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WEDNESDAY, MAY 31, 2017

VOL. 9 NO. 26

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IRON COUNTY

today

WWW.IRONCOUNTYTODAY.COM

WEDNESDAY, MAY 31, 2017

VOL. 9 NO. 26

WE SHALL NEVER FORGET

Memorial Day observances honor fallen military veterans

by Holly COOMBS
holly@ironcountytoday.com

Also, known as Decoration Day, Memorial Day was observed by many gathered throughout Iron County and the country to recognize and honor military men and women, who died while fighting for their country.

U.S. President Donald Trump visited the Arlington National Cemetery Monday morning to perform the duty of commander-in-chief by laying a wreath at the tomb of the Unknown Soldier.

In presidential tradition, Trump gave his Memorial Day address, laid the wreath and honored those U.S. men and women who fought to the death for the country.

"Thank you for joining us as we honor the brave warriors who gave their lives for our—Spending their last moments on this earth in defense of this great country and its people," Trump said in his live address. "We only hope that every day we can prove worthy, not only of their sacrifice and service, but of the sacrifice made by their families and loved ones they left behind—special, special people."

Trump also honored Homeland Security Secretary Gen. John Kelly's fallen son, Robert, and the Kelly family.

"I especially want to extend our gratitude to Gen. Kelly for joining us today—an incredible man—I always call him general," Trump said. "He understands more than most ever could, or ever will, the wounds and burdens of war."

Robert Kelly, 29, was killed in a roadside bomb blast in 2010 during a foot patrol in Afghanistan's

Helmand Province.

"To the entire Kelly family, today, 300 million American hearts are joined together with you. We grieve with you," Trump said. "We honor you and we pledge to you that we will always remember Robert and what he did for us."

Also in Cedar City in the cemetery, the Iron County Veterans Coalition hosted a program with the cadets from the Civil Air Patrol, who presented of the colors and raising of the flag to half-staff for those fallen service men and women.

The cemetery was full and cars lined the streets. More than 20 living veterans stood and were recognized as they saluted when the flags were raised.

The honor guard shot three volleys, played TAPS and a moment of silence followed.

The pledge of allegiance was said among attendees and a wreath was placed at the Memorial Day Memorial during the ceremony to honor the World War I veterans by the Robinson and Beacham family.

Bruce Winslow, Navy Veteran and member of the Iron County Veterans Coalition was the event speaker.

"Over there, over there the yanks are coming," Winslow said, quoting a remembrance of World War I. "Those words would come familiar on

Decoration Day in 1917 and for many months after that. The United States declared war 6 April 1917 and entered the world war."

He spoke of the history as members of the military prepared for that first world war.

"The U.S. Army had 135,000 regular troops and

"We remember all who gave their all in the service of the United States of America"

— Bruce Winslow, Iron County Veterans Coalition

see **MEMORIAL DAY** | 8



CIVIL AIR PATROL CADETS RAISE THE FLAG during the Memorial Day Ceremony at the Cedar City Cemetery Monday.

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Cedar City LDS Temple Presidency, matrons, assistants announced

Daniel M. Jones, President, 71, Greens Lake Ward, Cedar City, Utah Stake. Jones is a former member of the St. George, Utah temple presidency, Area Seventy, Patriarch, Australia Perth mission president, Stake President, Bishop, and High Councilor. He is a retired Seminary and Institute teacher and administrator. Jones was born to Homer and Belle Jones and was raised in Cedar City, Utah.

JoAnn D. Jones, Matron, recently served as an assistant to the matron of the St. George, Utah temple and formerly served as a companion to her husband in the Australia Perth Mission. She has been a stake and ward Relief Society president, Primary president, gospel doctrine teacher, Young Women's leader and activity day leader. She is a retired elementary school teacher and has had her own private music studio for 53 years. She is the daughter of Gail and Audrey Duncan and was raised in Cedar City, Utah. President and Sister Jones have 5 children and 21 grandchildren.

James S. Johnson, First Counselor, 64, Greens Lake ward, Cedar City

Utah Stake. He is a Just Serve specialist, temple ordinance worker and a former stake president, bishop, high counselor, Young Men's president and institute instructor. Retired Iron County School Superintendent. He was born to Cal and Jane Johnson and raised in Vernal, Utah.

Debra Johnson, Assistant to the Matron, currently serves as a Just Serve specialist, temple ordinance worker and is a former ward Relief Society president, Young Women's president, stake Young Women's counselor and institute instructor. She is a stay-at-home grandma, but has worked as a dental assistant and a surgical technician. She was born to Bruce and Marilyn Fotheringham and raised in Cedar City, Utah. President and Sister Johnson have 3 children and 9 grandchildren.

Rick B. Holman, Second counselor, 60, Wagon Trail Ward, Cedar City Canyon View Stake. He is a ward mission leader and temple ordinance worker and a former stake presidency counselor, bishop and stake and ward Young Men President and scoutmaster. Retired Cedar City man-



COURTESY OF DANIEL JONES

CEDAR CITY LDS TEMPLE PRESIDENCY, MATRONS AND ASSISTANTS have been announced. From L to R: Back: James S. Johnson, Daniel M. Jones, Rick Holman. Front: Debra Johnson, JoAnn Jones and Kaye Lindquist Holman.

ager, he was born in Anchorage, Alaska to Laurel Leroy Holman and Wenda Louise Sandin and raised in Panguitch, Utah.

Kaye Lindquist Holman, Assistant to the Matron, currently serves as a temple ordinance worker, ward missionary and Primary pianist. She is a former Cub Scout

leader, organist, teacher and presidency member in the Relief Society, Young Women and Primary organizations. A registered nurse, she was born in Orem, Utah to Don Lee Lindquist and Barbara Jane Spencer. President and Sister Holman have 6 children and 12 grandchildren.

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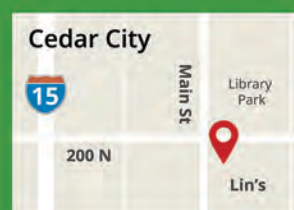


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USU Extension honored with best of state award

by Julene REESE
For Iron County Today

Utah State University Extension was recently named Best of State winner for adult education in Utah. The Best of State Awards recognize outstanding individuals, organizations and businesses in Utah. Nominees are judged on achievement in their field of endeavor; innovation or creativity in approaches, techniques, methods or processes; and contribution to improving the quality of life in Utah.

Ken White, USU Extension vice president, said that as a land-grant institution, USU Extension has offered research-backed education and outreach for more than 100 years.

“Our programs have a long history of showing tremendous impacts for Utah residents,” he said. “We have the unique opportunity of having an Extension office located in 28 counties in Utah, so we are able to reach a wide range of people and their varying needs with research-based, unbiased information.”

USU Extension offers non-credit courses statewide in a variety of areas, including agriculture and natural resources, gardening, home, family and food, and Utah 4-H and youth. In addition, Extension operates the Ogden Botanical Gardens, Swaner Preserve and EcoCenter, the USU Botanical Center and has partnerships with several other centers and gardens around the state.

Roslynn Brain, sustainable communities Extension specialist based in Moab, said it is not surprising that USU Extension is an award winner for adult education.

“In my county, we have seen tremendous impacts from our programs in classes ranging from water harvesting to branding a local food movement, and these same types of impacts are occurring all across the state,” she said.

One program that has been particularly successful in Moab is a community

permaculture design initiative called Bee Inspired Gardens. Permaculture is a design philosophy that mimics the patterns and relationships found in nature. The initiative was formed as a partnership between a broad range of partners from USU Extension to small-scale educational nonprofits. Several hundred volunteers have participated in designing, implementing and learning about the gardens and their focus on water conservation, pollinator health and perennial food and forage systems.

Brain attributes the high participation in the program to a growing interest in resilient, regenerative living as more people are wanting to move away from the burdens of consumerism.

“Living a sustainable lifestyle is made difficult by our consumerism society where companies generally push the message that happiness must be bought,” she said. “What many are coming to realize is that living a simple lifestyle with less debt, more interaction with nature and less stuff to manage seems to better equate with

a happy lifestyle. It is really rewarding to see people learn these concepts.”



White said this is just one of hundreds of USU Extension programs that are teaching important life skills and helping improve the quality of life in the state.



“Our programs include everything from financial management, relationship education, and nutrition to water conservation, small business development and pest management,” he said. “We also endeavor to reach an ethnically diverse audience. We are a relevant resource for people of all backgrounds and interests, and we are truly honored to be recognized for our programs with this prestigious Best of State Award.”

As a 2017 Best of State winner, USU Extension will be recognized at an awards gala held May 17 at the Salt Palace in Salt Lake City. For further information, visit bestofstate.org.



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Opinion

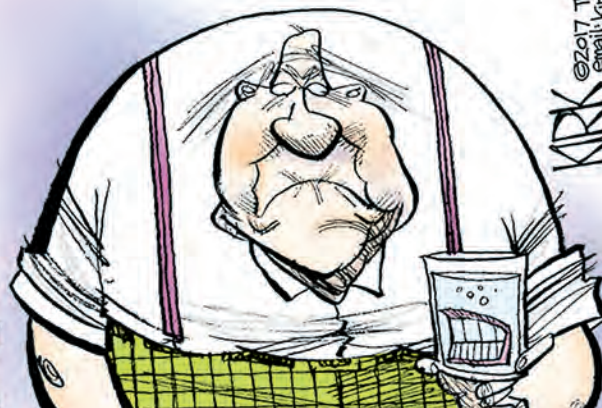
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Want to Submit a Letter to the Editor?

Submit your letters to news@ironcountytoday.com or bring or mail them to 389 N. 100 West, 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 by e-mail, we will use the author's e-mail address in lieu of a signature.

Has Trump embarrassed you yet?

We have now surpassed the first 100 days of the Donald Trump presidency. Are you embarrassed yet? If not, you haven't been paying attention.

The guy who told Americans he would propose a plan supplying health insurance for everyone is now backing a plan removing insurance for millions, jacking up prices for older folks, and taking away federal protections for those with pre-existing conditions.

The candidate who spoke about "draining the swamp" is swimming with fast-buck Wall Street honchos. The man being investigated for ties to Russia brags to Russian officials that he fired the FBI chief investigating him, calling him a "nut job." And what about the charge that he blabbed classified intelligence to the Russians? Or that

Americans didn't vote for Trump at all; Hillary received about three million more votes.

So who voted for Trump? He pieced together a winning electoral vote coalition of angry people refusing to accept the 21st Century.

Frustrated manufacturing employees (mostly white males) who cannot compete with robots and technology and who would rather blame their poor job prospects on people coming from Mexico and Central America... Coal miners who haven't figured out that coal has as much future as the pay telephone... Evangelicals who can't stand the idea that a gay American can

eked out a victory in three states that gave him the election. International news organizations say the Russians were surprised. And, according to numerous reports from his campaign officials, so was Trump.

That's how we got here. Many concerned Republicans are now taking cover while gleeful Democrats



Cyclops

by Bryan GRAY
Columnist

Many concerned Republicans are now taking cover while gleeful Democrats are amazed that Trump is as illogical as they once feared

he criticized Michelle Obama for not wearing a head scarf while meeting with Arab officials, but saw nothing wrong with his own wife not wearing one on his Saudi trip?

During a recent trip to Spain, a man was perplexed as to how Americans could elect a man like Trump.

Basically, I answered, Americans did not vote for Trump; they just had a difficult time voting for Hillary Clinton. In fact, the majority of

be happy... Uneducated men and women who don't read newspapers or news magazines and are ticked off that educated city slickers are doing well financially... Rural Americans who don't understand that major corporations are not going to build manufacturing plants in the communities where jackrabbits outnumber skilled workers.

Put these voters together along with a lower minority turnout than in the 2008 and 2012 elections, and Trump

are amazed that Trump is as illogical as they once feared. Even if you can forgive his sleezy attitude towards women, even if you can justify the man's continual lies, how can you let this tweeting bully soil the tradition of constitutional government?

Yes, I'm embarrassed.

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

Group offers support for families affected by cesarean

by Stacey DAVIS
For Iron County Today

Pregnancies ending in cesarean are at an all-time high in the United States.

Families who face a cesarean are often left with emotional feelings regarding their birth. Being able to have support from others who have experienced a cesarean can be a huge blessing. It helps you know that you are not alone and that what you are feeling may be a normal part of your birth process. For those families affected by cesarean who would like more information and support, there is a new resource in Cedar City. ICAN or International Cesarean Awareness Network.

ICAN is a support group for families affected by cesarean. There will be two types of meetings held, an Open Meeting and a Closed Meeting. Open meetings are for family, friends, caregivers, providers and anyone who loves or cares for someone affected

by a cesarean. Closed Meetings are limited to those who personally have experienced a cesarean. These meetings are a place to gather information, and support to aid you in your journey. Meetings are held every second Tuesday of the month at 4 p.m. at the Cedar City Library in the Park.

In addition to monthly support meetings, ICAN also offers one on one support as well as free classes regarding topics on cesarean. One on one support can help moms process their birth, learn what to expect in recovery as well as help out with crisis situations before, during or after a cesarean. Free classes are for those who want to know the best way to support a family affected by cesarean as well as how to help families advocate for their birth choices.

