the beginning of next year.

PHOTO BY KELSEY KEENER

## Summer Water Aerobics Class at SUU Pool

from Allison **SIMPSON**

FOR IRON COUNTY TODAY

The water aerobics class at SUU pool will be going on Tuesdays and Thursdays from 8 am to 9 am throughout the summer until school starts in the fall. The time was changed to accommodate the many swim classes which start at 9:15 am. The instructor, Allison Simpson, has taught water aerobics classes for nearly 2 years. She loves the refreshing feel of the water and the instant "wake up" it provides first thing in the morning. Allison, who has been teaching exercise classes for almost 10 years, became certified to teach water aerobics in the fall of 2017 as the result of a knee injury. This injury led to an inability to do her beloved Zumba or any kind of high or even low impact "land" aerobics. Even walking was not possible at this point. Allison started to choreograph very basic water routines to fun, high energy music as a way to stay active. She found that

she could get a very vigorous cardiovascular workout even with an injury which eventually required knee surgery for a torn meniscus. As a result of these water workouts, Allison was also able to lose pounds and inches she was unable to get off in the past, despite her very rigorous exercise schedule. The water provides an added element of resistance and higher level of physical exertion which can help you burn a lot of calories. Beginners and people of all ages and fitness levels are invited to attend the class. People with arthritis and other injuries can adapt the workout to their physical abilities. Beginners are recommended to start slow and listen to their bodies. Allison, who does all of the moves with a high amount of energy and bounce, is expecting to undergo a knee replacement in the fall. "It is just amazing the high amount of intensity you can get in a water workout even with an injury," she says.

see **AEROBICS** » 23

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# CALENDAR

## WEDNESDAY, JULY 3

**CEDAR CITY COUNCIL, 5:30 P.M., CITY HALL, 10 NORTH Main Street**

**WW - WEIGHTWATCHERS REIMAGINED! GET GUIDANCE** and in-person motivation from members, trained guides and wellness coaches who are on the same path. Workshop every Wednesday at 9:30 am at the Cedar City Aquatic Center, 2090 W. Royal Hunte Drive. Call or Text for more information (702) 832-0555.

**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.**

**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.

**COLOR COUNTRY PICKLEBALL, 7-10 A.M., 155 EAST 400 South in Cedar City.** Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

**BAND: COLOR COUNTRY WINDS, CALL DEBBIE AT 435-559-9609** for time and location. Come brush up on your band skills to share with the community.

**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 (RED CREEK GROUP) 7 PM** Parowan Senior Center 685 N 300 E, in Parowan

**ALCOHOLICS ANONYMOUS, 7 A.M., 203 E. COBBLECREEK (KKCB upstairs).**

**ALCOHOLICS ANONYMOUS, 6 P.M. AA MISFITS, 203 E. CABO Creek, Cedar City.** For information call (877) 865-5890.

**AL-ANON (NEW BEGINNINGS) WOMEN'S BOOK STUDY** meeting. 6:30-7:30 p.m., 203 E. Cobble Creek Drive, Cedar City.

**ARP—ADDICTION RECOVERY PROGRAM, 7 P.M., PAROWAN Seminary building, Main and 300 North, Parowan.**

**NARCOTICS ANONYMOUS JUST FOR TODAY, 8 P.M., KKCB, 203 E. Cobble Creek, Cedar City.** For information call (877) 865-5890 or (435) 635-9603.

**HEY CEDARS SQUARE DANCE CLASS, 6:30 P.M., CEDAR CITY Senior Center.** Info from Pat at 435-531-6811 or Ralph at 435-669-4867.

**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. 900 E Midvalley Rd, Enoch, UT. (435) 586-1119**

## THURSDAY, JULY 4

**ROCK CLUB - WOULD YOU LIKE TO EXPLORE BEAUTIFUL** Southern Utah to learn about geology and find gems, fossils and minerals? Do you have an interest in learning to cut and polish gems and make jewelry? How about a fun social activity to share with your family, or friends? Come be a part of the Southern Utah Rock Club - We meet at 6:00 pm on the first Thursday of each month at the club (lapidary shop), 497 N 100 W. For more info visit [www.southernutahrockclub.org](http://www.southernutahrockclub.org)

**BIKERS AGAINST CHILD ABUSE (B.A.C.A.) - COLOR COUNTRY Chapter Meeting, 7:30 p.m., 593 N. 1450 W., Cedar City.**

**CELEBRATE RECOVERY! A BIBLICALLY BASED PROGRAM TO** overcome hurts, such as loss of relationships via divorce, death, disagreement, or any hurt one is struggling to recover from; hang-ups - anything one chooses to let go of such as negative thinking, always blaming others; and habits - over consumption of alcohol, drugs, foods, etc. All are welcome! We meet at 11:00am in the coffee shop area of TLC, 2111 N. Main St in Cedar. Please feel free to call/text 435-899-1248 if you need more information. (We also meet every Tuesday at 6:30pm)

**YEAR-ROUND FARMERS MARKET, THURSDAY, 3 TO 7 P.M. RAIN** or shine 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 Saturday at the same location, 9 a.m.

**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 COMMUNICATORS, 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, 7-10 A.M., 155 EAST 400 SOUTH** in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

**ALCOHOLICS ANONYMOUS, 7 A.M., 203 E. COBBLECREEK (KKCB upstairs)**

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

**AL-ANON— "AFFECTED BY SOMEONE'S ADDICTION OR drinking?" AL-ANON can help. 6-7 p.m., 203 E. Cobblecreek, Cedar City.** More info at 435-531-1045.

**NARCOTICS ANONYMOUS, 8 P.M., KKCB, 203 E. COBBLE CREEK,** Cedar City. More info at 877-865-5890 or 435-635-9603.

**WATER AEROBICS CLASS, (TUESDAYS AND THURSDAYS) 8 A.M.,** SUU pool. Fun, up-tempo workout to music. The class includes intensive cardio conditioning and full body muscle toning. The workout can be adapted to any fitness level. Beginners and all ages are welcome. Cost is \$3 per class, including pool admission. Call Allison at 435-327-2091 (no text) for more info.

**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.

## FRIDAY, JULY 5

**COLOR COUNTRY PICKLEBALL, 7-10 A.M., 155 EAST 400 SOUTH** in Cedar City. Paddles and balls supplied. For more information call Ed Severance at (435) 586-6345.

**IMMUNIZATIONS/WIC/VITAL RECORDS, 8 A.M. TO 5 P.M.,** Southwest Utah Public Health Department, 260 E. DL Sargent Drive, Cedar City. For questions call 586-2437.

**ALCOHOLICS ANONYMOUS, NOON. SPEAKING FROM THE Heart AA and 6 p.m. AA Misfits, 203 E. Cobble Creek, Cedar City.** For information call (877) 865-5890.

**ALCOHOLICS ANONYMOUS, 7 A.M., 203 E. COBBLECREEK (KKCB upstairs)**

**NARCOTICS ANONYMOUS LIVE AND LET LIVE, 8 P.M., KKCB, 203 E. Cobble Creek, Cedar City,** for information call (877) 865-5890 or (435) 635-9603.

**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.

## SATURDAY, JULY 6

**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 Thursday, same location, 3 to 7 p.m.

**SATURDAY FARMER'S 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.

**NARCOTICS ANONYMOUS CLOSED, CANDLE LIGHT MEETING, KKCB, 203 Cobble Creek, Cedar City.** Info at 435-635-9603 or 877-865-5890.

**ALCOHOLICS ANONYMOUS, 7 A.M., 203 E. COBBLECREEK (KKCB upstairs)**

**ALCOHOLICS ANONYMOUS, NOON SPEAKING FROM THE Heart AA, 6:30 p.m. AA BB Study, and 8 p.m. My Story speaker meeting, 203 E. Cabo Creek, Cedar City.** For information call (877) 865-5890.

## SUNDAY, JULY 7

**ALCOHOLICS ANONYMOUS, 7 A.M., 203 E. COBBLECREEK (KKCB upstairs)**

**ALCOHOLICS ANONYMOUS, 11 A.M. (TGISS) AA AND 6:30 P.M.** 12x12 Book Study, 203 E. Cobble Creek, 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.

**NARCOTICS ANONYMOUS WOMEN ONLY, 11 A.M., KKCB, 203 E. Cobble Creek, Cedar City.** Info at 435-635-9603 or 877-865-5890.

**COMMUNITY MINDFULNESS MEDITATION, 4 P.M., ST. JUDE'S Episcopal Church, 89 North 200 West, Cedar City.** This is facilitated



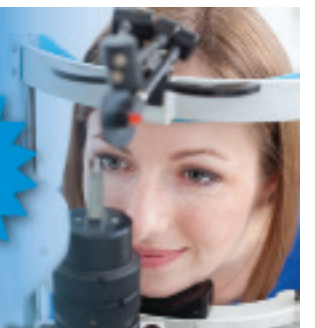
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# CALENDAR

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.