The International Cesarean Awareness Network, Inc. (ICAN) is a nonprofit organization whose mission is to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery, and promoting Vaginal Birth after Cesarean (VBAC).

ICAN promotes education, support and advocacy. Three important factors in lowering the risk of cesarean.

» **Education:** "If you don't know what your options are, than you don't have any." It is very important to research your options, as well as risks in regarding to birth options. Educate yourself through research so you may make the best birth decisions for you and your family.

» **Support:** Having the right support before during and after child-birth can boost your confidence and satisfaction with your birth experience. This can also decrease your risk of an unnecessary cesarean. Having a good support system includes having a good medical provider who is up to date with current research and allows families to make decisions that are best for them. Having a medical provider who follows ACOG guidelines is important.

» **Advocacy:** ICAN advocates for best birth practices that are based on current research. We support families as they advocate for themselves. With cesarean rates at all-time highs-- women and families must now assume more responsibility for their own birth choices.

For more information, visit <https://m.facebook.com/ICANofSouthernUtah/>

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.

May 22

Jason W. Dittmer, Cedar City
Possession

Brad A. Maltby, Cedar City
Retail Theft

May 23

William R. Dedrick, Beryl
Probation/Parole Violation

Joshua C. Gronowski, Cedar City
Assault

Ryanrigvez F. Warner, Cedar City
Possession, Theft, Drug Paraphernalia

May 24

Joseph M. Sandoval, Cedar City
Possession

May 25

Summer J. Kuchta, Beryl
Assault

Oscar Herrera-Vega, Ogden
Controlled Substance

May 26

Jose M. Thomson, Cedar City
Possession, Drug Paraphernalia

May 27

Joshua C. Gronowski, Cedar City
Abuse of Psycotoxic Chemicals

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Council approves gravel pit lease, considers affluent water recharge

by Holly COOMBS
holly@ironcountytoday.com

Cedar City Council approved the renewal of a lease on Schmidt Construction's gravel pit, heard a consideration for recharging effluent water for recharge and made a proclamation for the 100th anniversary of the Red Cross at its meeting last Wednesday.

In its previous meeting, the council contended about the flood mitigation project being too close to the airport according to Federal Aviation Administration regulations and using Phil Schmidt's gravel pit for the project temporarily or seasonally. The council agreed to work with the FAA and did approve the lease for Schmidt.

"We want to work with the FAA and not hide what we are doing," City Council Member Terri Hartley said in an interview with the Iron County Today.

Hartley said while the water project is important, the city does not have the money to pay \$4 million in fines by not working with the FAA.

In the previous council meeting, City Manager Paul Bitmenn said FAA is not just black and white, but they are willing to work with the city's situation.

City Council Member Paul Cozzens, who is on the Iron County Water Conservancy District board, is one who heads the flood mitigation and recharge projects in the city.

Cozzens emphasized at the council's previous meeting about the necessity of conserving water per instruction by the state engineer.

The council continues to work a plan to satisfy the needs of the water conservancy and

working with the FAA.

State Water Quality representatives made a presentation to the council about using sewer water for recharge.

The idea is under uncertainty at the moment.

"Using that water is a bit unsettling," Hartley said.

The council will have its next scheduled meeting on June 7 at 5:30 p.m. in the council chambers.

CEDAR CITY COUNCIL

Citizens voice concerns on city budget, Vesley sworn in at Parowan City Council meeting

by Holly COOMBS
holly@ironcountytoday.com

Citizens shared their concerns with the city budget and new Parowan City Council Member Patti Vesley was sworn in at the Parowan City Council meeting last Thursday.

The Parowan City Council considered approving its budget and citizens voiced their concerns regarding the transfer possibility from the electrical fund.

"I'm just concerned because it's our money and you guys get to spend it," one citizen said. "We trust you with our money."

Parowan City Council Member Vickie Hicks said that it is no easy feat for the council to decide either.

"That's the history (to transfer funds)," Hicks said. "It's never been

easy and it never will be easy to decide what to do and we have to do what we can in the citizen's best interest."

City Manager Joshua Jones said that the budget spending is available to the public online on Parowan's website so citizens know where money is going.

Aside from the budget discussion, Vesley was sworn in as a new member of the council replacing Jay Orton, who is stepping down for the rest of his term because of employment conflicts.

Vesley plans to serve the rest of Orton's term as well as run for council in November.

"I've lived here 15 years," she said at the previous meeting after being chosen

by the council vote to replace Orton. "I want to be involved and help out in the city. I think council is a great way to do that."

"I'm just concerned because it's our money and you guys get to spend it"

— Parowan resident



THINKSTOCKPHOTOS

Affordable Health Screenings, packages available in Cedar City

by Joelle REIZES
For Iron County Today

CEDAR CITY, UT – Residents living in and around the Cedar City, can learn about their risk for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions with affordable screenings by Life Line Screening.

The Ramada, located at 1575 W. 200 West will host the community event.

Screenings can check for:

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- » HDL and LDL Cholesterol levels
- » Diabetes risk

» Bone density as a risk for possible osteoporosis

» Kidney and thyroid function, and more

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 <p style="text-align: center;">CUTE CONDO.</p> <p>This well maintained condo is the perfect place to rest by the gas fireplace after a long day of skiing. \$78,500</p> <p style="text-align: center;">CATHRYN 590-4820 MLS 78628</p>	 <p style="text-align: center;">CUSTOM ON 20 ACRES.</p> <p>This is a pristine custom built home with some of the most incredible views in this area, with over 4400 sq ft and tons of upgrades. \$599,000</p> <p style="text-align: center;">DEBBIE 590-0890 MLS 77089</p>

Recruiting can ease the transition from veteran to employee

by Michael HENCKEL
Associate Editor, J. J. Keller & Associates

The U.S. Equal Employment Opportunity Commission (EEOC) reports that 3 million veterans have returned from military service over the past decade, and another 1.5 million are expected to return over the next five years. As they return, most of these service members will look to rejoin a civilian lifestyle. However, the transition from military service to a civilian workplace can be a struggle for veterans.

Transition Roadblocks

Many veterans possess qualities that employers hold in high esteem and could add immediate value to the workplace. For many veterans, however, the job interview can be the most daunting part of joining the civilian workforce. A returning veteran may have been enlisted in military service since he or she was 18. The individual may have never written a resume or cover letter or had a job interview.

Heightened Employer Awareness

While veterans often gain invaluable skills from their military experience, explaining those skills on a resume or properly communicating military experiences to a hiring manager during an interview can prove to be a difficult task.

More and more employers are interested in hiring veterans, and employers can help their own recruiting efforts by being more aware of how veterans' strengths can translate into the skills employers are seeking. Some of these strengths include:

» **Work ethic:** Many veterans are used to working long hours, adapting to a variety of work environments, and working under pressure. They understand that success comes from a strong commitment to the task at hand.

» **Teamwork:** Working in a team environment begins early for military members; their lives may even depend on their ability to work with and trust team members. Veterans know the role of their efforts in supporting a team and achieving collective goals.

» **Initiative:** For many veterans, military experience has encouraged them to think on their feet and take action. They have been trained to

understand and solve complex issues without step-by-step guidance from superiors.

» Training and education:

Veterans receive a wide variety of training, encompassing nearly all occupations. Most military training schools teach technology, leadership, sales, and management.

» **Leadership abilities:** Often faced with real-world, front-line situations, many veterans will be able to give examples of how they developed leadership skills which can be applied in the civilian workforce.

Recruiting Help Available

The Vietnam Era Veterans' Readjustment Assistance Act of 1974, or VEVRAA, requires contractors and subcontractors with certain federal contracts to take affirmative action to employ and advance in employment qualified covered veterans. The law prohibits discrimination against

covered veterans, and requires contractors and subcontractors to list their employment openings with appropriate workforce job banks or veteran outreach programs.

While some employers will be required to seek out veteran candidates, employers without such requirements may still want to take an active approach toward hiring these potentially valuable employees.

Most states have a job bank that employers may use to post

openings. Employers can also contact an employment representative (such as Employer Support of the Guard and Reserve) whose aim is to help employers hire veterans. Letting employment representatives know hiring vets is a priority can help them identify qualified former service members whose skills match those needed for a particular position.

About the author: Michael Henckel is an associate editor at J. J. Keller & Associates, a nationally recognized compliance resource company that offers products and services to address the range of responsibilities held by human resources and corporate professionals. Henckel specializes in topics such as the Fair Labor Standards Act, employee classification, and compensation. He is the author of J. J. Keller's FLSA Essentials guidance manual. For more information, visit www.jjkeller.com/hr.

1.5 million veterans are expected to return from service over the next five years



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Small businesses to act now for incentives to save energy, money

by Tiffany **ERICKSON**
For Iron County Today

CEDAR CITY, UT — Rocky Mountain Power representatives are currently in the Cedar City, Parowan and Enoch areas introducing small businesses to new lighting technologies that can make their operations more energy efficient.

During this time, wattsmart Small Business Direct technicians will be

conducting on-site energy assessments by going door-to-door or by appointment. Qualifying small businesses may receive enhanced incentives to save as much as 75 percent of the overall project cost.

“Small businesses face many challenges, and our energy efficient lighting incentives make it easier to save energy, money and time when upgrading existing lighting systems,” said Tom

Heaton, Rocky Mountain Power regional business manager. “We also want our small business customers to know the wattsmart Small Business Direct technicians will provide reliable information and quality work.”

The program covers some of the most common interior and exterior lighting upgrades, including LED lighting technology. Businesses will save money both on the incentives for the

upgrade work and on energy use in the future.

To get started, business owners should set up an appointment for the on-site energy assessment by calling toll free 844-712-6232. Once the assessment is completed, business owners will have time to review the project proposal, the incentives offered and determine whether or not to proceed. The wattsmart Small Business Direct team will take care of

installation and paperwork.

“We’re looking to make this very easy for customers,” Heaton said. “Saving energy helps everyone, and we certainly hope local business customers keep our technicians very busy during their time here.”

For more information, call 844-712-6232, or visit the company’s web page at www.rockymountainpower.net/business/Utah/sb.

Iron County Care & Share announces largest fund raising event of the year

by Peggy **GREEN**
For Iron County Today

CEDAR CITY, UT — The Iron County Care and Share announces the sixth Annual “Drive Out Hunger” Charity Golf Tournament. The tournament will be at the Cedar Ridge Golf Course in Cedar City Sept. 13.

The fundraiser is the largest annual event for the organization and is crucial in providing food pantry, emergency shelter and essential services to Iron County and surrounding areas. In 2016, the Iron County Care and Share provided nutritious food to 34,724 individuals in Iron County and the 38 bed emergency shelter provided safe

shelter and warm meals for over 500 men, women and children on 8,509 nights.

Registration for teams and sponsors is now open for the co-ed, scramble style tournament and is available online at www.careandshare-ut.org. Awards and prizes include a Hole-in-One-Car, cash prizes of up to \$800 for teams, a silent auction and over \$1,000 in prizes in the raffle including vacation packages, gift baskets and golf clubs.

Golfing is not required to contribute. A multitude of opportunities to give include Corporate Sponsor (\$1,000), Cart Sponsor (\$750), Teams (\$600) and Hole Sponsor (\$175) and a variety of donation levels.



Rod and Sandy Kaminska, Cedar City

“Anterior hip surgery helped us become *more* active.”

After seeing her husband, Rod’s, quick recovery following a total hip replacement two years ago, Sandy mustered the courage to have the advanced procedure herself. Using the latest techniques — the direct anterior approach — Dr. Robert Nakken replaced Sandy’s hip and the results were better than Sandy expected. In fact, Rod and Sandy have each had both hips replaced now so they can spend more time doing the activities they love.



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VETERANS SALUTE THE FLAG as the color guard raises it to half staff at the Cedar City Cemetery on Memorial Day.

HOLLY COOMBS

MEMORIAL DAY

Continued from page 1

80,000 national guard soldiers,” Winslow said.

With four million men serving as a draft was registered in June 1917, 24,000 of those men and women were from Utah.

“Over 290 of them were from Iron County,” Winslow said.

The Veterans Park in Cedar City has the from Summit, Modena, Parowan, Lund, Kannaraville, Paragonah and Cedar City.

“Seven of the men would die in the

service of their country and one is missing in action. Over 100 veterans of World War I are buried in the Cedar City Cemetery,” Winslow said. “We all honor their service today and during the centennial of the war as we remember all who gave their all in the service of the United States of America. They shall not grow old as we that are left grow old. Each shall not weary them, nor the years condemn, at the going down of the sun and in the morning, we will remember them.”

COSMIC CONTEMPLATIONS

In Search
of
Darkness

THE SUMMER MILKY WAY from Cedar Breaks National Monument

ZACH SCHIERL/NATIONAL PARK SERVICE

by Zach **SCHIERL**
Cedar Breaks National Monument

Summer is my favorite time to look at the night sky. Not just because it is warmer and less frostbite-y, but because as the temperatures rise, our nighttime gaze turns towards the core of the Milky Way, the brightest and most brilliant portion of our home galaxy.

The sight of a dark, star-filled night sky complete with the Milky Way stretching uninterrupted from horizon to horizon is truly one of our planet's most stirring sights. Sadly, it is also a scene becoming rapidly endangered. As of 2016, only about 25% of Americans live somewhere dark enough to see the Milky Way from their backyard. The percentage that can see it in its full glory is so small it might as well be zero. Even the lights of a modest urban area like Cedar City can wash out more than 80% of the stars visible to the naked eye, creating a fog of light that is hardly dreamy.

While city dwellers may struggle to see the stars, elsewhere in Utah are vast swaths of land where humanity's imprint on the night sky is almost non-existent. Places like Grand Staircase-Escalante National

Monument and Capitol Reef National Park are among the only remaining places in the country where you can go at night and see no signs of artificial light anywhere. Utah now has eight certified International Dark Sky Parks, more than any other state. These are county, state, and national parks that have identified by the International Dark Sky Association as ideal places to observe the night sky. One of them is in our own backyard: Cedar Breaks National Monument.

The remote location and high altitude of Cedar Breaks combines to produce one of the darkest, clearest views of the night sky in the area. While the monument was originally set aside in 1933 for its geologic beauty, more and more people are coming to Cedar Breaks specifically to experience the half of the park that comes out after dark. Every Saturday during the summer, the "Dark Rangers" at Cedar Breaks lead visitors on a tour of the night sky, both with the naked eye and a fleet of telescopes. These "star parties" allow visitors from Iron County and around the world the chance to experience the disappearing night for themselves.

Most of us don't spend much time outside at night anymore, what with our smartphones, tablets, TVs, computers, and electric lights. Yet the night sky has been inspiring our artists, writers, poets, and scientists, for centuries. Just what makes the night sky so special can be hard to comprehend in the modern age, when we so rarely encounter it. At places like Cedar Breaks though, the night sky is on full display and it is easy to see why the stars have moved so many for so long.

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Culligan

Utah Shakespeare Festival names Frank Mack as new Executive Producer

by Joshua **STARVROS**
Utah Shakespeare Festival

The Utah Shakespeare Festival announced the hiring of Frank Mack, a veteran of theatre companies across the United States, as its new executive producer, replacing the recently retired R. Scott Phillips. Mack will join the Utah Shakespeare Festival on September 1.

Hailing from Connecticut, where he is currently serving in a leadership role at the Connecticut Repertory Theatre and teaching arts administration at the University of Connecticut, Mack is eager to bring his expertise to the Tony Award-winning Festival in Cedar City.

"I am excited by the opportunity to join this amazing organization. I have been inspired by the deep commitment to the Festival held by the community of Cedar City, the staff, board, leaders at Southern Utah University, and its audience," Mack said. "I am enthused by the extraordinary artistic achievements of the Festival and eager to become an active part of it."

He has also worked as managing director at the California Shakespeare Festival in Berkeley, California; Geva Theatre Center in Rochester, New York; the New Jersey Shakespeare Festival in Madison, New Jersey; and Connecticut Repertory Theatre. His skill set includes an emphasis on making data-informed decisions and cultivating long-term, mutually beneficial relationships with stakeholders. Mack has served as a management consultant at Center Stage in Baltimore, Maryland; the African Continuum Theatre Company in Washington, DC; the Contemporary American Theatre Festival in Shepherdstown, West Virginia; and community and university arts organizations along the east coast.

The new executive producer plans to attend the opening celebrations and fundraising gala at the Utah Shakespeare Festival the first weeks of July and begin his full-time duties in September.

Utah Shakespeare Festival Board Chair Jeffery R. Nelson led the search committee tasked with filling this role.

"Through the selection process, I've been very impressed with Frank Mack," He said. "Not only is he a smart, capable, and decisive leader, but he's a passionate advocate for the arts and especially theater. Frank has a unique ability to inspire and guide continual improvement and growth with a friendly yet persistent persuasion that I am confident will help us continue to build on the strong foundation already established by Fred

Adams and Scott Phillips. Frank is the right leader at the right time for the Utah Shakespeare Festival, and I am very excited for our bright future."

Nelson expressed his gratitude for the diligent efforts of the search committee which included a broad representation of members of both the Festival and SUU Community.

Search committee members included Nelson, Ken Adelman, Jeff Larsen, and Ginger Anderson representing the Festival's board of governors; David Ivers and Brian Vaughn representing the Festival; Stuart Jones and Shauna Mendini representing Southern Utah University; and Marty Larkin and Susan Wooten representing

the Cedar City community. Consultants David Mallette and Stephen Richard from Management Consultants for the Arts worked with the search committee throughout the process.

Southern Utah University, home of the Festival, is also happy to welcome Mack in this role.

"After an exhaustive national search and conversations with more than 150 artistic professionals around the country, I am thrilled that Frank Mack has agreed to join the Utah Shakespeare Festival as its new executive producer," SUU President Scott L Wyatt said. "The arts are more important now than they have ever been, and Frank will bring a wealth of experience and level of sincerity that will help the Festival grow as we entertain, inspire and transform individuals and communities."

Festival Artistic Director Brian Vaughn said he is eager to work alongside Frank during this historic new chapter in the Festival's legacy.

"Frank comes with a wealth of

experience in both professional and academic theatre, and I am confident our collaboration will be a rewarding one," Vaughn said. "I'd like to extend my personal gratitude to the search committee, our staff, the Festival board of governors, and Zach Murray, interim executive director, for their patience and advocacy during this transition."

As part of the reorganization of Festival leadership prompted by David Ivers' departure earlier this month, Vaughn has been named as sole artistic director, helming the leadership of the artistic product of the Festival. Earlier this year, co-artistic director David Ivers left the Festival to become artistic director at the Arizona Theatre Company.

Regarding the leadership changes, Festival Founder Fred C. Adams is positive about the future.

"I think we have the right people to carry my legacy forward and protect the festival's integrity," Adams said. "I think that Frank has the personality and people skills to fit into this position comfortably. This is a crucial role for the growth of the Festival, and I think he has the skills and experience to be a huge success. I am looking forward to having him here, and I hope our community, our volunteers, our guests, and our donors will welcome him warmly."

Tickets are now on sale for the Festival's 56th season, which will run from June 29 to October 21. This year's plays are Romeo and Juliet, As You Like It, Shakespeare in Love, Guys and Dolls, A Midsummer Night's Dream, Treasure Island, The Tavern, How to Fight Loneliness, and William Shakespeare's Long Lost First Play (abridged). For more information and tickets visit www.bard.org or call 1-800-PLAYTIX. For information about the fundraising gala on July 14, call 435-586-7880.

"I am enthused by the extraordinary artistic achievements of the Festival and eager to become an active part of it"

— Frank Mack



FRANK MACK HAS BEEN CHOSEN AS EXECUTIVE PRODUCER for the Utah Shakespeare Festival.

How can you not notice the CCAC?

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

I had a disconcerting moment last week when someone asked me, "So, what would happen if the Cedar City Arts Council disappeared?" Left hanging in the air was the second part of the question: "Who would care?"

You know how when you are working on a particular project, thinking about it, discussing it, writing little notes to yourself about it? It looms large in your life and it's almost impossible to realize that it doesn't figure likewise in the lives of others. "What do you mean you don't know when the Boy Scout Jamboree is!!!"

As a friend and I discussed the question later, we acknowledged that many people are not necessarily arts oriented. And sadly, we also decided that perhaps we as a Council are not doing enough to make ourselves known. May I suggest some of the ways that the Arts Council is making a difference in the lives of Iron County citizens.

Sara Penny is a social media wizard/genius. Daily she advertises upcoming cultural events on Facebook, Twitter—other media whose names I don't even know. She also is responsible for many of the press releases that advertise pending arts events of any genre. She covers all organizations, even if they are not contributing members of the Arts Council. Don't ask me how she knows it all; she has a pipeline that feeds her all things cultural. All that informing is one of the efforts of the Arts Council.



The Council also produces a gorgeous monthly digital newsletter to all its members containing stunning visuals informing the readers of events coming up in the

next month. DaKishia Reid has been producing this, but, upon her resignation of the post, surprise! Sara is taking over.

In the May 17 edition of this newspaper, a feature article told of a new after-school art project at North Elementary School. The program is designed to teach students about the masters of painting and, with the help of local artists, learn to draw in various artistic media. Under the pictures of smiling students displaying their work are the words, "The Cedar City Arts Council recently awarded a \$400 mini-grant to fund future Studio Arts classes for North Elementary students." That is one example of the hundreds of individuals and small organizations that have received thousands of dollars from the Arts Council over the past nine years. Future endeavors would be diminished if the Arts Council ceased to exist.

Have you attended any of the Final Friday Art Walks on Main and Center Streets to see art displays and demonstrations, hear music from some of our local musicians? Did you see the sidewalk chalk displays at the Tour of Utah bike race? Have you attended any of the Networking Socials and watched your children perform for our community members? Do you enjoy the CCAC Literary Group, now in its 9th year? DO YOU READ THIS COLUMN WEEKLY?!

If so, you are a beneficiary of the Cedar City Arts Council. Please pay more attention.



© WARNER BROTHERS

"Everything is Everything" ridiculous but sweet



MOVIE Beat

by Jenniffer **WARDELL**
Entertainment Writer

Fluff is a genre, not an insult.

Sometimes, a nice little sugar-sweet movie is all you want out of the world. We should never be ashamed of wanting last-minute saves, or happy endings against impossible odds, and with how stressful life can get sometimes fiction's the only chance you get.

But when you take fluff seriously, you have to hold it to certain standards. Not all happy endings are made the same, and there's a world of difference between high quality fluff and something that was just slapped together. You don't want to waste your time with inferior quality movies.

Whether "Everything Everything" qualifies as a quality piece of fluff is, unfortunately, a more complicated question. The sweetness of the movie is without question, and it exhibits a surprising, low-key humor at various points. On the other hand, it's also the most ridiculous, implausible movie I've ever seen, and I'm including every B-list sci-fi or fantasy I've ever watched in my life. Watching it is the human equivalent of having a conversation with a bouncy, happy teenager, and even though you can't help but smile at them there's always a voice in the back of your head that sarcastically thinks "Uh huh. Sure."

The movie starts with a young woman named Maddy (played by Amandla Stenberg) who is stuck in her house because of an incredibly severe immune deficiency disorder. If she steps into the outside world, she could catch any number of illnesses that might

end up killing her. Naturally, she dreams of the outside world, which quickly comes along in the form of the cute boy who moves in next door (played by Nick Robinson). As the two grow closer, Maddy realizes that the quiet, contained life she's accepted for so many years is no longer enough for her. The only question is, will she have to sacrifice her life to experience more?

Though the concept has the potential to be overwrought nonsense, the movie is surprisingly light and sweet. Part of that is due to the performances of the two leads – Stenberg and Robinson – and another part is due to a whimsical format that lets in plenty of room for imagination. The astronaut that serves as something of an outside commentary for Maddy was a particularly nice touch, and I wish the movie had used him more often than it did.

Still, the astronaut was only one of the ways the movie proved to be surprisingly funny. The other came from embracing the potential awkwardness of conversation, rather than turning the two teens into young poets

like so many romances to. Of course, the risk of that is that the "love" story would turn into an embarrassing, painful mess, but Robinson and Stenberg brought enough charm to their roles that never happened.

What they couldn't quite save, however, is the sugar-coated absurdity of the plot. The entire movie strains plausibility so far you can hear it snap, and though that might be the fault of the YA novel it's based on the movie did nothing to fix the problem. The ending isn't given

nearly enough foreshadowing to make it seem like it fits organically with the rest of the movie, and even smaller details can haunt the more practically-minded people in the audience. I spent a solid half of the movie wondering what Maddy was going to do when that first credit-card bill came crashing down on her head, and anyone who's ever flown on an airplane before is sure to have a ton of "Hey, wait a minute" questions of their own.

So, as fluff goes, this isn't terrible. But it could be so much better.

Rating: PG-13 for thematic elements and brief sexuality

Screenplay: J. Mills Goodloe, based on the novel by Nicola Yoon

Director: Stella Meghie

Starring: Amandla Stenberg, Nick Robinson, Anika Noni Rose, Ana de la Reguera, Taylor Hickson, Danube R. Hermosillo and more

Grade: ★★☆☆

HAM IT UP

Amateur Radio field day to demonstrate science, skill, service

Members of the Rainbow Canyons Amateur Radio Club will be participating in the national Amateur Radio Field Day exercise on June 24 and 25 at Three Peaks Recreation Area.

Since 1933, ham radio operators across North America have established temporary ham radio stations in public locations during Field Day to showcase the science and skill of Amateur Radio. This event is open to the public and all are encouraged to attend.

For more than 100 years, Amateur Radio – sometimes called ham radio – has allowed people from all walks of life to experiment with electronics and communications techniques, as well as provide a free public service to their communities during a disaster, all without needing a cell phone or the internet. Field Day demonstrates ham radio's ability to work reliably under any condition from almost any location and

create an independent communications network. Over 35,000 people from thousands of locations participated in Field Day in 2016.