## MONDAY, JULY 8

**COLOR COUNTRY PICKLEBALL, 7-10 A.M., 155 EAST 400** South in Cedar City. Paddles and balls supplied. 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, 7 A.M., 203 E. COBBLECREEK** (KKCB upstairs)

**ALCOHOLICS ANONYMOUS, NOON. SPEAKING FROM THE** Heart AA, 203 E. Cabo Creek, Cedar City. For information call (877) 865-5890.

**NARCOTICS ANONYMOUS MONDAY NIGHT BASIC TEXT** Study, 8 p.m., KKCB, 203 E. Cobble Creek, Cedar City. For information call (877) 865-5890 or 435-635-9603.

**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.

## TUESDAY, JULY 9

**CEDAR PROFESSIONALS IS AN ORGANIZATION OF BUSINESS** people created to stimulate the business climate for members through exchange of ideas, information and business referrals. Visit our weekly meeting - Tuesdays 7:30 am - Springhill Suites 1477 S Highway 91 in Cedar City - [www.cedarprofessionals.org](http://www.cedarprofessionals.org)

**CELEBRATE RECOVERY! A BIBLICALLY BASED PROGRAM TO** overcome hurts, such as loss of relationships via divorce, death, disagreement, or any hurt one is struggling to recover from; hang-ups - anything one chooses to let go of such as negative thinking, always blaming others; and habits - over consumption of alcohol, drugs, foods, etc. All are welcome! We meet at 6:30pm in the coffee shop area of TLC, 2111 N. Main St in Cedar. Please feel free to call/text 435-899-1248 if you need more information. (We also meet every Thursday at 11:00am)

**WATER AEROBICS CLASS, (TUESDAYS AND THURSDAYS) 8 A.M.,** SUU pool. Fun, up-tempo workout to music. The class includes intensive cardio conditioning and full body muscle toning. The workout can be adapted to any fitness level. Beginners and all ages are welcome. Cost is \$3 per class, including pool admission. Call Allison at 435-327-2091 (no text) for more info.

**TAI CHI IN THE PARK - COMMUNITY CLASS, OFFERING QIGONG,** Sun and Yang style tai chi. Every Tuesday at 1:00 pm-2:00 pm unless raining. Canyon Park West, 400 East (halfway between Center Street and 200 South). 400 E, by the Pavilion. Free. (Tuesdays - June and July)

**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. 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, 7-10 A.M., 155 EAST 400 SOUTH** in Cedar City. Paddles and balls supplied. 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 SENIOR CENTER (1ST AND** 3rd Tuesday)

**ALCOHOLICS ANONYMOUS, 7 A.M., 203 E. COBBLECREEK (KKCB** upstairs)

**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, 203 E. Cabo Creek, 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. The clinic accepts Medicaid, Medicare, and all private insurances, with a sliding fee scale for uninsured patients.

**CAREGIVER SUPPORT GROUP LEAGUE, NOON, FIVE COUNTY** Aging Offices, 585 N. Main Street, Ste. 1, Cedar City.

**CEDAR CITY TOP BAR HIVE BEE KEEPING ASSOCIATION** meeting, 7 p.m., Cedar City Library in the Park.

## WEDNESDAY, JULY 10

**CEDAR CITY COUNCIL, 5:30 P.M., CITY HALL, 10 N MAIN STREET**  
**ENOCH CITY COUNCIL, 6 P.M., CITY OFFICES. 900 E** Midvalley Rd, Enoch, UT. (435) 586-1119

**WW - WEIGHTWATCHERS REIMAGINED! GET GUIDANCE AND** in-person motivation from members, trained guides and wellness coaches who are on the same path. Workshop every Wednesday at 9:30 am at the Cedar City Aquatic Center, 2090 W. Royal Hunte Drive. Call or Text for more information (702) 832-0555.

**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.

**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.

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**BAND: COLOR COUNTRY WINDS, CALL DEBBIE AT 435-559-**9609 for time and location. Come brush up on your band skills to share with the community.

**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 (RED CREEK GROUP) 7 PM** Parowan Senior Center 685 N 300 E, in Parowan

**ALCOHOLICS ANONYMOUS, 7 A.M., 203 E. COBBLECREEK** (KKCB upstairs)

**ALCOHOLICS ANONYMOUS, 6 P.M. AA MISFITS, 203 E. CABO** Creek, Cedar City. For information call (877) 865-5890.

**AL-ANON (NEW BEGINNINGS) WOMEN'S BOOK STUDY** meeting. 6:30-7:30 p.m., 203 E. Cobble Creek Drive, Cedar City.

**ARP-ADDITION RECOVERY PROGRAM, 7 P.M., PAROWAN** Seminary building, Main and 300 North, Parowan.

**NARCOTICS ANONYMOUS JUST FOR TODAY, 8 P.M., KKCB, 203** E. Cobble Creek, Cedar City. For information call (877) 865-5890 or (435) 635-9603.

**HEY CEDARS SQUARE DANCE CLASS, 6:30 P.M., CEDAR CITY** Senior Center. Info from Pat at 435-531-6811 or Ralph at 435-669-4867.

**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.

# Independence Day



## The Rut LESS TRAVELED

by Corey BAUMGARTNER

IRON COUNTY TODAY

Life can often be a funny phenomenon. It can be a conundrum of contrasts and contradictions. For example, in our youth, life seems to move too slowly. We can't wait to grow up, learn to drive, get a job and get out on our own. Then, as we get older, life seems to move too fast. We feel too old, drive too much, work too much and realize that being independent may not be all it's cracked up to be. Many of us have come to realize that responsibility increases, not diminishes, with age. However, we also come to realize that age does not dictate or deliver wisdom. Rather, it comes from our perspectives and directives through our experiences as we 'grow up'.

What is being independent all about? As we prepare to celebrate the 4th of July and other patriotic tributes to our freedom; we understand the crucial necessity of having a country and a home independent of any other rule and reign. A "one nation under God" where we can truly be indivisible and free to choose. Whether it's our country or our character, independence is a calling and a challenge to prove our self-worth and ability to be self-sustaining. However, being self-reliant and independent doesn't mean we don't need other people or shouldn't ever try to rely on others to assist us during different seasons in our lives. We can be both independent and dependent according to our personal circumstances.

One thing is certain, no matter our situations, we all need friends and allies in life. Don't get stuck in the rut of being recluse and reckless with those who care about you and want to be a part of your life. We need our families, teachers, leaders and true friends. We can learn to be self-governing without being selfish with our time and our hearts. Some of the greatest celebrations in life can come from standing together with others who share a common cause; who hear the same drummer, but who know that to make a difference in this world sometimes one must stand alone. Nevertheless, don't ever be afraid to let those who want to share your dreams and desires stand with you, or to let go of those who do not.

Therefore, whatever your age and whatever page you are on in the story of your life, it's time to declare your own individual Independence Day from any rotten ruts, relationships and rabble-rousers that are keeping you stuck. From this moment on, declare your independence from anyone or anything that is frustrating your freedom and suffocating your soul. Yes, you may need to depend on others to help you—after all, it is easier said than done—but the battles can be won. You can be victorious and life can become more celebration than frustration. Defend your dreams, improve your talents and enjoy the journey. This is your time to shine and show the world what you're made of.

# Local athletes help lay sod for dog park

by Kelsey **KEENER**

IRON COUNTY TODAY

Athletes from several local sports teams gathered at the Enoch Petsafe Dog Park to help lay sod last Saturday morning.

Players from the Cedar High School football team, Canyon View High School football team and Southern Utah University football and women's volleyball team donated their time to help with the project. An estimated total of 65 athletes, coaches and volunteers helped install the sod.

Friends of Festival Country K-9s used a recently acquired grant to purchase sod from Turner Turf Farms, who donated an additional truckload of sod to the park.

SUU Head Volleyball Coach Pete Hoyer said some of the players were attending summer classes and were dog owners themselves and wanted to make an effort to give back to the community.

"In our program, we believe in the whole person," Hoyer said. "We don't think there's separation of school, volleyball and being a good person. Plus, Cedar City and the university are so inextricably tied, they're all one and so anytime we can be a part of the community we want to give back in any way can."

Josh Bennett, Head Coach for CHS football, said he is always



**LOCAL ATHLETES, COACHES AND VOLUNTEERS** join together to lay the sod for the new dog park.

KELSEY KEENER

looking to get the players involved in the community to build character.