"It's easy for anyone to pick up a computer or smartphone, connect to the Internet and communicate, with no knowledge of how the devices function or connect to each other," said Sean Kutzko of the American Radio Relay League, the national association for Amateur Radio "But if there's an interruption of service or you're out of range of a cell tower, you have no way to communicate. Ham radio functions completely independent of the Internet or cell

phone infrastructure, can interface with tablets or smartphones, and can be set up almost anywhere in minutes. That's the beauty of Amateur Radio during a communications outage.

"Hams can literally throw a wire in a tree for an antenna, connect it to a battery-powered transmitter and communicate halfway around the world," Kutzko said. "Hams do this by using a layer of Earth's atmosphere as sort of mirror for radio waves. In today's electronic do-it-yourself (DIY) environment, ham radio remains one of the best ways for people to learn about electronics, physics, meteorology, and numerous other scientific

disciplines, and is a huge asset to any community during disasters if the standard communication infrastructure goes down."

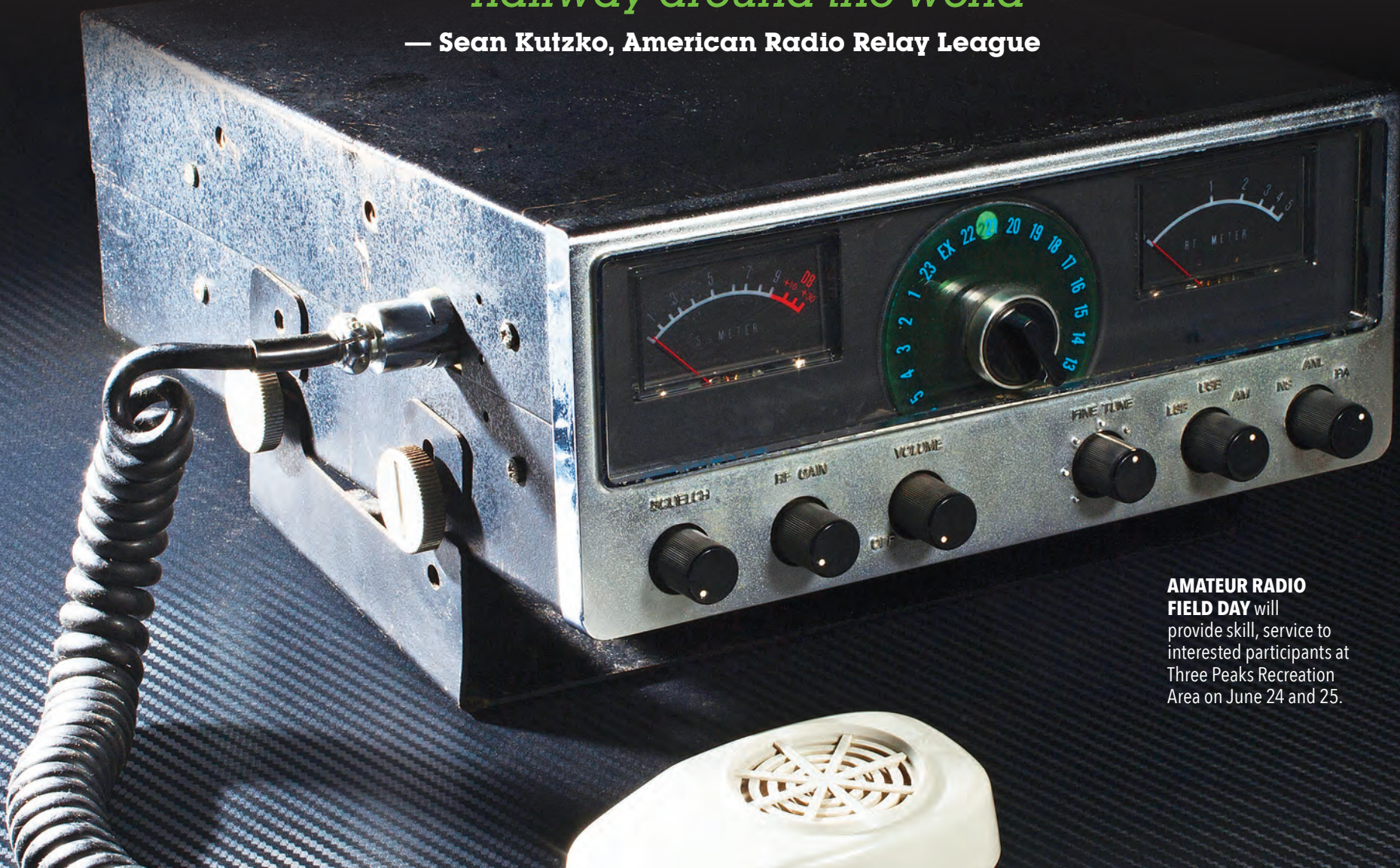
Anyone may become a licensed Amateur Radio operator. There are over 725,000 licensed hams in the United States, as young as 5 and as old as 100. And with clubs such as the Rainbow Canyons Amateur Radio Club, it's easy for anybody to get involved right here in Iron County and surrounding areas.

For more information about Field Day, contact Linda Shokrian at (435) 867-5914 or (435) 238-0068, lgshokrian@gmail.com or visit www.arrl.org/what-is-ham-radio.

Directions: Head west on Hwy. U-56 from Cedar City to Lund Hwy; head north for about five miles to Mid-Valley Rd., then west for about two miles.

"Hams can literally throw a wire in a tree for an antenna, connect it to a battery-powered transmitter and communicate halfway around the world"

— Sean Kutzko, American Radio Relay League



AMATEUR RADIO FIELD DAY will provide skill, service to interested participants at Three Peaks Recreation Area on June 24 and 25.

HIGH SCHOOL GRADUATION 2017



PAROWAN HIGH SCHOOL SENIORS throw confetti in celebration of graduation.

Graduates celebrate high school completion, new beginnings

by Holly **COOMBS**
holly@ironcountytoday.com

Adorned in various colored caps and gowns, Iron County high schools completed its graduation ceremonies last Tuesday and Wednesday at Cedar High School, Parowan High School and the Southern Utah University Centrum Arena.

Last Tuesday approximately 60 students from Southwest Education Academy jumped for joy and shared their gratitude with their teachers for the ability to graduate high school, some even earlier than expected.

The ceremony took place at Cedar High School with a full Auditorium. The Academy provides students, who struggle to stay in regular high school, get the education and attention needed to help them succeed and graduate.

Senior Brody Cacho spoke before the crowd in gratitude for his teachers that made it possible for him to make it through school.

"I was going through a really dif-

ficult time and I was able to graduate early because of my teachers and they cared about me," Cacho said.

He continued to say that he hoped to become some type of counselor in his career.

Senior Charlee Roberts said she is grateful she too has been able to graduate early. Roberts currently works with her mother at her nail

salon and she hopes to someday have her own salon.

Principal Steve Schofield said there were approximately 60 graduates from the Academy. He said the Academy has been around since

2000. Schofield has been Principal for six of those years.

He said he is proud of the accomplishments made by the students.

"These are students at one time just said 'I can't do this. Teachers are stupid, they hate me. I can't do this,'" Schofield said.

Canyon View High School, Parowan High School and Cedar

by way too quick and I loved high school."

Parowan Senior Christian Rodriguez also said high school isn't easy, but it's scary to realize after high school life doesn't get easier.

Emmy Evans, another Parowan High School senior said she wants to go to Southern Utah University.

"(Graduating high school) means the start of a new chapter for me," Evans said. "It gives me some independence to decide what I can and want to do."

The three seniors advised current high school students to enjoy the time in school while it lasts.

"Be involved," Evans said. "I was in a lot of sports and I enjoyed school a lot more because of that."

During Cedar High School's ceremony, the students paid tribute to a fellow senior, Raquel Wilson, who passed away two years ago of brain cancer, with a video and photos. Fellow classmates shared thoughts of the positive influence Wilson had on them.

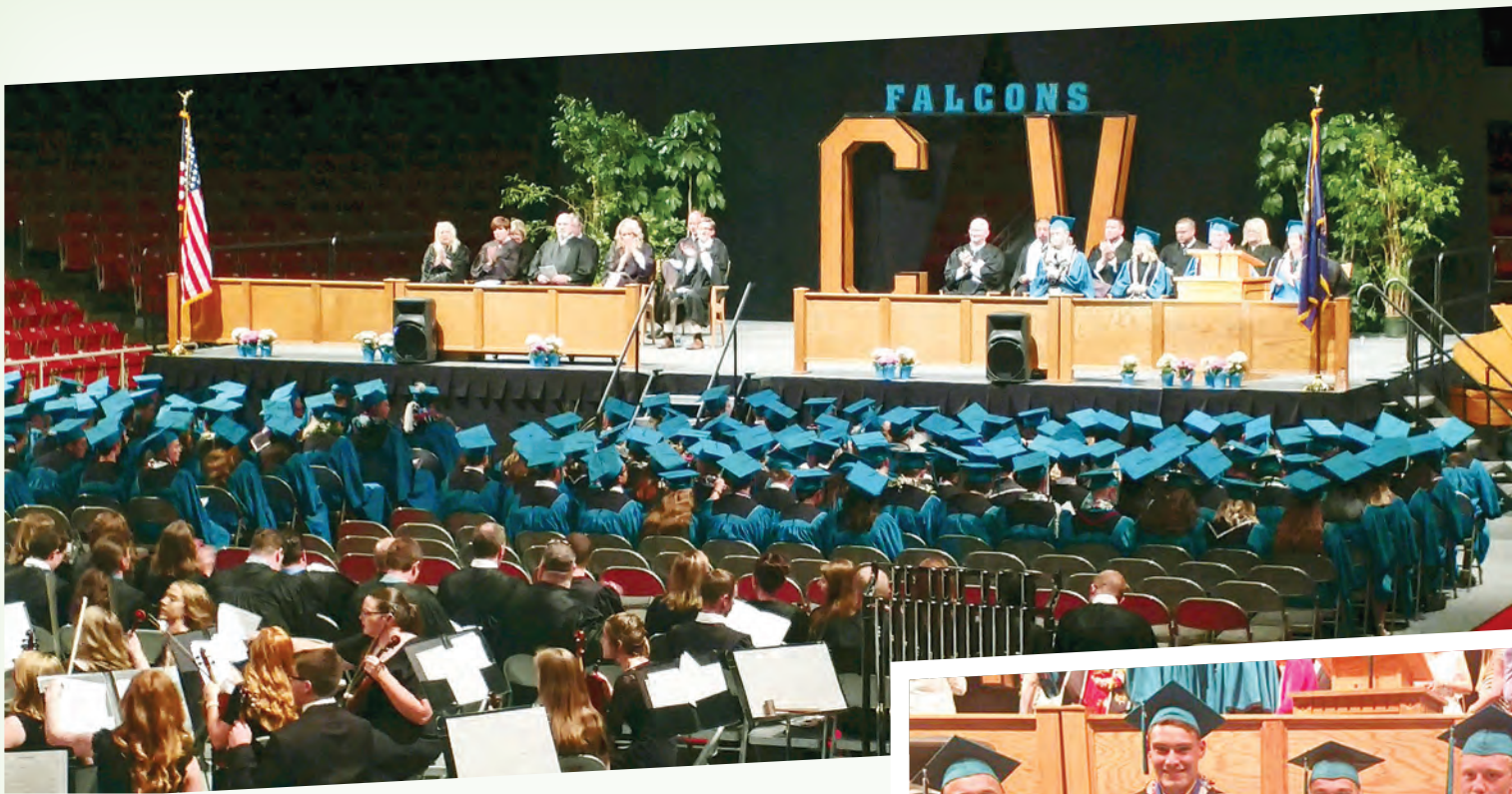
Students held up their hands to shape a heart as Wilson used to do.

"(Graduating high school) means the start of a new chapter for me. It gives me some independence to decide what I can and want to do."

— Emmy Evans, Parowan High Graduate

High School all celebrated the 2017 graduating classes that next day.

"(Graduating means) the start of life and a brand new thing," Parowan Senior Tarren Overson said. "I am actually mad I'm graduating. It went



**CANYON VIEW
HIGH SCHOOL
GRADUATING
CLASS OF 2017**
celebrate at
the end of the
ceremony last
Wednesday in
the Southern
Utah University
Centrum Arena.

COURTESY OF KENNEDY HOWARD



COURTESY OF HALEY ALLEN



**CEDAR HIGH
SCHOOL 2017
GRADUATING
CLASS**
CELEBRATE in
the Southern
Utah University
Centrum Arena
last Wednesday.



PHOTOS COURTESY OF CARIN MILLER



COURTESY OF MARTA MITCHELL

ABOVE: The 2017 graduation class at Parowan High School singing the school song during the graduation celebration last Wednesday at Parowan High School.



COURTESY OF MARTA MITCHELL

LEFT: Parowan High Graduates display decorated caps in celebration of their graduation year.



ABOVE: Iron County School District Board Member Becki Bronson congratulates Holly Renae Barlow at graduation.



LEFT: Southwest Education Academy graduates receive their diplomas.

PHOTOS BY HOLLY COOMBS

Beaver High School

Kaden David Albrecht
McKenzie Raye Alldredge
MaKinlee Ann Barkdull
Brittnie Barney
McCoy W Bergstrom
Ashlyn Bishop
Danielle Eva Black
Easton Brent Blackburn
Dailey Ann Bradshaw
Markelle Bradshaw
Jayden Michael Caldwell
Benjamin Keith Carter
Cassidy Sue Carter
Drury Ashton Cauby
JaCoy Rose Christensen
Dalye Jo Condie
Britton Kelly Eyre
Daxton Bradley Eyre
McKadee Ann Eyre
Nathan David Fairhurst
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Clayton Cory Gillins
Makaisha Dee Gillins
Heriberto Granados
Mitzy Guzman
Jordan Tyler Hardy
Karri Sue Harris
Kierstin Daniela Harris
Brendon Bry Hollingshead
Braylie Jensen
Shakira Jessup
Theodore Asa Kanell
Athipath Lainok
Aubrey Lynn Langston
Colton Dakota Leos
Brinlee Sue Limb
Jessica Shacoy Littlefield
Taylor Scott Macdonald
Rylee Ann Marshall
Shakell Marshall
Danton Randal Martin
Karley Ray McInelly
Emree Jessee Edwards McMullin
Bret William Melling
Justin Dennis Morwood
Kennedy Apolinar Nielsen
Fatima Jimenez Ortiz
Jennifer Shantell Payne
Tasha Marie Pender
Edgar Perez
Braxton Kaye Rieff
Kole Matthew Robinson
Kazen Clint Roundy
Dillon Blake Smith
Sammie Ross Smith
Michael Anthony Struemke
Clairissa Anne Stucki
Adela Isabella Terry
Jasmine Tatianna Webb
Jayceee Ann Webb
Alexia Lynn White
Kayshlyn Wright
Abbey Jo Yardley
Trevor Pete Yardley
Treyden Bryant Young

Canyon View High School

Weston William Adams
Anthony Aguilar
Karlie Gail Anderson
Shantell Roze Angell
Darick Allen Arent
Daniel Jacob Armijo
Kassidy Ashdown
Lyndon Billy Ashley
Jordan Sanders Averett
Jennifer Ashley Avila
Taylor Bagley
Kordell J Baker
Cora Lou Ballenger
Holly Renae Barlow
Olea Rose Barlow
Tyrell Jace Barney
Tamber Chal Bascom
Brady Ryan Bauer
Larissa Ann Beatty
Tyler Hiroshi Beaulieu
Kyle D Benkert
Jamis Todd Benson
Shania Black
Haley Elizabeth Bogle
Bryce Champlin Bolton
Leviathan Linden Brand
Danial Lance Breinholt
Jessi MaKay Brindley
MaKayla Brindley
Dagnachew TariKu Brown
Alyssa Adair Brush
Daniel Richard Bugg
Ashley Jean Bulloch
Alora Bailey Burgoz
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T Clark Callister
Yobana Alexsa Camba Cueto
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Daniel Gregory Capps
Sarah Rose Capps
Seth Corbett Carpenter
Camila Dianie Causey
Kaden John Chaston
Isabella Rose Chavez
Morgan Nicole Cheney
Cadyn Cary Clark
Larri Sue Clark
Shaycie Rayne Clark
Sophia Danielle Colón
Courtney Afton Comstock
Kaytlyn Condie
Bradlee Michael Cornelius
Seth Leon Dabb
Kylie Alyssa Dalton
Braden Kent Dastrup
McKenna Wade Macy Daughton
Alexa R Davis
Collin Wade Dawson
Kylee Ginelle DeLange
Fiorella Domenech
Roman LaMar Dotson
Jameson W Draper
Taylor Mae Drew
Devann Rene Dunn
Parker Ross Dunn
Alysha Lee Durbin
Logan Allen Ekker
Sera Melek Emiroglu
Jordan Mackenzie Emmett
Sierra Leigh Fife
Sara Elizabeth Fish
Polly Rose Fowler
Amber Lynne Francisco
Selene Araceli German
Kerri Jo Gifford
Peter Thomas Gillespie
Colton James Lee Gochis
Jimmy MLee Goetz
Natashia Dean Grover
Richelle P Halstead
Andrew Spencer Hansen
Sydnee Lei Hansen
Aaron John Harris
Jacob T Hart
Emilie Mae Hebdon
Rebekah Anne Hein
Shaylee LaVonne Henry
Cody Jackson Herbaugh
Ingrid Alejandra Hernandez
Drayton Demar Hillyard
Christopher Michael Houston
Zachary George Howard
Hunter Kent Hulet
Larsen Gale Hulet
Justin Douglas Hunt
Taylor Kimberly Huntsman
Abraham Robert Huxford
Kelsee Hyatt
Mikayla Raeann Isgrigg
Bethany Virginia Jake
Leslie Karen James
Samuel James Jarvis
Dylan Tyler Jensen
Kaitlyn Jensen
Makay Michael Jensen
Barlow Johnson
Leilani Rose Johnson
Kaden Clair Jolley
Kessler Troy Jones
Tracey Elizabeth Jones
Ashley Joy Jordan
Macall Ciana Judd
Michael D Julander
Alexandria Rose Kathriner
Jordan Lambeth
Kassie Elizabeth Langford
Megan Evon Langford
Maryanne Elice Leek
Allison Nicole Lloyd
William Arturo Lopez
Mason Russell Loveland
Nikolas Troy Lukens
Rachel Elizabeth Lusk
Joseph Charles Lydon
Joey Christian Mackelprang
Braden Alan Madsen
Shawnie Rae Mardis
Eric Cole Martin
Aniel Alejandro Martinez
Gallardo
Augustus Emmett Mason
Brittney Lynn Maxwell
Cason James Maxwell
Whitney Killeen Maxwell
Kyle Garette McCarthy
Breana Lynn McConnell
Kasei Mechelle McGhie
Matthew Shawn McLeroy
Makayla René Mechem
Kevin Luis Millan
DeMar Lee Miller
Kinley Ashton Millett
Brandon James Minton
Sosha Aliese Moring
Jennifer Lynn Munford
Jarom Keoni Bush
T Clark Callister
Yobana Alexsa Camba Cueto
Colin James Campbell

Bailey Dawn Olcott
Kylee Jordan Olenslager
Trey Allen Olsen
Yanaba Tess Ostler Oshley
Alora Michal Ostler
Hannah Alysse Ova
Echo Briann Oviatt
Austin T Palmer
Whitney Ann Palmer
Hanna Rebecca Paytas
Matthew Isaiah Pearson
Kaleb Orton Pedersen
Emilia Alicia Pellegrini
Alicia Abigail Perez Flores
Seth Lee Bearnsen
Kylee Ann Beatty
Wesley Daniel Beck
Raquel Veronica Begaye
Isaac A Bell
Megyn R Bettridge
Cameron Rose Birch
Brock Hart Bleak
Alexis Susan Bonholzer
Foster Rhys Boone
Erica Gregory Bostick
Kelsey Elaine Bowman
Megan Randi Boxwell
Andrew Thomas Boyer
Brenden Christopher Bradley
Eric M Brinkerhoff
Mason James Broadwell
Abraham Roch Brower
Calvin Arthur Brown
Dallin Jay Brown
Janasia Crishe Brown
Shaylyn Nicole Brumbaugh
Christian Scott Buckwalter
Jade Bradly Bulloch
Kason Kyler Burgess
Elijah Avery Cameron
Melissa Nicole Carlile
Holly Carpenter
Roxanna Carranza
Brianna Payge Carrington
Chloe LaPriel Carter
Jaden Joshua Carver
Alicia Michelle Castro
Bailey Rose Sorensen
Brenner DeLoy Sorensen
Lucinda Sowards

2017 IRON COUNTY HIGH SCHOOL GRADUATES

Daniel Thomas Stagg
Zackary David Stopper
Aubrey Allison Elaine Sykes
Mikel Dam Tafur
Sierra Talbot
Anthony G Taylor
Kimberly Jane Taylor
Kira Noel Thomas
Ryker Levi Thomas
Allie Marie Thompson
Brayden Ray Trego
Mario Udave Palomera
Jaime Daniel Velasco
Augustus Sean Villanueva
Tressa Anne Vorkink
Courtney Rose Wadsworth
Ruth McKenna Waller
Mikayla Rose Wauneka
Nicholas H Webster
Tawni Kaye Werber
Tiffany Paige Werner
Ivy Kay White
Kylar Fredrick Williams
Lila Tuesday Winn
Ayden Brianna Wray
Kolton Hunter Wright
Sierra Diane Wyndham
Kallista Jewel Zimmerman

Cedar High School

Dyllan Mitchell Adair
Abbygaye Arvilla Adams
Elysiana Rose Aguilar
Tessa Albrecht
Angel Lee Alexander
Tyler Stanley Allan
Abigail Jane Allen
Alisen Naomi Allen
Breanna Vivian Allen
Carvel Allen
Lauren Renee Allen
Jennyfer Stephanye Alvarez
Kyle Neil Anderson
Katelyn Armstrong
Anna Rene Arnold
Kendrick Apollo Asay
Jacob Awa-Reyes

Eve Axelson
Kara McKenzie Bachman
William AlexZander Bagnall
Brandon Joseph Bairrett
Abigail Paige Baker
Brennon Wells Baldwin
Derek Thomas Ball
Ashton Rose Barney
Madison Rose Barrick
Tyler Craig Barrick
Brock Andrew Beacham
JD Beacham
Melissa Darlene Beacham
Sydney Alyssa Beacham
Ryder Lee Bearnsen
Kylee Ann Beatty
Wesley Daniel Beck
Raquel Veronica Begaye
Isaac A Bell
Megyn R Bettridge
Cameron Rose Birch
Brock Hart Bleak
Alexis Susan Bonholzer
Foster Rhys Boone
Erica Gregory Bostick
Kelsey Elaine Bowman
Megan Randi Boxwell
Andrew Thomas Boyer
Brenden Christopher Bradley
Eric M Brinkerhoff
Mason James Broadwell
Abraham Roch Brower
Calvin Arthur Brown
Dallin Jay Brown
Janasia Crishe Brown
Shaylyn Nicole Brumbaugh
Christian Scott Buckwalter
Jade Bradly Bulloch
Kason Kyler Burgess
Elijah Avery Cameron
Melissa Nicole Carlile
Holly Carpenter
Roxanna Carranza
Brianna Payge Carrington
Chloe LaPriel Carter
Jaden Joshua Carver
Alicia Michelle Castro
Bailey Rose Sorensen
Brenner DeLoy Sorensen
Lucinda Sowards

Derek Christopher Hatch
Trevon Brent Hayden
Parker Reed Haynie
Collin George Healy
Jaden Thomas Heaton
Bailey Rose Hendrix
Daniel Thomas Hofeling
Chloe Wilson Holcomb
Christopher Joel Holdsworth
Ainsley Hopkins
Ashly Rose Hopkins
Jessica Horton
Alissa Marie Hoyt
Benjamin Lunt Hulet
Alison Sarah Hunter
Duncan Mark Hunter
Eyzlei Lyn Hunter
Felicity Jo Hunter
Abigail Inman
Brandon Dennis Ivie
Cyrus Jay Jeffery
Corey Allen Jensen
Tyler Douglas Jensen
Brandon Johnson
Chloe Telesia Johnson
Kassandra Marie Johnson
Kennedy Bonnie Jones
Andrew James Keen
Clifton Kimber
Jedd Norman Kjar
Hannah Grace Klassen
Alexander Gregory Kofford
Kanyon Bryan Komarek
Kyler James Krause
Courtynie E Lamb
Jessica Fae Langston
Sadie Liann Larsen
Brooke Larson
Kiley Anne Larson
Stacia Lynne LeFevre
Kristen Lefort
Drake Quinton Lewis
Kody Benjamin Lewis
Hunter Scott Lister
Taylor Jane Liston
Chloe Nicole Little
Celeste BreAne Littlefield
Xitlaly Lopez
Adam Greyson Loveland
Francisco Antonio Luis

Shem MaKay Mackert
Mikayla Michelle Maloney
Grady Lee Marshall
Jayden Marie Marshall
Miguel Ricardo Mawson
Zachary Drake Maxwell
Shaun Bruce McDonald
Atom Reid Mckee
Raiden Lynn McNett
Brei Lynn McQuivey
Baylee Ashlyn Lu Melloway
Macey Merrell
Brooklyn Messer
Chalei Ash Metcalf
Corey Gene Miller
Tracy Sue Minyard
Karlee Jayee Mitchell
Raegan Elizabeth Moldovan
Jarod Micheal Montanez
Alyssa Kathleen Moody
Brigham Moody
Anthony Lawrence Morales
Denham H Morlock
Don Kaleb Morton
Marta Helena Munford
John Quaid Murray
Rebecca Balolwa Musimbi
Alison Myers
CheyAnn Needles
David Nelson
Morgan Kaelyn Nelson
Rurik Neumann
Kassidy Ann Nicholes
Shailee Ann Nicholls
Keenan Jade Nielson
Kobe Craig Nielson
Casey M Nokes
Caitlyn Marie Ogden
Makayla Saige Orton
Ryan Thomas Palladino
Chelton Everett Pancheri
Brady Kendall Parry
Aspyn Nicole Parsons
Sean William Peacock
Rebekah Lynn Pearcy
Emily Pearson
Sara Pearson
Katrina Darling Pelky