"It's a good thing to give back to the community so anytime these opportunities arise or come up we try to take advantage of them," Bennett said. "I'm proud of the kids that showed up today. I'm proud of them being here and working hard and helping out. ... These kids get involved in football and they think it's just all about football, and that's a big part of their lives, but I'm hoping people will see that there's other things these kids are doing -- working hard in service towards other people, which I feel is important."

CVHS Head Football Coach Chris Sawyers added that it's a positive thing to see multiple teams working together.

"It's nice to see our boys, working with their boys, and the SUU guys all come together and just kind of get a common goal and get after it," Sawyers said. "It is nice to have a nice dog park ... but it's really good to see the different groups working together, creating comradery. If we can work together and get more things done that's great."

SUU Head Football Coach Demario Warren said the team wanted to make an effort to show

thanks for the community's support.

"We just want to help out the community as much as we can," Warren said. "They support us and we had a rough season last year, so we're just thanking everybody for supporting us and trying to help out as much as we can. Our players have done a tremendous job all year long just helping out the community as much as they can."

Plans to continue improving on the Enoch Petsafe Dog Park are in place. In addition to the sod that was placed last weekend, there are sprinkler systems in place as well as cement slabs that will be used for siting areas and water fountains.

Many of the developments to the dog park have been made possible through donation or largely discounted products from several local businesses: Ahern Rentals; Western Rock; Bulloch Dirt Works; Turner Turf Farms; Bunker Septic; Home Depot; Rainbow Sign and Banner; Petersen Plumbing; Rocky Ridge Landscaping; Robinson Fencing.

Members of Friends of Festival Country K9s would also like to recognize Curtis DeMille of Premier Maintenance for donating several hours to clear and level space for the sod, preparing and installing the sprinkler systems and helping place the concrete slabs.

## Holistic Birth and Parenting Event Counsels and Comforts

by Shay **BARUFFI**

IRON COUNTY TODAY

The first Holistic Birth and Parenting event took place last weekend in the Hunter Conference Center on SUU campus. The event featured a variety of small businesses in our community that focus on providing natural and holistic products to individuals and families, including the best baby, toddler, and parent services and products in Southern Utah.

"We have so many holistic and natural based businesses in Southern Utah and we wanted to create a way for the community to see all of them, a place where we can all be in one place and hang out," said Sarah Braun

of Rooted & Adrift, a small business dedicated to herbal remedies.

This event highlighted a collection of businesses, including; Dr. Landon Staley, DC with Axiom Chiropractic; Origins Family Fitness in Cedar City, Utah; Kacey Pearson's Moon Tree Midwifery; Kicks and Giggles Mobile, a travelling HD Ultrasound; Sarah Braun's Rooted & Adrift herbal remedies; Brenda Carling's In-Home Childbirth Education; Suzie Rowley with Stone Path Massage and Energy Center; Carrissa Smith's Herban Doula Childbirth Services; Sunshine Nutrition in Cedar City, and Noggin Games in Cedar City.

The local businesses featured at the event offered information

and services, including; free spinal assessments, nutritional food samples, free fitness classes, herbal remedy samples, game playing time, henna, and consultations. "We wanted to create a way to let people know what is available to them in the holistic and natural way of things," said Kacey Pearson of Moon Tree Midwifery.

This event was the first of its kind in Cedar City, Utah and they plan to provide another event in the Fall, when people might have more time to attend. Keep a lookout for the next Holistic Birth and Parenting Event coming up later this year. Whether you are expecting a child or not, this information is valuable to the community.



**MANY VENDORS WERE ON SITE** to help provide counsel, comfort and care for parents and parents-to-be during the Holistic Birth and Parenting event.

SHAY BARUFFI

For more information about the Holistic Birth and Parenting Event, visit: <https://holisticbirthandparenting.weebly.com>.



IT WAS A PERFECT DAY FOR HOT DOGS AND POLICE DOGS in a united effort to help build trust and unity between the community and local law enforcement and first responders.

PHOTOS BY KELSEY KEENER

# Community enjoys police dogs and hot dogs in the park

by Kelsey **KEENER**

IRON COUNTY TODAY

Last week community members were invited to Main Street Park for Police Dogs and Hot Dogs in the Park.

The free event was organized by members of Friends of Iron County Police K-9s. Chairman Jason Thomas said the organization wanted to give back to the community.

"We've been very fortunate with the support that we have in our community with law enforcement and public safety in general," Thomas said. "Everybody loves police dogs (and) we had donations for the hot dogs, so we just thought we would do a community night in the park and share the talents of these dogs and the various entities of public safety."

Thomas added one of the goals of the event was to raise awareness for what public safety is really about.

"We're people just like everybody else, no better, no worse, we just have a specific job and

we want to share that," he said. "Transparency is everything in this line of work and we're here to let people see the equipment we use, how we use it, the circumstances we use it under and that it's nothing to be afraid of."

The event featured free hot dogs, demonstrations by police K-9s from multiple agencies, fire engines and other public safety vehicles, a Southern Utah



University Aviation helicopter and a Life Flight helicopter. Cedar City Police Department, Iron County Sheriff's Office, Utah Highway Patrol and the Division of Wildlife Resources were among the represented agencies at the event. Cedar City Police Chief Darin Adams said the event was a good chance for residents and public safety officials to get to know each other.

"It's kind of an opportunity to gather citizens together to show them what the dogs can do and what valuable tools they are, but also just to rub shoulders with law enforcement, build bridges (and) create relationships," he said.

## Electric pressure cooker vs. pressure canner

One of the most popular kitchen appliances today is the electric pressure cooker (sometimes called the nickname "InstaPot"). While stovetop pressure cookers as well as rice cookers and crockpots have been around for decades, this new hybrid is carving out its own place in history as a well-loved, multi-use appliance. While the cooker indeed has many redeeming qualities, it comes with a caveat or warning to only use it safely and as is recommended.

Case in point- Here is a statement from the National Center for Home Food Preservation, the home of approved USDA food preservation methods and recipes"

"Even if there are instructions for pressure canning in the manufacturer's directions, we do not support the use of the USDA canning processes in the electric, multi-cooker appliances now containing "canning" or "steam canning" buttons on their front panels. Our pressure process directions have not been developed for that type of appliance, and the canner being used does matter. Our recommendations were determined for stovetop pressure canners which hold four or more quart-size jars standing upright."

Due, in part to this statement, and because Utah is a state where home food preservation is a common practice, USU Extension faculty have conducted canning experiments in Utah and determined that electric pressure cookers do not always reach or sustain the temperatures necessary for canning low-acid food safely at Utah altitudes. Low acid foods include vegetables, beans, meats, poultry, fish and soups.

Cathy Merrill, lead researcher for the Utah study states, "The United States Department of Agriculture (USDA) has recommended against electric pressure cookers being used for canning, and now we have our own data showing that they just don't hit the high temperature needed for canning safely at our altitudes."

Why is this such an important piece of safety information? The fact is that low acid foods processed incorrectly may lead to the food harboring anaerobic organisms that if ingested can cause symptoms of foodborne botulism poisoning include difficulty in breathing

or swallowing, blurred or double vision, nausea, vomiting, abdominal cramps and paralysis. Ultimately, botulism poisoning can cause nerve damage and even death.

Please note: This statement about electric cookers does NOT include the Ball Automatic Home Canner for acid foods only, which is electric, but (1) is not a "multi-cooker", but a dedicated canner, (2) comes with its own instructions and pre-set canning options for specific food preparations, and (3) has had proper thermal process development done to support the recommendations with it.

You must, however, examine closely the instructions that accompany the canner to see how many pounds of pressure it can achieve and hold for the recommended amount of time. If it cannot reach 13-14 pounds of pressure, it eliminates Iron County and many other



### Kathy's CORNER

by Kathleen **RIGGS**

UTAH STATE UNIVERSITY EXTENSION

elevations in the state above 4,000 ft.

Jarden Home Brands also sells an electric boiling water canner, but it is not a pressurized appliance and for canning purposes operates similar to a traditional boiling water canner. Directions from the manufacturer for this Ball canner, as well as for the Weck non-pressurized electric boiling water canners, should be followed to get them assembled and for managing temperature settings to achieve a boiling process.

The best summary statement to remember here is that home food preservation is based on science and research. Therefore, you will find the most current and accurate recommendations in bulletins and websites tied to research. Reach out to your local USU Extension Office or go on line to <https://extension.usu.edu/canning/> or <https://nchfp.uga.edu>

*Kathleen Riggs is the Utah State University Extension Professor for family and consumer sciences in Iron County. Questions or comments may be sent to [kathleen.riggs@usu.edu](mailto:kathleen.riggs@usu.edu) or call 435-586-8132.*

## PEOPLE

## BIRTH

## Korver Dallen Williams

Wade and Nicole Williams and big brother Rigby are excited to announce the birth of Korver Dallen Williams, born June 11, 2019. 6 lbs and 20 inches long. Grandparents of the baby are Chris and Mary Nelson and Bruce and Lori Williams of Cedar City.