Savannah Perez
Jordan James Petersen
Bailey Jaden Phillips
Oscar Lopez Pinales
Noah Scott Poppleton
Dane Hyrum Powell
Benjamin Richan Pratt
Jonah Michael Prettyman
Heidi Marie Price
Shyann L Price
Dillon Tyler Pugh
Dean Richard Quinnett
Zacharias Jeroen Ragsdale
Wade T Rawlinson
Vanessa Kaytlyn Reese
Jake Allen Rehkop
Chandler Jason Reid
Shareni Liliana Reyes
Justin Reynolds
Landrie Sophia Rich
Grant Robert Richey
Alyssa Robertson
Bryson James Robertson
Carter Wells Robinson
Ethan Reed Robinson
Lindsey Robinson
Remington Locke Roche'
Darbie Ellen Rousseau
Lyndsie Rust
Richard Daniel Saunders
Tanner Ralph Savage
Jeanice Nicole Schott
Kiyomi Nichole Scott
Alexander Willoughby Selden
Cayla Ann Severe
Lawrence Thor Sevy
Olivia Rylan Sham
Sylvicia Victoria Smith
Max Orion Maverick Snedden
Madison Sobel
Jillian Renee Sorah
Taggart Cade Speakman
Kason Verge Spencer
Brenda Stevens
Robert Darnell Strong
Kylie Jaide Stubbs
McKenna Margie Stucki
Jara Lynne Syrett
Kiara J Tait
Travis Ferrol Tait
Benjamin Bradley Talbot
Jesus Tapia
Candice Marie Taylor
Jacob Taylor
Mary Grace Taylor
Michele Taylor
Zander Brendon Taylor
Takayla Shirleen Tebbs
Jose Miguel Thomson
Benjamin David Tuffe
Jaden Trent Tullis
Jordan Daniel Tulles
Ashlynn Leilani Twitchell
Adrian Udabe
Mateo Richard Valenzuela
Jenny Vu
Alexander James Wall
Angela Lanae Warby
Kinzi Jo Weaver
Ashlie Taylor Webb
Hannah Elizabeth Webb
Emma Elizabeth Webster
Felix Weingartner
Shannen Marie Werber
Jantz Vivian West
Madeline Hannah White
Blake Allen Lee
White-Schreibman
Clara Whittaker
Zachary Michael Wiener
Rachel Ja Nae Williams
Emily Elizabeth Williamson
Nicholas Bradley Willis
Lindsie Lynn Wilson
Dakota James Winget
Rayne Issac Wood
Whittaker Lok Yuen
Alicia Anne Zufelt
McKayla Lee Zufelt

Parowan High School

Hali Lyn Adams
Cathrin Nichole Bayles
Lloyd Cole Benson
Lexi Shae Bess
Mitch Ype Byl
Angelo Noel Calvario
Oscar Celis Curriel
Jacquel Church
Jarrin Church
Jaylee Nicole Church
Taylor Rose Cowen
Tylee Joy Cowen
Morgan Crookston
Emmy Jay Fetcho
Kelsey Jo Flack
Travis Wade Gale
Nathan David Goodman

Heather Leslie Hansen
Shayla Sue Harring
Madison Patricia Harris
Hayley Higbee
Brenna Leigh Horton
Cody Francis Howard
Reagan Garrett Hunt
Brent Wayne Heffries
Wade Randall Jensen
Rachel Belen Johnson
Kenneth Wyatt Jones
Keoni Bennett Kalehuawehe
Joyce Rachel Lister
Connor Mac Little
Hunter Matthew Little
Marshall Cleve Matheson
Kenya Sage McNeil
Jason Michael Neighbor
Hunter Lee Orton
Tarren Ross Overson
Mason Reese Packwood
Dylan Jean Powers-Haworth
Taylor Brooke Robb
Richard Corbin Robinson
Christian Diego Rodriguez
Parker McBride Rosenberg
Jordan McKay Ruesch
Teresa Elizabeth Salinas
Cassandra Marie Sanchez
Analisa Nicole Taylor
Alexi Nicole Thatcher
Camryn Daisy Topham
Curtis Joseph Weatherwalk, Jr.
Kylind Wilson
Tristin W P Wood

Southwest Education Academy

Asia Sarah Alaniz
Shwn Luke Barnhurst
Katrina Marie Brunson
Brody Cacho
Katie Lynn Carroll
Brendan Child
Steven Peter Joel Davis
Felicity L. DeMille
David Alan Demine
Zachary Brian Donahue
Houston Draper
Christiana Dupre'
Jarom Eason
Joseph James Fava
Alycia Angel Flores
Christian Ray Goss
Cynthia Michelle Griego
Katherine Alice Haag
Jasmine Hacking
Jacek Halona
Austin Randy Hampton
Kaleb Trinity Hayes
Bri'Ana Rose HeavyRunner
Trevin Jace Hill
Terra A. Hogue
Kimberly Marie Howell
Jaden Robert Hulet
Emily Marie Jackson
Jaye Madison Kesmetis
Brody Kruckenberg
Warren H. Lane
Judd Hansen Lucero
Teresa Ann Macklin
Paytin H. Manuele
Brenden Alan Millett
Jenna Noelle Nowland
William Richard Riddle
Charlee Marie Roberts
Karina Rayleen Rodriguez
Zamaya S. Rodriguez
Karina Rayleen Rodrguez
Christopher San Filipe Jr.
Clay Stanley Slack
Saige Maree Slack
Joseph Clayton Stacey
Marlon Mack Steele III
Christopher Tyler Titensor
Mackenzie Tannah Towe
Ruth Walters
Grace Baylee Weber
Sierra N. White
Holly Renae Barlow
Olea Rose Barlow
Haley Elizabeth Bogle
Dagnachew TariKu Brown
Daniel Richard Bugg
Larri Sue Clark
Fiorella Domenech
Maryanne Elice Leek
Kyle Garette McCarthy
Alora Michal Ostler
Emiliea Alicia Pellegrini
Erica McKenzie Rees
Maeson Rylea Roundy
Cassidy Marie Simpson
Allie Marie Thompson
Tiffany Paige Werner
Ayden Brianna Wray
Makayli Corry
Felicity Jo Hunter

Kick off summer without foodborne illness

Memorial Day weekend has long been associated with launching the first summer barbecues and picnics. Though not the actual purpose behind the holiday, if you combined the recent holiday getting together with family and friends, you were among lots of others who uncovered the barbecue grill and perhaps tossed a Frisbee!

While anticipating meals, picnics and snacks outdoors, it is important to keep in mind that fun can be ruined by not caring properly for the food. ("Stomach flu" is no fun at all.)

Food safety focuses on four (4) core practices—Clean, Separate, Cook and Chill. Each is explained briefly below. Detailed fact sheets are also available for each practice on the website, www.fightbac.org/food-safety-basics/the-core-four-practices/.

CLEAN: Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. Always:

» Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.

» Wash cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before going on to the next food.

» Paper towels are often safest for clean-up. Cloth towels should go through a hot cycle of your washing machine after each use.

» Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds.

SEPARATE: Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for spreading bacteria around the kitchen.

» Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.

» Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.

» Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

COOK: Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. For accuracy, use a food thermometer.

» Cook roasts and steaks to a minimum of 145°F. All poultry should reach a safe minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast.

» Cook ground meat to at least 160°F. Undercooked ground beef is linked with a higher risk of illness so use a food thermometer to check the internal temperature of your burgers.

» Cook eggs until the yolk and white are firm, not runny.

» Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.

» Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.

CHILL: Refrigerate foods quickly to slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below



Kathy's CORNER

by Kathleen RIGGS
Utah State University Extension

is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

» Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get home from the store.

» Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).

» Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

» Always marinate food in the refrigerator.

» Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

Summertime is not complete without a few meals served outdoors. Don't let foodborne illnesses spoil your fun. Be vigilant to keep cold foods cold and hot foods hot without cross-contaminating.

Kathleen Riggs is the Utah State University Extension Professor for Iron County. Questions or comments may be sent to kathleen.riggs@usu.edu or call 435.586.8132.

...fun can be ruined by not caring properly for food

People

1st Birthdays

Oakley & Gracelyn Stout

Oakley and Gracelyn will be turning one year old on June 20. Bradley and Kristie Stout are the proud parents. Bradley Stout graduated from Canyon View High School in 2012 and served an LDS Mission in West Virginia where he met his beautiful wife, Kristie serving her mission also. He is currently in College at Utah



Valley University. Help me wish his twin girls a Happy 1st Birthday! Love, Grandma Stout.



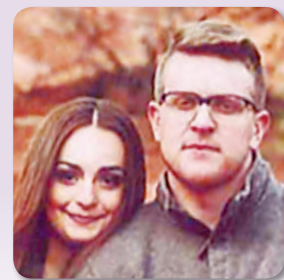
Grayson & Malea White

Double the cupcakes and double the fun our little ones have just turned one. Grayson and Malea celebrated their first birthday on May 12. They are the twins of Dusty and Amber White of Cedar City. Grandparents are Mike and Glenna White of Cedar City and Barney and Carol Thompson of Milford.

Wedding

Lyman-Garfield

Glen and Celesta Lyman are happy to announce the marriage of their daughter Jacoy Lyman to Tyson Garfield, son of Tyler and Amy Garfield. Grandparents of the happy couple are Bud and Laree Garfield, Jay and Susan Adams, William and Connie Flack and Marion Lyman and the late Dr. Thomas Lyman. Jacoy and Tyson will be



married in the St. George LDS Temple on Saturday.

WELCOME TO THE
DISTINCTIVE MEDICAL RESIDENCES OF

B
BELLA TERRA
CEDAR CITY

Formerly Kolob Regional Care & Rehab, Bella Terra continues the tradition of providing the highest quality advanced care with the same great staff.

WE ARE UNDER NEW OWNERSHIP AND EXCITING CHANGES ARE UNDERWAY

411 W 1325 NORTH | CEDAR CITY, UTAH 84721 | 435.586.6481 | BELLATERRACEDARCITY.COM

Calendar

Wed, May 31

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

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

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

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

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

FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN, 11:30 a.m. to 1 p.m., located at 2569 Freeway Drive between Rally Stop and the Travelodge. Rides available at no charge, leaving the Main Street Pavilion by the library at 11:30 a.m. and returning to same location after the meal. Look for the Sunrise Christian Fellowship van.

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

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

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

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

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

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

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

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

WACKY WEDNESDAY, a summer-time reading program for independent readers ages 8-12, 2 p.m., Old School Library, 4763 N. Santa Fe Trail, Enoch. Info at 435-586-6715.

"THE TRUTH ABOUT YOUR FUTURE," Vernon Howard. "All prophecy is in vain if you remain in the den of time." A 25 minute video then casual discussion. 7 p.m., Cedar City Library in the Park (Rare Books Room). The Literary Club. For more information, call 435-559-7777.

Thurs, June 1

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

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

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

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

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

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

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

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

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

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

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

SAGEBRUSH FIBER ARTISANS, the Cedar City area weavers and spinners group, 6:30 p.m., visitor center at 581 N. Main St., Cedar City

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

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

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

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

SOUTHERN UTAM ROCK CLUB MEETING, 6 p.m., Cedar City Aquatics Center

Fri, June 2

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

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

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

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

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

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

INFORMED WOMEN OF AMERICA, 11 a.m., Cedar City Library in the Park

Sat, June 3

YEAR ROUND FARMERS MARKET, every Saturday rain or shine, 9 a.m. to 1 p.m. at IFA, 905 S. Main St. in Cedar City. Good weather outside—bad weather inside. local vegetables, greens, fruit, herbs, baked goods, artisan cheese, live plants, flowers, jams, raw honey, farm fresh eggs, and more.

CEDAR SATURDAY MARKET, 1 to 5 p.m., inside IFA, 905 S. Main. Farmers with vegetables, fruits, eggs, honey, baked goods & breads, meats, tamales, food vendors, hand-crafted items including soaps, lotions, jewelry, clothing, home decor, and gifts for all ages. For more info call 435-463-3735.

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

Sun, June 4

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

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

Mon, June 5

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

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

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

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

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

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

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

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

Tues, June 6

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

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

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

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

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

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

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

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

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

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

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

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

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

Wed, June 7

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

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

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

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

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

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

FREE LUNCH AT BREAD OF LIFE SOUP KITCHEN, 11:30 a.m. to 1 p.m., located at 2569 Freeway Drive between Rally Stop and the Travelodge. Rides available at no charge, leaving the Main Street Pavilion by the library at 11:30 a.m. and returning to same location after the meal. Look for the Sunrise Christian Fellowship van.

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

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

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

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

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

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

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

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

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

"WHAT IS TRUTH, Inquiry, Medication?" Francis Lucille. "That which has no opposite. Is changeless. There is only one truth that cannot be denied: A 25 minute video then casual discussion. 7 p.m., Cedar City Library in the Park (Rare Books Room). The Literary Club. For more information, call 435-559-7777.

Want Your Event on Our Calendar?

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

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Schools

Well Read...



COURTESY OF SHERRIN RIEFF

MRS. SHERRIN RIEFF'S SECOND GRADE CLASS AT EAST ELEMENTARY completed the 100 Book Challenge. From L to R: Malia Montero and Drake Mollenkopf.



COURTESY OF TIFFANI ARMSTRONG

THESE STUDENTS FROM MRS. TIFFANI ARMSTRONG'S FIRST GRADE CLASS from East Elementary each read at least 100 books since the 100th day of school in January. From L to R: Abel Harline, Jay Pebworth, Kostner Thiele, Owen Po'uha, Mary Robinson, Kooper Munford, Deni Delcore, Tenley Warren, Caim Bivens, and Khloe Fox.

Zions Bank awards Cedar City teen for 'A' grades



COURTESY OF ZIONS BANK

SAMUEL JARVIS, A CANYON VIEW SENIOR, stands with his father, Duane Jarvis and his grandparents for his \$100 scholarship award.

by Adam **YOUNG**
Zions Bank Communications

CEDAR CITY, UT — Samuel Jarvis, a Canyon View High School student, recently received a \$100 scholarship savings account as a regional winner of the spring drawing through Zions Bank's Pays for A's program.

Pays for A's rewards students who put in the effort to make their grades count. Scott Bealer, Cedar City Financial Center Manager, surprised Jarvis with his win during a presentation at Zions Bank.

Jarvis entered the drawing by bringing his report card to Zions Bank and was paid for every "A" he received. More than 1,400 students entered the drawing throughout Utah and Idaho.

"We know that it takes extra time

and effort to earn high marks, so we're proud to recognize the achievements of students like Samuel through the Pays for A's program," Bealer said. "Our goal is to help students focus on schoolwork and motivate them to earn good grades."

Pays for A's is open to all Utah and Idaho students ages 12 to 18. Students can participate by bringing their most current term-end report card into any Zions Bank location. Students do not need a Zions Bank account to participate. They'll receive \$1 per "A" deposited into their savings account, or 50 cents per "A" if they opt for cash. For each "A" on their report cards, students are entered into a drawing to win one of 150 regional scholarship prizes each worth \$100 and one grand prize worth \$1,000 in each state.

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For more information and registration please visit:
www.suu.edu/ed/preschool
Contact us at: 435-586-9368

SCOUTS JOUST DURING AN EXPO
at Cedar City High School on May 20.



Scout Expo make record ticket sales

Each spring the Cedar Breaks District, Utah National Parks Council, Boy Scouts of America has a Scouting Expo and this year's was May 20 at Cedar High School. The Expo itself consists of a patriotic themed opening ceremony followed by booths that are sponsored by local Scouting units from the community. This year there was a wide variety of themed booths along with demonstrations from the Cedar City Police K-9 Unit and paramedics from Gold Gross Ambulance, according to a press release.

The Scout Expo is a fundraiser for the local Scout units in our community and for the district itself. Before the big event tickets are sold to the local community for \$5 each. The ticket features coupons from local business owners in the community and is valued at over \$100 in savings. Mostly Cub Scout aged eight to 10 years old sell the tickets door-to-door. The boys earn a patch and \$1 from each ticket sold. If their Cub Scout pack sponsors a booth the pack earns \$2 from each ticket sold.

This year there were a couple of Cub Scouts who decided to have a friendly competition. The competition evolved into quite the battle of who could sell the most tickets. These two even got a vendor license to sell at Walmart. Their parents were extremely supportive and spent countless hours taking them out to sell. Combined these two young men sold 888 tickets. This represents \$4,440 in ticket sales. To put this in perspective, a typical unit only sells about 75-100 tickets combined.

"As a district, we are extremely proud of these two boys," according to the release. "The top two were Jaren Green from Pack 1891 and Braxton Anderson from Pack 335. Jaren was the top seller with 500 tickets sold. He will receive a \$500 Walmart gift card."

The second-place seller was Braxton Anderson with 388 tickets sold. He will receive a \$388 Walmart gift card. Both the boys are nine years old and Bear Cub Scouts in their packs. They have also helped their packs to be able to provide a fun, quality program for the whole pack over the next year. This is the first time in the history of the Cedar Breaks Scout Expo that two individual boys have sold this many tickets so it is quite the accomplishment.

Don't DIS me like that



The Rut LESS TRAVELED

by Corey BAUMGARTNER

The best lessons in life seem to come during the most difficult moments. It's an ironic twist to your torment. However, just because there's a lesson to be learned doesn't lessen the fact that it really did hurt, break, embarrass, scare, or scar you. And whether a million other people have experienced similar pains, perils, made the same mistakes, or tripped and fell at the same spots you did; don't let them generalize, or belittle your battles because they are yours and the pain is always personal.

Also, your lessons should go deeper than new commitments to make better choices. You should also feel a new strength of purpose within yourself. You should become better for your battles. Still, even with positive progress, I know it seems like for every one step you take in the direction of the life you want, something, or someone shows up from the past—or the present—and shoves you back two steps, or more. One day people praise your performance and the next day seem content to be contentious and put dents in your confidence. I think the worst thing anyone can do to someone else, especially when they're already fighting so much, is to give them a push over the edge, rather than pull them back to safety. But we're too busy, or don't want to interfere.

This reminds me of a word, or phrase, I used to hear people use when they felt they were being mistreated, or disrespected by someone or something. You may have heard this form of 'slanguage' when people say, "Don't dis me like that!" It basically means, "Don't treat me that way because it hurts me."

What can this three letter word teach each of us about living a better life with ourselves and others? Have you ever been 'dissed' by friends, family, co-workers, or life? Has anyone ever put a (dis) in front of your (dis) courage, or tried to (dis)credit you and doubted your (dis)abilities, or your (dis)beliefs? Has anyone ever been distant, when you needed the comfort of a hug or a shoulder to lean on? Have you ever been distressed, disgusted, or disappointed? You get the point of this discussion. It's disconcerting how many times we've all been dissed by others and especially by ourselves.

We've all got some kind of battle raging in the background and behind the smiles are often hidden miles of heartaches. When someone says they've been there, they probably have, or are there now. Let's stop judging and grudging. Let's stop being bitter and start being better for our battles and fight them, together. I know you want to be happier, healthier, and holier. I know the battles ahead look like disasters, but if you want to win, it must begin from within. You must invest more than just an interest in your life. It's time to stop dishing out the dissing and find the peace you've been missing.

Let's stop being bitter and start being better for our battles

Obituaries

Paula Kay Webber Bryant



Paula Kay Webber Bryant, age 77, left this earthly life on May 22, 2017 in Gilbert, Arizona. She was born November 12, 1939, in Detroit, Michigan to Charles and Myrtle "Irene" Webber. In her youth, Paula enjoyed playing basketball, volleyball, and tennis. She also enjoyed bowling and playing the coronet, and won many trophies for all of these endeavors. Paula was well-known for her love of children and sunny, engaging personality. In her early twenties, Paula decided she had had enough of the cold Michigan winters and moved to San Francisco, California. While there,

she met and fell in love with James Wesley Bryant. They were married in Michigan on March 20, 1965. They were sealed in the Mesa, Arizona LDS Temple in 1986. She and Jim spent many years in Scottsdale, Arizona. They relocated to Washington, Utah in their later years. Due to declining health, they moved to an assisted living facility in Gilbert, Arizona in 2012. Following Jim's death, Paula's days were brightened by outings and visits with her beloved son, Ron.

Paula is survived by her son Ronald C. Bryant of Mesa, Arizona; her brother Charles (Joyce) Webber of Green Valley, Arizona; grandchildren Colter, Sara, and Thomas Bryant; sister-in-law Lynn Bryant; and many nieces and nephews who loved her dearly.

She is preceded in death by her husband James Wesley Bryant, her parents, and brother-and-sister-in-laws Kay and Arleen Bryant, Harold and Joyce Bryant, Dorn and Ruthell Bryant, and Jerry Bryant.

Memorial Service will be held to honor this remarkable, much-adored woman on Friday, June 2, 2017 at 1:00 pm at Southern Utah Mortuary (190 N 300 W, Cedar City, Utah). A viewing will be held prior from 12:00 pm to 12:45 pm at the mortuary. Interment will be in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.com.

Richard Warner



Richard Warner, 75, passed away in his home Tuesday, May 22, 2017 after a short illness. He was born in Goshen, Indiana on March 19, 1942 to Dorothy Brumbaugh and John Henry Warner. Richard served 22 years in the United States Air Force including service in Vietnam where he met his wife Janet. He married Janet Elaine Tuttle in Caribou, Maine on February 16, 1973. Richard and Janet were later sealed in the Salt Lake City LDS Temple.

He served in many LDS leadership callings including Bishop, Branch President and scouts. He loved being a mountain man and participating in rendezvous. He also loved doing genealogy work. Above all else he loved his family and spending time with them. He will be greatly missed.

Richard is preceded in death by his parents John and Dorothy Warner, his sisters Virginia Metzler, Marge Markley, Carol Graczyk, and Martha Deal.

He is survived by his wife Janet of 44 years; his children Trevor (Jodi) Warner of Twin Falls, Idaho, Kaylyn (Richard) Black of Eagle Mountain, Utah, Amy (Travis) Guddell of Cedar City, Utah, Allison Bailey of Enoch, Utah and 13 grandchildren.

Funeral Services was May 27 at 11 a.m. at the LDS chapel located at 451 E. Midvalley Road in Enoch, Utah. Viewing was before the services from 9:30-10:30. Interment was at the Enoch City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent to www.sumortuary.com.

Margaret Ackerman



Margaret Ackerman, age 80, passed away May 25, 2017 in Cedar City, Utah. She was born January 26, 1937 in Los Angeles California to Edgar & Pearl Cude. She graduated from Belmont High School and attended Phillips Jr. College. Margaret enjoyed bowling, dancing, music, and playing her ukulele. She worked as a secretary for about 15 years in Los Angeles. Margaret was an active member of The Church of Jesus Christ of Latter-day Saints, as a chorister, primary teacher, Cub Scout leader, and visiting teacher. She married, then divorced and had five children David Cuny, Jennifer

Valentine, Daniel Cuny, Marilyn Stoughton, and Linda Drake. Later in life, Margaret moved to Salt Lake City, Utah to be close to her family and then to Cedar City, Utah. She is survived by her five children, fourteen grandchildren, and thirteen great-grandchildren. We are grateful for the kind and loving care that she received at Bella Terra Nursing Home.

YEAR *in* REVIEW

Successes abound for Iron county schools

by Tom **ZULEWSKI**
Iron County Today

Just like the ebb and flow of ocean waves, there were ups and downs to be found in the sporting life of Iron County high schools during the 2016-17 school year that wrapped up with the 3A state spring tournaments last week.

Here's our salute to those who achieved and made every bit of competition worth watching and celebrating:

Football

In Josh Bennett's second year as head coach, the Cedar



Redmen may have felt like the most seriously snake-bitten team in all of 3AA. They would end up making the playoffs as the No. 4 seed after a coin flip, but they were better than the overall record seemed to indicate.

After finishing the non-region schedule with a 3-1 record, the Redmen opened 3AA South play with an 18-17 home loss to eventual state champion Desert Hills. Cedar had a 17-6 lead late in the third quarter, but Blake White-Schreibman missed a 34-yard



field goal in the final minute.

Two weeks later at Snow Canyon, senior quarterback Mason Fakahua – bound for BYU on scholarship after he serves an LDS Church mission – suffered a knee injury on a running play as he tried to keep a potential game-winning drive alive.

Another missed field goal in the final minute allowed the Warriors to hold on for a 17-14 win.

Cedar would beat Hurricane at home the following week, but suffered another loss in the closing minutes when Pine View

rallied for an 18-13 win in the regular-season finale.

The Redmen would win the right to host Park City in the first round of the 3AA South playoffs, but closed with a 28-21 loss to the Miners when a blocked punt was returned for a touchdown with 18 seconds left.

The final line: Four of Cedar's six losses were by a touchdown or less. In addition to Fakahua, Quaid Murray signed his letter of intent and will play at SUU as a walk-on starting this fall.

Across town, Canyon View finished with a 3-2 record in 3A South and faced Juan Diego in the opening round of the playoffs. After the Falcons beat the Soaring Eagle at home the week before, Juan Diego went



home and returned the favor with a 42-14 win.

It marked the end of

the four-year run of Robby Robinson as head coach. He led the Falcons to a pair of playoff



appearances.

Skyler Miller takes over next season, and defensive coordinator Carter Miller will be the new head coach for the Parowan Rams.

When the new season begins, Parowan will remain in the 1A ranks for football and look to reach the playoffs for the first time since 2014. The Rams will play in a four-team 1A South that includes Milford, Monticello and Kanab.

The Falcons will return to the Region 9 family across all sports and bump up to the 4A ranks this fall along with the Redmen.