90<sup>TH</sup> BIRTHDAY

## Betty Stones

Betty is celebrating her 90th birthday on Friday July 5, 2019! Her favorite thing to do is spend time with her family; Eric,

Brenda, Maegan, Doug, Lindsay, Nicole and Korby. She especially loves her 7 great-grandkids; Daxton, Kendee, Easton, McKoy, Denton, Kash and Auston. She will celebrate her birthday with a family dinner and party. Happy Birthday Grandma Betty, we love you!



## MISSION

## Sister Thalese Barnes

Thalese Barnes, daughter of Keith and Nina Barnes, has been called to serve in the Little Rock Arkansas Mission for the Church of Jesus Christ of Latter-day Saints. She will report to the MTC on June 26, 2019.



## MISSION

## Sister Shantel Connie Demille

Shantel Connie Demille will be released from her service in the Sydney, Australia Mission for The Church of Jesus Christ

of Latter-day Saints on July 12, 2019. She will speak in church on Sunday, July 14 at 9:00 a.m. in the Cedar City 2nd Ward: 256 S. 900 W.



There is no charge for birth, first birthday, mission, Eagle Scout, 50th anniversary (and up), wedding and 80th birthday (and up) announcements. Submissions can be made online at [ironcountytoday.com](http://ironcountytoday.com), or emailed to [news@ironcountytoday.com](mailto:news@ironcountytoday.com) or brought to 389 N 100 W, #12, Cedar City, Utah 84721. The deadline is Friday at noon for the following week's issue. Announcements should be 100 words or less.

Please call 435-867-1865 ext. 5 for pricing for all other announcements.

## Memories of a Main Street 'Watering Girl'

Driving down Cedar City's Historic Main Street I was enraptured by the beauty of its flowers in full bloom—absolutely tantalizing. And then I saw her. The girl on the four-wheeler with her high-tech watering mechanisms. Perhaps, to many, she went unnoticed, but not to me. Her image transported me to more than three decades ago when my two sisters and I were the Main Street watering girls.

My dear father proudly came marching into our home on 2nd East one evening and announced that he had found a summer job for my sisters and I. I, of course, was eager because in those days I was what you might call an entrepreneur— a new job might become a step above my door to door salesman antics of selling rocks, flowers, and “I Like Ike” pins, and I knew that money meant ice cream at Fernwood's and candy at Cowley Drug. However, this responsibility proved to be unlike any other.

My dad described to us the simple details of our job and its wages. We were to arise every morning at six, except for Sundays, and water the flowers on Main Street. Those were the days when Cedar City's main street was simple—not a lot of fuss to its artistic side. However, there were still flowers and trees that needed watering. And we were to water all of them—by hand. By hand, meant bucket style. Our payment for the entire summer would be \$75 each.

I recall bits and pieces of this “experience.” I remember my father rummaging around for the buckets. My favorite bucket was a simple tin bucket; some of the others were missing handles which added to the difficulty of our job. I can still see the pliers in my dad's hands. The pliers were used to turn on the faucet at each business residence and then we would carry the water from the faucet to the trees and flowers in front of each business. Now, when you are ten, a water bucket carried in each hand while walking is quite a feat. A balancing act, actually. But I did it. My favorite flowers to water were in front of Bulloch and Cowley Drug. Each drug store had a cement planter with a built-in bench. I remember using the bench once or twice while eating ice cream or candy. I also loved the planter in front of Cowley Drug because the old rock fountain used to sit there. The water was welcoming on a summer morning.

We would start on Main Street at the Old Post Office and go all the way down the east side and then cross over to the west side all the back to what was then JC Penny and then walk home. Simple right? Every morning at 6 o'clock?

I don't remember staying up late many nights that summer enjoying the traditional night games. I don't remember fighting with my sisters or complaining much. Maybe dad could tell a different story. But I do remember dad always being the first one up and I remember how careful I was with that \$75.

When our kids were younger, it was not uncommon that my husband and I would take our “Fab Five” to work in our yard or our family's little car wash. It required patience—today it still does. I often reflect upon my “summer water girl” experience. I

don't remember my father losing patience much or complaining about the speed of my little ten-year-old hands. Now, that our children are older, it requires less work to motivate them. But it still requires patience. When I was a kid, my dad never had money in his wallet, and I am sure he did not take any “cut” from our summer watering adventure.

But he taught us to work—no dollar amount can be tied to that lesson.

When the next summer rolled around after my water girl experience, dad said he had been approached about watering the flowers on Main Street again. I remember the three of us in unison saying we would rather not. So today, the picture of “her” watering the Main Street flowers made me smile as I drove by remembering my own summer adventure as a “Main Street Water Girl.”

While she may have all the right equipment and she does look pretty “sick” on her four-wheeler, I feel a little sorry for the little girl out there who doesn't get the “moment” with her dad, her tin bucket, and a pair of pliers.

\*With that in mind, parents can start a movement by taking photos of your kids hard at work and then tag them on social media #work. After all, summer isn't meant solely for vacations and adventure—share reality!



AMYANNE RIGBY

CONTRIBUTOR

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COURTESY PHOTO

## Sew Day stitches honor for Quilts of Valor

from Crystal **FARINELLA**

FOR IRON COUNTY TODAY

Daughters of the American Revolution, Bald Eagle Chapter and Quilts of Valor members teamed up to participate in a Sew Day sponsored by 4EverQuilting here in Cedar City. Many civic minded ladies joined in to create quilt blocks using the Quilts of Valor Block Drive pattern. 4EverQuilting donated the fabric and space for this fun filled

afternoon. Almost 60 blocks were made that will be joined together to make Quilts of Valor for deserving Veterans here in Utah. If you would like more information about Quilts of Valor, you can contact Crystal Farinella at [Crystal.Farinella@qovf.org](mailto:Crystal.Farinella@qovf.org). Also, if you would like more information about Daughters of the Revolution, Bald Eagle Chapter, please contact Alexandra Ball at [ajssball@aol.com](mailto:ajssball@aol.com)



THE MINI ZIPLINE is only one of several ways to enjoy the cool weather and fun atmosphere at Brian Head.

COREY BAUMGARTNER

## Brian Head Resort open for summer adventures

by Mark **WILDER**

FOR IRON COUNTY TODAY

Brian Head is officially open for summer! Plan to beat the heat and join the fun with base area activities such as bungee trampolines, a rock-climbing wall, zip lining, tubing and archery are now open. Giant Steps Express is also running for scenic chairlift rides, and the family adventure hiking trail is ready to be explored.

Due to remaining snowpack and wet conditions, mountain biking may not be available, but will be soon! As the snow melts and trails dry out on the upper mountain, we hope to open accessible terrain in our Mountain Bike Park beginning sometime in July. In the meantime, visit our food and beverage services and our High Mountain Outfitters retail shops.

And don't miss the best 4th of July celebration in Southern Utah! The annual patriotic celebration

is taking place this Thursday, July 4th through Sunday, July 7th and is always a crowd pleaser. With vendors, fun activities, live music, tasty food and of course the best fireworks display in Southern Utah on Thursday, July 4th, Brian Head Resort will be THE place to be!

Live music on July 4th will be entertaining the crowds on our stage at Giant Steps Lodge beginning at 11:00 a.m. with Lincoln Conspiracy; followed by the Christian Mills Band at 2:30 p.m. Safety Orange will round-out the holiday from 6:00 to 9:00 p.m.

On Saturday, July 6th we have Center and Main playing from 11:30 a.m. to 2:30 p.m., and Full Tilt Boogie from 3:00 to 6:00 p.m.

Summer at Brian Head Resort is just getting started, and it's going to be EPIC!

For additional information and updates visit us at [BRIANHEAD.com](http://BRIANHEAD.com) or our Facebook page.

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**YOUTH PATRIOTS** have fun while learning teamwork during the boot camp portion of the historic week at Patriot Camp.

PHOTOS BY COREY BAUMGARTNER

## Patriot Camp teaches teamwork, unity and history

by Shary **BARUFFI**

IRON COUNTY TODAY

Patriot Camp is a nationwide program founded in Utah by Julie Knudsen over a decade ago. The leaders of the Patriot Camp teach the principles of empowerment, unity, and teamwork demonstrated through the context of our nation's founding. The annual camp is held at the Frontier Homestead Museum, where over 90 children play team centered games in anticipation of the fun-filled morning they have ahead of them.

Cedar City Patriot Camp director, Shelley Schneider, brought the program to Cedar City three years ago with the help of her friend, Shannon Seright. "The children began this week with The Revolutionary War, we had them feeling like rebels focused on independence, as the week goes on we focus more on teamwork and unity and end the week with a large team related event where we invite Southern Utah University's ROTC and The National Guard," says Schneider.

Patriot Camp is a week-long camp for children ages 5 through 12. The day camp

is used to teach children about the founding of The United States in a fun and interesting way, as well as develop an interest in history and an understanding of what makes The United States of America unique. Every year the camp directors focus on a different period in American history, this year it was America's founding and next year will be the Civil War.

A variety of topics are discussed within the week-long camp, like how important the support of other countries during war time was and how important the contributions of women were in the fight for independence. Mayor of Cedar City, Maile Wilson Edwards, visited with children and spoke at the camp about the importance of our Republic

and how we can all get involved politically at the local level.

"We want these kids to feel empowered and to feel like they can make a difference, so having the youngest mayor ever elected in Utah here to speak is great," said Seright.

Patriot Camp encourages the necessity of teamwork and unity in our lives, by educating school age children these leaders are instilling important principles at an early age. For more information about Patriot Camp, visit: [www.utahpatriot-camp.com](http://www.utahpatriot-camp.com).



## FAITH

# Blessed from Brokenness (Part 2)

(PSALM 103:1-12)

Last week I spoke about the mirrors of life. I spoke of the hope and healing through the Atonement of Jesus Christ for any who feel broken, even too broken. Can you be too broken? No, not for the Savior of all mankind, your Savior.

I also spoke of why the devil loves broken mirrors, because they distort and discourage your hopes and healing. Jesus Christ also loves broken mirrors, not because they represent regrets and loss, but because they represent His love for you as He heals your broken, even shattered life, through His perfect Atonement. Because inherent in His Atonement is not just our Savior's ability to understand your every heartache and broken heart, but the ability to be able to stand right next to you, carrying you through every single one of them.

He knows what it's like to be beaten, bruised and broken. You have your scars. So does He. They have your name written upon each one of them. But do you know what His scars also mean for you? They mean that your scars and bruises are no longer signs of loss, but signs of life.

He wants you to stop defining who and what you are according to the mirrors of the world and the broken mirrors of your past, or even those of your present. Perhaps you feel like breaking your mirrors into a million pieces. Maybe you've already broken them many so times into many pieces. Maybe you feel like you've been broken many times, too many times, into millions of pieces.

Through His Atonement, Jesus Christ won't just pick up the pieces,

He will put every one of them back together, and make you better than before. And no matter how many broken pieces you are in you can be healed and made whole. The Savior of all mankind can and will restore you, not just glue you back together. He will give you real, everlasting peace when you are willing to give Him all your broken

*“He knows where you've been and what you've done, or what has been done to you.”*



GOD'S  
Porch

by Corey **BAUMGARTNER**

IRON COUNTY TODAY

pieces. Every single one. Even if you can't count them, or even find them all.

The only piece you truly need to seek out and hold onto with all your heart, might, mind and strength—even if it is a single broken shard of faith—is the Savior's love. You can accept it and receive it right now. You don't have to wait. How is this possible? The love of Jesus Christ sees beyond any mortal mirror. He sees your heart. He knows where you've been and what you've done, or what has been done to you. He also knows where you're going and who you can become if you'll trust Him; if you'll look to Him and live, not your skewed reflections in the mirrors of pain, regret, and sorrow.

He will give you a new reflection and a new direction. Give Him your broken heart. He wants to, can and will heal your brokenness.

## OBITUARIES

### Kerry S. Orton



Our beloved Kerry passed away in his sleep the evening of May 2, 2019. Kerry was born March 30, 1959 in Parowan, Utah. Kerry was the second son of David and MaryEtta Orton.

Kerry grew up and maintained a close relationship with his older brother David, younger sister Pam, and younger brother Neil, his entire life. Some of the best stories from his childhood include his love of teasing, joking, and rough housing with his siblings.

Kerry graduated from Parowan High School with the class of 1977. Not quite a year later, he married his high school sweetheart Jill Lynn Jerome. They had two children, Nichole and Brandon. A big part of family tradition was frequent trips each year to Lake Powell. Lake Powell held such a special place in Kerry's heart that he instructed that his ashes be spread there after he passed.

Kerry started working as a mechanic after high school at his father's service station. He loved working as a mechanic and quickly became one of the best in the industry. He also got to work with his father, his younger brother, and his

son at the family-owned service station.

In 1991, Kerry suffered a broken neck sustained in a car accident leaving him paralyzed from the chest down. One of Kerry's greatest strengths was his ability to make the best of a difficult situation. With the help of his family and outstanding care from his wife, Kerry returned to an active life at the service station, in the community, and as the father of his family. Kerry and Jill were able to travel, spend time with loved ones, and watch their children have families of their own. Kerry became a proud grandfather of five grandchildren. Cadence, Azlyn, Harris, Brooks, and Claire were the absolute loves of his life. He was always grateful for the frequent visits from his parents and older brother, lunch with his wife and little brother nearly every day, and countless weekends with his kids and grandchildren.

Kerry lived a full and influential life. He always made it known how grateful he was for each and every thing a person did to help him. He was especially grateful for his wife Jill, the love of his life, his best friend, and the person who meant the most to him. He expressed a deep and immense gratitude for their marriage of over 40 years.

A celebration of life was held on Saturday, June 29th from 6-9 PM at the Parowan City Park, 50 W Center Street which is located behind the Parowan Public Library. The family requested that you bring your favorite stories and share your memories of Kerry and the life he lived.

### Maggie Elizabeth Taylor



Maggie Elizabeth Taylor, 83, passed away on June 23, 2019 in Cedar City, Utah. She was born September 24, 1935 in Camden, Texas to Beatie and Listina King. She Married Earnest Fred Taylor on October 18, 1950 in Marshall, Arkansas, he preceded her in death on June 13, 1995.

Elizabeth was raised in Texas, resided in Santa Ana, California, and then moved to Fillmore in 1976 till she moved to Cedar City in 2003. Her main interest was her family: children, grandchildren and great-grandchildren; she loved visiting them.

She is survived by her children: Susan (Dan) Alberts; Gene Taylor; Ron (Margaret) Taylor; Pamela Dircks; five grandchildren, seven great-grandchildren, two sisters and two brothers.

A graveside service was held on Saturday, June 29, 2019 at 2:00 PM in the Fillmore City Cemetery under the care of Olpin Stevens Funeral Home. Online condolences can be offered at [www.olpinstevensfuneralhome.com](http://www.olpinstevensfuneralhome.com).

### Gene Johnson Anderson



Gene Johnson Anderson was born August 18, 1932 in Toquerville, Utah to James Reed and Lena Batty Johnson. She passed away on June 23, 2019, at the age of 86, in Cedar City, Utah due to natural causes. Gene grew up in Toquerville and Cedar City. She married Byron Anderson on February 11, 1950 and lived in Cedar City and St. George for the remainder of her life.

Gene is survived by two daughters, Carolyn (Brian) Jorgensen and Holly (Josh Thompson) Venuti, 7 grandchildren, 9 great grandchildren, and 2

nephews Mark and Terry Williams (all of Cedar City, California and Hong Kong).

She was preceded in death by her parents, her brother Clair Batty, her son Steven Anderson, her husband and her sister, Kae Williams.

A visitation was held from 11:30 to 1:30 on Monday, July 1, 2019 followed by funeral services at 2:00 pm at Southern Utah Mortuary. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary directly following the services.

### Jackie Ray Long

Jackie Ray Long, 62, passed away the night of June 13, 2019 at the Cedar City Hospital in Cedar City, Utah. He was born October 13, 1956 in the Payson, Utah, to Jack and Betty Long. He grew up in Eurika, Utah, went to school at Eurika Primary and High School, where he met Mary A. Brown. A few years later, the two were married on May 14, 1978.

At the age of 17, he enlisted in the armed forces as an ARMY grunt and was deployed as an infantry man as part of the 101st Airborne Unit from 1973-1975. He was honorably discharged in the Vietnam War and was one of our beloved Veterans. Jackie spent a great deal of his employment as a roofing contractor/foreman that moved him throughout Utah. He was an active member of The Church of Jesus Christ of Latter-day Saints, when his ailments allowed him the opportunity. He enjoyed with his family and dog, fishing, camping, photography, 4-wheeling and computers. He loved his grandchildren, family and country.

He is survived by his spouse Mary A. Brown (Cedar City, UT), daughter Martha Long (SLC, UT), sons Timothy R. Evans and Chuck Norris Long (Cedar City, UT), mother Betty Long (Ephraim, UT), sister Pearl Fangel (Cedar City, UT), along with 11 Grandchildren and 6 Great Grandchildren.

He was preceded in death by his daughter Angela Long, brother Francis Long, sisters Betty Ann Penrod and Margie Creviston, father Jack Long and his dog that he treated like a son, Bear Long.

No funeral services will be held due to wishes of he departed and cremation. Family will spread his and other decided family's ashes in a special picked location. Arrangements are under the direction of Southern Utah Mortuary.

## Submitting an obituary...

There is no charge for obituaries of 400 words or less. Submissions can be made online at [ironcountytoday.com](http://ironcountytoday.com), or emailed to [news@ironcountytoday.com](mailto:news@ironcountytoday.com) or brought to 389 N 100 W, #12, Cedar City, Utah 84721. A single submission may include up to two photos. The deadline for submission is Monday at noon. For pricing information for obituaries longer than 400 words, please call 435-867-1865 ext. 5.

### Murray Ashdown



Our family is sad to announce that on June 24th, 2019 at the age of 88 years old, our beloved Murray Ashdown returned to his Heavenly Father surrounded by his family. Murray was born October 5th, 1930 in Cedar City, Utah. He was the son of Leonard and Thelma Ashdown. He grew up on the east side of Cedar City, a.k.a Dog Town as he lovingly referred to it, with his four brothers; Lee, Brian, Laurence and Craig, and sister, Celestia.

Growing up he attended school in Cedar City and worked hard for his family's livestock company. He met the love of his life, Marketta Phillips of Parowan, Utah in 1948, and they were married on August 27th, 1950. They were sealed in the St George Temple on May 3rd, 1958 for time and all eternity. They were blessed with three sons; Vance, Jeffery and Mark, 10 grandchildren, and 22 great-grandchildren.

Murray loved spending time with his family. He had a kind and giving heart, a mischievous grin that was contagious, a witty sense of humor, a

get it done attitude and a love of the Gospel that was unwavering. He enjoyed riding horses, shooting, hunting, but most of all he enjoyed being on the mountain, which always felt like home to him. Murray came from a long line of trail blazing stock. Some of his greatest accomplishments were operating the large cable crane used to set the Blow Hard Tower on Cedar Mountain, constructing numerous bridges along I-15, and starting a construction company in Cedar City that remains in business today. He was a natural born engineer and his favorite thing was working side by side with his sons and family.

He is survived by his wife, Marketta Phillips Ashdown; his three sons, Vance Ashdown, Jeffery Ashdown, and Mark (Cindy) Ashdown; his grandchildren, Jesse Ashdown, Amber Ashdown, Whitney Ashdown, Derek (Erin) Ashdown, Kris (Trish) Ashdown, Mckay (Autumn) Ashdown, Alaena Ashdown; and 22 great-grandchildren.

He is preceded in death by his mother, Thelma Gardner; father, Leonard Ashdown; brothers Brian and Lee Ashdown; daughter-in-law, Linda Ashdown; grandsons, Brennan and Jake; granddaughter, Chyanne; great-grandson, Journey, and many other family members.

Funeral services were conducted today, Wednesday, July 3rd, 2019, at 11:00 AM at the Cedar 4th/14th Ward Chapel (500 W 400 N, Cedar City, UT). Viewings were held on Tuesday, July 2nd from 6:00-8:00 PM at Southern Utah Mortuary (190 N 300 W, Cedar City, UT) and also prior to the funeral services, from 9:30-10:30 AM at the Cedar 4th/14th Ward Chapel. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent at [www.sumortuary.com](http://www.sumortuary.com).

## AEROBICS

« CONTINUED FROM PAGE 15

Allison's "water moves" include jumping jacks, the basketball, cross country skiing, the twist, the running man, the salsa, the rockette etc. Her routines have a dance like feel, but are very easy to follow. Foam water weights which are provided, are also used during part of the routine to allow exercisers to do weight resistance and suspended water moves. The price of the class is just the \$3 cost of pool admission. All participants are required to get a wrist band at the payment window to be admitted into the pool. For more information, call Allison Simpson at 435-327-2091, (no text) or 238-0222.

SCORES & RECAPS  
FROM COMPETITION  
IN IRON COUNTY

# Sports



## Memorial rodeo honors Carter

PHOTOS BY COREY BAUMGARTNER

by Tom **ZULEWSKI**

IRON COUNTY TODAY

Almost from the time he was born, Lori Carter knew what her son, T.J., was destined to be in his life.

"When I asked him what he wanted to be when he grew up, he told me he wanted to be a bull rider," Carter said. "He was riding sheep at age 2, steers at age 4, and he rode his first bull at 11."

On June 28 at Iron Rangers Arena, the Carter family put on the T.J. Carter Memorial Rodeo to pay tribute to the 2009 graduate of Cedar High who passed away from bone cancer at age 22 in 2013. Proceeds from the event went to Western Wishes, an organization that grants wishes for children stricken with cancer.

"Western Wishes was important to T.J. and to us," Carter said. "He loved children and loved helping kids."

As T.J. was growing up, Lori Carter wasn't worried about her son as he got started in the rodeo world. She related how his generosity touched the life of a younger competitor who had broken a helmet during his final ride.

"He gave the kid his own helmet and went without one," she said. "He said he'd earn more money to get another one."

After graduation from CHS, T.J. Carter was in his freshman year at Utah Valley when his cancer was diagnosed. He graduated from Texas A&M-Corpus Christi with his degree in sports medicine, but the cancer continued to spread.

"He had broken his back and neck so many times, it helped the cancer progress," Lori Carter said. "We brought him home from college in 2012 and knew he had only about a year after that."

While T.J. Carter was in school,

Lori estimated he won around \$7,000 as a member of both the Professional Rodeo Cowboys Association (PRCA) and Pro Bull Riders (PBR). He interned with the Justin Healers, the medical team that travels with the PRCA throughout the season.

Rusty Wright, who stands in ninth place through Sunday in the 2019 PRCA saddle bronc standings,

became good friends with T.J. Carter along the rodeo trail. Cody Wright and Amberley Snyder signed autographs for fans during the memorial rodeo at Iron Rangers.

T.J. Carter's last ride happened March 13, 2013, and he passed away April 6, 2013. All of the proceeds from the rodeo were presented in Heber City and will stay within Utah.



FOR THE YOUTH BRAVE ENOUGH to face their fears, mutton busting is always a fun crowd favorite.

# Angie Nickerson nominated for NCAA Woman of the Year

by Bryson **LESTER**

SUU ATHLETICS STRATEGIC COMMUNICATION

**CEDAR CITY** — Angie Nickerson has been nominated for NCAA Woman of the Year following a stellar career both in competition and in the classroom for Southern Utah University.

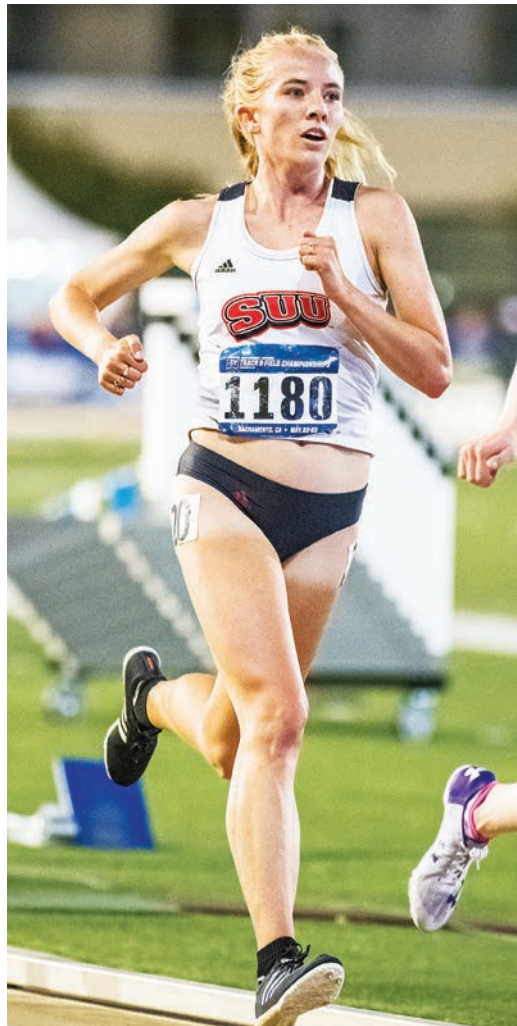
“Angie is a phenomenal ambassador for this university and an extremely deserving candidate for NCAA Woman of the Year,” Southern Utah Director of Athletics Debbie Corum said. “What she was able to accomplish on the track and in the classroom over her five seasons as a Thunderbird was nothing short of remarkable. She will go down as one of the greatest to ever compete here at SUU, and we’re thrilled to nominate her for this great honor.”

Nickerson concluded her time at Southern Utah in June, competing at the NCAA Outdoor Track & Field National Championships. She was the first female athlete from Southern Utah to do so since the 2015 season. She earned Honorable Mention status on the All-American team with her performance in the 5,000-meter, finishing in 18th place with a time of 16:38.08.

That performance capped off an incredible season from the senior, who also led the women’s cross-country team to a Big Sky Conference Championship, and also claimed the Individual Championship on the course that day as well. She also earned three Gold Medals on the indoor and outdoor track circuit.

In total, Nickerson won seven Big Sky Individual Championships, left Southern Utah holding five school records on the track, was named to the Big Sky All-Academic Team on 12 different occasions and was a Deans List Honoree 12 times as well.

She finished both a Bachelor of Arts in Philosophy degree and a Master of Public Administration degree



JEFF PORCARO

**SUU THUNDERBIRD ANGIE NICKERSON** never stopped competing or succeeding on the track and in the classroom.

in her five years as a student-athlete.

Track Southern Utah Athletics 24/7 by following @SUUThunderbirds on Twitter and Instagram, and by liking the Southern Utah Athletics page on Facebook.

## About NCAA Woman of the Year

A record 585 female college athletes have been nominated by NCAA member schools for the 2019 NCAA Woman of the Year award.

Established in 1991, the NCAA Woman of the Year award recognizes graduating female college athletes who have exhausted their eligibility and distinguished themselves in academics, athletics, service and leadership throughout their collegiate careers.

The NCAA encourages member schools to honor their top graduating female student-athletes each year by submitting their names for consideration for the Woman of the Year award.

The nominees competed in 23 different sports across all three NCAA divisions, including 262 from Division I, 131 from Division II and 192 from Division III. Multisport student-athletes account for 144 of the nominees.

Next, conferences will select up to two nominees each from the pool of school nominees. Then, the Woman of the Year selection committee, made up of representatives from the NCAA membership, will choose the Top 30 honorees — 10 from each division.

The selection committee will determine the top three honorees from each division from the Top 30 and announce the nine finalists in September. From those nine finalists, the NCAA Committee on Women’s Athletics then will choose the 2019 NCAA Woman of the Year.

The Top 30 honorees will be celebrated and the 2019 NCAA Woman of the Year will be named at the annual award ceremony Oct. 20 in Indianapolis.



ANITA BUNKER

# SUU's Brady Measom named Director of Football Operations

by Bryson **LESTER**

SUU ATHLETICS STRATEGIC COMMUNICATION

**CEDAR CITY** — Brady Measom has been named Southern Utah’s Director of Football Operations.

Measom has served as an Offensive Assistant for the Thunderbirds since the 2017 season.

“I am thrilled to be able to add Brady Measom as our Director of Football Operations,” SUU head coach Demario Warren said. “He is hard-working, intelligent and has been part of our program in some form or fashion since 2011. He has

pride in our program, University, and Cedar City and I am grateful he is stepping into this new role.”

He played wide receiver for the Thunderbirds and was a four-year starter on the Southern Utah offense. Over the course of his career, Measom had 1,590 receiving yards and caught five touchdowns for the Thunderbirds.

Measom is replacing Trever McFalls in the position, who recently accepted a spot at Utah State University as their Assistant Director of Player Personnel.

Season Tickets are currently available to purchase at the America First Event Center Ticket Office and at

www.tbirdtickets.com.

Keep tabs on the Thunderbirds by following @SUUFB on Twitter and Instagram and by liking the Southern Utah Football page on Facebook.

“I am grateful (Measom) is stepping into this new role.”

» **Demario Warren,**  
**SUU head coach**

# Hed: New MLB All-Star voting gets it right

While I was on my recent road trip, a good friend and fellow baseball nerd asked if I could grab hold of some All-Star Game ballots so he could cast a few good votes.

As things turned out, the approach to the elections for the 2019 game at Progressive Field in Cleveland was just a little bit different. The days of stuffing the ballot box with favorite players are officially over.

This year's balloting was done strictly online and allowed fans to vote for the starters in two rounds – the first to set the top vote-getters at each position, then the second to elect the starters from among the top three finishers.

To fill out the rest of the roster spots, the players and the Commissioner's Office handled the voting (33 player selections, 14 Commissioner's Office picks, as reported by mlb.com.). When all was tabulated and revealed, the whole package of players headed to Cleveland feels like a solid group.

There are first-timers among the starters like Cleveland first baseman Carlos Santana, who finally earned the trip in his 10th MLB season. Arizona second baseman Ketel Marte is another player who made a first-time splash with his 20 home runs – matching his career total in 345 previous games.

In total, nine of the 16 position starters – including the entire National League outfield of Christian Yelich (Milwaukee), Cody Bellinger (L.A. Dodgers) and Ronald Acuna Jr. (Atlanta) – are first-time selections.

Among the pitchers, L.A.'s Clayton Kershaw is back with a vengeance after missing last year's All-Star game. He's tied with Houston ace Justin Verlander for most appearances

among active pitchers with eight.

With the game less than a week away, the lineups could change due to injuries, but it all comes together for our viewing pleasure July 9 starting at 5:30 p.m. on Fox (Channel 13).

And there's every reason to be grateful for the All-Star Game because the winner won't secure home-field advantage in the World Series. It's the second year that's happened, but it's worth mentioning again because it keeps the focus on the full season.

On the minor-league front, Canyon View grad Mitch Talbot is back in the chase for his major-league dreams. Talbot returned to the Columbus Clippers – Cleveland's top



## RANDOM Thoughts

by Tom ZULEWSKI

SPORTS WRITER

minor-league team – on June 5 when the Indians selected his contract from the independent Sugar Land (Texas) Skeeters.

The 35-year-old right-hander appeared in five games in June and has a 2-0 record with a 5.70 ERA. Talbot started with a save in relief and followed up by allowing a run on four hits in a win over Rochester on June 12, but he's struggled in his last three starts, allowing 14 runs in 13 2/3 innings.

Never known as a power pitcher, Talbot has struck out 14 batters and walked only five in 23 2/3 innings through June 29. Stay tuned to this space for further updates as the rest of the season unfolds.

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



COURTESY OF SUU

## Katie Gruys Named Thunderbird Women's Basketball Assistant Coach

by Kyle BIRNBRAUER

FOR IRON COUNTY TODAY

**CEDAR CITY, Utah** — The Southern Utah women's basketball team and head coach Tracy Sanders are proud to announce the hiring of Katie Gruys as an assistant coach ahead of the 2019-20 season.

"I am so excited to have Katie join our Thunderbird staff. Katie has been a part of three very impressive program turnarounds, both as a player at Oregon and in a coaching role at Clemson and Willamette," head coach Tracy Sanders said. "She is incredibly hard-working and embodies the culture we have here at Southern Utah University. Katie will bring a ton of enthusiasm and energy to our program and this community as well as experience in all facets of the game."

Gruys has spent the last two seasons as an assistant coach at Willamette University, a Division III institution in Oregon. During her time at WU, the Bearcats had a combined record of 28-24, including a 17-10 record in 2017-18. They would go on to finish that season as the runner-up in the Northwest Conference Tournament and clinch their first winning season since 2000-01.

Gruys spent 2016-17 as a graduate assistant at Clemson University, where she was in charge of many administrative duties for the women's basketball team. She helped with

scheduling and team travel, as well as community service projects and recruiting weekends.

Prior to attending Clemson as a graduate student, Gruys earned a Bachelor of Science degree in Business Administration from the University of Oregon in 2016. She competed in women's basketball as well as track and field during all four years at Oregon. She helped the Ducks reach the semifinals of the Women's National Invitational Tournament (WNIT) in 2015-16.

While at Oregon, Gruys also was a member of the Student-Athlete Advisory Committee. She helped organize various volunteer and community service opportunities. She worked with 20 other student-athletes to build a sport court in Nicaragua in just one week. In addition, Gruys served as president of the University of Oregon crew in the Love Your Melon Foundation from 2014-16. Love Your Melon raised funds to support children and their families who are battling cancer. She also organized opportunities for Oregon's student-athletes to visit Doernbecher Children's Hospital in Portland, Oregon.

Gruys is originally from Annandale, Minnesota.

Stay up to date during the Lady T-Bird Basketball offseason by following @SUUWBasketball on Twitter and Instagram and liking the Southern Utah Women's Basketball page on Facebook.

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**IRON COUNTY CEDAR SENIOR CENTER IS LOOKING FOR A** Part Time Assistant Cook. Hours are Tuesday, Wednesday and Friday at 9:00 a.m. until around 2:00 p.m. Job Summary: Performs a variety of duties related to the preparation of meals for the Center and Home Delivery. Assist the Head Cook with packaging, sealing and preparation. Pay is \$13.04 per hour. How to apply: Go on line to: [www.ironcounty.net](http://www.ironcounty.net). "Jobs". "Current Openings" "Assistant Cook" Apply on Line or print applications and take it to the Human Resource Department. For more information about this job call: Curtis at 435-225-1222.

**BEFORE & AFTER CLEANING SERVICE IS LOOKING TO HIRE A** full time house keeper. Mon-Fri Day Shift. \$11-\$12 to start depending on experience. Contact Kim 435-592-0328.

## MISCELLANEOUS

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**LIEN STORAGE SALE: NOTICE IS HEREBY GIVEN, BY ENOCH** Storage Rentals, that the rights, title and interest of the following storage occupant's personal property will be sold at public auction for non-payment of rent. Each unit's contents will be sold in bulk as a single transaction for CASH only on Saturday, July 6, 2019 at 9 am at Enoch Storage located at 660 E 4930 N Enoch, UT 84721, 435-867-4655. A \$100 refundable cash performance deposit, per unit, is required of successful bidders. Successful bidders will be allowed 7 days to clean out the units. #132 Erin Emery; air compressor, space heater, luggage, golf clubs, tv, totes, household items.

## MISCELLANEOUS

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LEGAL NOTICES

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Enoch City Planning Commission will hold a public hearing on July 9, 2019 at 5:30pm at the Enoch City Office, 900 E. Midvalley Road, Enoch, UT. The public hearing is regarding changes to the Enoch City Subdivision Ordinance. You can view the proposed changes at <http://www.cityofenoch.org/ordinancespublic-notices.html> or call the Enoch City Recorder at 435-586-1119 for more information.

Published July 3, 2019 • Iron County Today  
ICT #0143

NOTICE OF ORDINANCES

Notice is hereby given that the Cedar City Council at its regular meeting of June 26, 2019, passed the following ordinance(s):

1. Ordinance No. 0626-19, an ordinance amending the zone from residential agriculture to mixed use for property located in POD 1 of the Iron Horse RDO;
2. Ordinance No. 0626-19-1, an ordinance amending Chapter 35, Section 10 of the Ordinances of Cedar City related to parking restriction; and
3. Ordinance No. 0636-19-2, an ordinance amending Chapter 17 regarding open burning within the Cedar City limits.

Said Ordinances shall become effective immediately upon publication.

A Copy of said ordinance(s) may be seen and/or purchased at the office of the Cedar City Recorder, 10 North Main Street, Cedar City, Utah.

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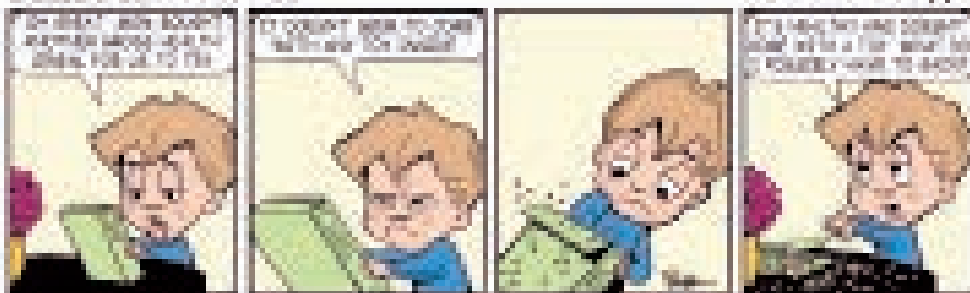
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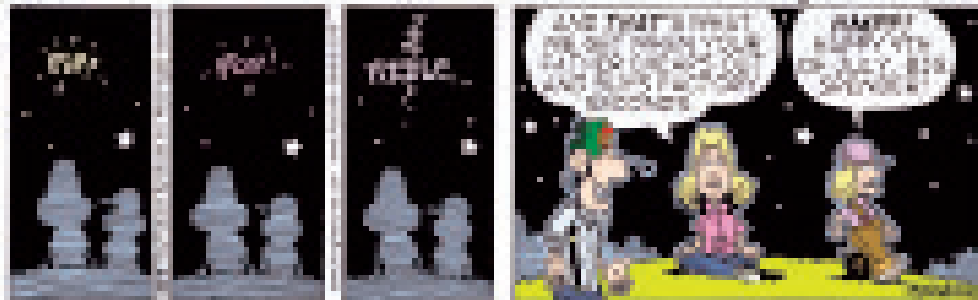
# Amber Waves

by Dave T. Phipps



# R.I.D.

by Mike Marziano



# The Sports

by Jeff Pickering



# King Crossword

## ACROSS

- Advertisement
- Movie
- Movie
- South Dakota
- It's helpful
- Covered ring
- On the way
- Four-hour term
- Use a sponge
- Author Walter
- D.C. to
- Long shot
- Movie
- Available
- Carbohydrate
- permission
- 5-ball dexterity
- for
- Exchange
- premium
- Former soap
- Fast expense
- San Francisco — Hill
- One of the
- Three Men
- Real
- The name, in a bibliography
- Approaching
- Dignity
- groceries
- "Shoo"
- Aluminum
- occasion?
- Room to
- themselves
- four
- Intense

## DOWN

- Scenario setup
- Shift back
- Opening
- Historic period
- Partly
- grains-on
- Domesticated
- Seaweed
- the term
- Carpeting
- Movie
- Medicine
- plant
- 4-Down
- makeup
- Marquette
- Endearing
- Big brother
- Mandel or
- Longoria
- Library collection
- Cell phone
- second-order
- Longitude
- Homeless prod-
- uct
- Mix up
- Hearty tree
- Michael of
- "Glee"
- At all
- Sleep pres-
- ent
- Spine
- Broadway
- ladder
- Claw-headed
- goldfish
- Phase
- Archie's
- playmate
- "The Music
- Man" setting
- Buzzing pest
- Abandon get-
- ter
- Passion
- Common
- M.A. since

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# Weekly SUDOKU

by Linda Thorne

1			4		8			
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PLEASE CONTACT US AT THE WEB SITE IF YOU HAVE ANY COMMENTS OR QUESTIONS. WE WILL BE GLAD TO HELP YOU WITH ANY PROBLEMS YOU MAY HAVE WITH ANY OF OUR PAGES.

**DIFFICULTY THIS WEEK: +++**

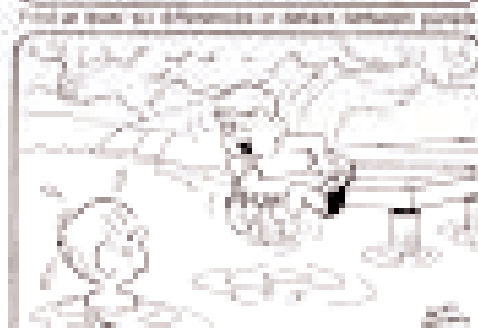
● Moderate ●● Challenging  
●●● HARD BOY!

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# HOCUS-FOCUS

by Mike Marziano



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# Trivia test

- MUSIC:** What was the last name of the three brothers who made up the pop music group The Bee Gees?
- GEOGRAPHY:** Where is Cape Rainier located?
- LANGUAGE:** Who is credited with the phrase "broccoli cheese"?
- ANIMAL KINGDOM:** How many walking legs does a lobster have?
- LITERATURE:** Which Russian novel begins with the line "All happy families are alike"?
- COMICS:** What does Robinson mean in English?
- HISTORY:** What does the Mexican holiday Día de Muertos celebrate?
- GEOGRAPHY:** Which European country has the longest coastline?
- GAMES:** What is the meaning of the word "cannon" in the card game?
- MOVIES:** In which movie did a female scientist first appear?

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See our Insert for July 4th Hot Deals!



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990 S. Main Street, Cedar City, UT  
Mon-Sat 10am-7pm  
Closed Sunday

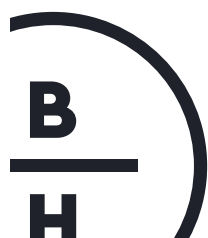
**Mesquite Store**

(702) 346-1600  
250 Falcon Ridge Pkwy, Mesquite, NV  
Mon-Fri 9am-6pm, Sat 9am-5pm  
Closed Sunday

**Distribution Center**

(435) 986-2900  
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