Girls Soccer

After back-to-back runs to the 3A state championship

game with one title in 2014, the Cedar Lady Reds finished third in Region 9 in 2016, one game behind co-champions Snow Canyon and Desert Hills. They would fall to Juan Diego in the opening round of the playoffs, its shortest stay since failing to qualify in 2009.

Canyon View would complete a second straight perfect run through Region 12 and advanced to the 3A



quarterfinals before falling to Snow Canyon in a 2-1 overtime thriller.

Parowan earned a three-way share of the Region 13 title with Millard and Delta, but lost the coin flip and fell to the No. 3 seed. They would go on the road and drop a 2-1 decision at Summit Academy in the opening round of the 2A playoffs.

YEAR REVIEW

Continued from page 21

Golf

Canyon View fell short of making the cut as a team and didn't have any individuals who advanced to the second day of the 3A state tournament at Soldier Hollow. Jamis Benson and Jackson Nelson both shot 82 in the opening round, three strokes off the cut line.

Cedar's Jake Jenkins qualified individually, but finished four shots back at 83.

Cross Country

As they did one year ago, the Parowan girls team left an



indelible mark in its final year in the 1A ranks with another state championship. The Rams had three runners finish in the top six and beat runner-up Panguitch by 12 points, 36-48.

On the boys' side, Parowan was second to Panguitch for the second year in a row, finishing with 73 points. Three runners – Hunter Lorenz (fourth), Peter Ipson (sixth) and Jordan Ruesch (eighth) finished among the top eight for the Rams.

Cedar sophomore Mic Webster ran to a fourth-place finish at Sugarhouse Park as the Lady Reds came in third overall at 84 points behind Pine View and Desert Hills. The Canyon View boys got top-20 runs from Justin Hunt (12th) and Adam Covington (16th) to finish fourth.

Basketball

The Cedar girls finished second in Region 9 for the second year in a row – this time to Desert Hills – but were bounced to the consolation bracket by Richfield in the quarterfinals at the 3A playoffs. They finished the year with an 18-7 record.

Canyon View's boys team won the Region 12 title for the second year in a row, but couldn't spoil the bid of another defending 3A champion to repeat. The Dixie Flyers held on for a 48-43 win in the quarterfinals, and the Falcons went on to win their next two games over Richfield and Stansbury to finish fifth.

Parowan's boys team fell to fifth in Region 20 after dropping the regular-season finale on a buzzer-beater by Piute's Ryan Westwood, then beat Bryce Valley to earn the No. 3 seed for the 1A state tournament.

The teams would meet again in Richfield, but the Thunderbirds had control from the start and beat the Rams in the sixth-place game, 52-34 on March 4.

Wrestling

History was made in grand fashion for the Canyon View



Falcons as Brady Lowry – son of head coach Dallas Lowry – became the first wrestler to win a 3A state championship for the school. Lowry, a sophomore, won all four of his matches by

pin, the last coming against Pine View's Ben Worlton at the 2 minute, 42 second mark. It was his only match that went beyond the first two-minute round.

Parowan just missed having a second state champion in this decade when Reagan Hunt lost to Panguitch's Kellen Mooney in the 1A 170-pound final.

Baseball

The Canyon View Falcons survived the ups and downs and won another Region 12 title by beating Juab at home May 5. Although they won the right to host another first-round playoff pod, CV was crushed on its field 18-0 by Snow Canyon.

Things looked even worse in the second game May 13 as the Falcons trailed Grantsville 7-2 after three innings.



Somehow, they would storm back and win 9-8 with a run in the bottom of the seventh.

CV would sweep its two consolation games May 18 with wins over Bear River and Ridgeline, but they ran into the Warriors again the next day and were eliminated in a 13-6 loss.

Softball

The Cedar Lady Reds ran roughshod over the competition, finishing with a 10-0 record and the Region 9 title. They won eight games early via the run rule, including a 10-0 road shutout at Desert Hills on May 5 that clinched the title. After beating Carbon at

home in the opening round of the 3A playoffs, the Lady Reds fell 9-1 to Tooele in its opening winner's bracket game at Spanish Fork. They would stay alive with a win over Canyon View later in the day, but Juab would eliminate Cedar by wiping out an early 2-0 deficit and posting an 11-5 victory.



Cedar had no seniors on the roster and returns everybody for 2018.

The Falcons, under new head coach Tony Krepps, finished third in Region 12. They lost to Desert Hills in the opening-round pod at Grantsville, then stayed alive with a win over Juan Diego.

Boys soccer

For the second year in a row, the Canyon View boys team swept to a Region 12 title and advanced to the second round of the playoffs with a 13-game winning streak. For the second year in a row, the Logan Grizzlies eliminated CV in the quarterfinals, this time with a 2-0 shutout.

Cedar reached the playoffs as a No. 4 seed from Region 9 for the second year in a row. The Redmen couldn't hold a one-goal lead in the closing minutes as Ridgeline rallied for a 3-2 opening-round victory.

Track & Field

The Cedar girls were dethroned by the Desert Hills Thunder at the 3A state meet

May 20, but still finished second overall with 130 points. Webster pulled off the distance double, winning the 1,600- (5:06.12) and 3,200-meter (10:52.57) titles.

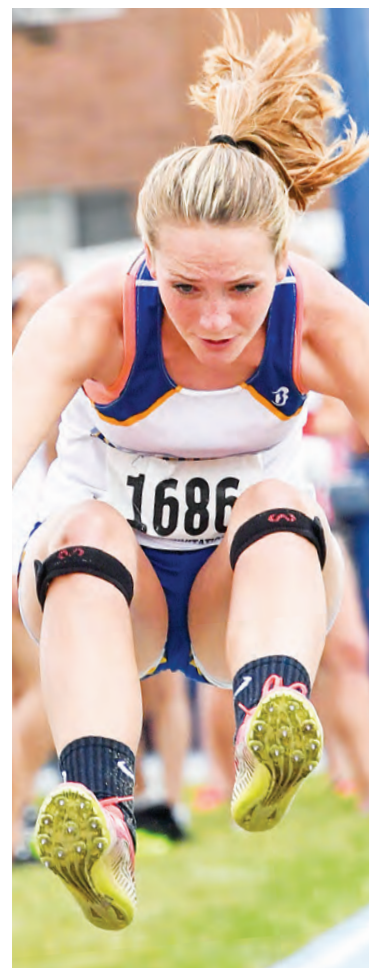
Kaysie Klemic was the other individual champion for the Lady Reds, winning the 800 meters in 2:17.74. Webster finished fourth in the race, three seconds off the pace.

Cedar's girls 4x400 relay team of Brinley Hess, Kaylee Brunson, Lexi Bird and Halsey Curry repeated as 3A state champion and won its third straight event, running the distance in 3:59.79.

On the boys' side, the Redmen were fifth overall at the 3A championship. Dylan Clements was the lone event winner, finishing first in the long jump with a leap of 22 feet, 6 1/2 inches.

Canyon View's boys 4x400 relay team of Abe Huxford, Mitchell Wright, Britt Dunnell and Seth Dabb won the 3A title with a run of 3:23.45

Parowan proved itself to be a mirror image of Cedar at the



FILE PHOTOS

state track meet with the girls finishing second to Panguitch in the 1A meet, and the boys coming in fifth.

Final Note

Canyon View's Keslee Sherman was the lone qualifier for the girls 3A state tournament in Orem and she finished seventh overall with rounds of 82 and 79 at Sleepy Ridge Golf Course. Her Stableford total was 155 points.

Carter Miller named as new Parowan football coach

by Tom ZULEWSKI
Iron County Today

With nearly two decades as an assistant coach under the likes of Jake Nelson, Alex Huxford and Robby Robinson already under his belt, Carter Miller never stopped believing his chance to lead a high-school football program would come along.

When the chance led him to Parowan, Miller knew the time had come.

After serving the Canyon View program as an assistant coach for the last nine years, Miller was named the new head coach of the Rams last month. He replaces Anthony Chidester, who lasted one season.

"I didn't have a teaching job at Canyon View, but I knew I wanted to teach again," Miller said in an interview with Iron County Today. "Once Skyler (Miller) got the Canyon View job, someone told me the Parowan job was open, so I went for it."

With the UHSAA realignment set to take effect this fall, Miller will be coaching a Parowan program staying in the 1A South ranks. The Rams are still in search of a region win after going 0-4 in each of its first two seasons.

The new 1A South alignment will have Parowan playing against Milford, Monticello and Kanab. The Cowboys lost the 2015 1A state championship game to Diamond Ranch, but the academy based in Hurricane has dropped its football program.

Miller will be tasked with turning around a program that's gone 1-13 in region play between 1A and 2A South since 2014, its last trip to the playoffs. He plans to push success from the start.

"Parowan has great kids and great coaches, but we need consistency," Miller said. "I want to put them all-in, make winning a habit. I grew

up in St. George, played and coached in Region 9 my entire life. I'm excited to play in the smaller towns.

"You can't approach one game as more important than the last one. Get the winning taste in the mouth, no matter what game it is."

One of Miller's sons, Porter, will join him as a senior in 2017 for the Rams. The family has put its house in Cedar City up for sale to accommodate the move.

"It's been hard for both of us," Carter Miller said. "I've coached his age group since seventh grade. He wanted to play with me, so that was welcome."

Miller will teach physical education at Parowan along with his coaching duties.

"I've been at Canyon View since 2008 and I thought I would be there for a long time," he said. "I applied, went over there for the interview, and it felt like home."

Miller already has a coaching staff in place for his first season leading the Rams. Dave Bettridge, assistant basketball coach Jeff Robison, head baseball coach Kyle Johnson, 2013 Parowan grad Jake Topham, and 2010 Canyon View alum Josh Anderson will serve as assistants on the sidelines.

"I've known what I wanted and wanted to do," Miller said. "I've worked with great head coaches who kept me involved and were really good at delegating. Now the ball stops here."

"I want to... make winning a habit"

— Carter Miller

SUU SENIOR THROWER JAYSON KOVAR QUALIFIED FOR NCAA NATIONALS in Eugene, Oregon after he finished fourth at the NCAA National Preliminaries in the discus throw in Austin Texas on Saturday.



COURTESY OF SUU

SUU's Kovar qualifies for NCAA Nationals

by Tom ZULEWSKI
Iron County Today

Knowing he wanted one more meet in a Southern Utah University uniform, senior Jayson Kovar wasn't asking for much. Just throw his discus as far as he possibly could.

With a throw that traveled 191 feet, 2 inches, Kovar finished in fourth place at the NCAA West Prelims in Austin, Texas on Saturday, which was more than good enough to advance to the NCAA National Championship for the second year in a row.

Kovar made the throw on his third and last attempt of the competition.

"I feel relieved and I'm just glad that I'm able to go back," Kovar said in a press release. "I didn't want this to be my last meet, so I just

went out there and tried to do what I know how to do and pulled it off."

One year ago, at the national meet, Kovar earned second-team All-American status and said this time around he's hoping to break into the first-team category by finishing in the top eight.

"I've just got to stay relaxed," Kovar said. "My first throw was my best throw and then I had more throws that I tried too hard on and just tensed up. I've just got to stay relaxed and keep it smooth and I'll be good."

Two other Thunderbirds were in action at the prelims Saturday, with Kasey Knevelbaard competing in the 1,500-meter and 5,000-meter, and Mike Tate also competing in the 5K.

Knevelbaard finished ninth in the second heat in the 1,500-meter with a time of 3:51.63. He also

finished ninth in the field, but competitors from the first heat that finished with slower times received automatic qualifying spots by finishing in the top five.

Both Tate and Knevelbaard saw successful seasons come to a close in the 5,000-meter, as they finished 10th and 11th in their heat with times of 14:42.12 and 14:43.88 respectively. The top five from two heats plus the two next fastest times advanced to the national meet.

Both Tate and Knevelbaard had memorable outdoor campaigns. Tate set the second fastest 5K time in school history with a 13:32.28 and Knevelbaard set the fastest 1,500-meter time in Southern Utah University history with a 3:41.76.

The NCAA Outdoor Track and Field National Championships will run from June 7 through June 10 at Hayward Field in Eugene, Oregon.

BYU sweeps Gonzaga, advances to NCAAs

by Tom ZULEWSKI
Iron County Today

The BYU baseball team was behind the proverbial 8-ball when they closed the regular season by getting swept at Gonzaga and falling all the way from first to the third seed for the West Coast Conference tournament in Stockton, Calif.

The dark clouds circled a little more when the Cougars dropped the opening game to Loyola Marymount six days ago.

Needing to win out, BYU would find a way to right the ship and steer it all the way to an NCAA regional berth.

Jordan Wood allowed only two runs in seven strong innings, and the Cougars got off to a fast start on the way to a 10-3 win over Gonzaga on May 27 that forced a winner-take-all second game for the tournament championship.

BYU kept up the pace, pounding out 25 hits and putting together a six-run fifth inning that broke Game 2 open and helped them beat the Bulldogs again by a

16-3 count to secure the WCC title and an automatic bid to the NCAA Regionals.

Sophomore outfielder and Canyon View grad Keaton Kringlen struggled at the plate in the tournament, going 2-for-18, but both hits came in the clinching Game 2 against Gonzaga and drove in runs.

Kringlen's first hit broke an 0-for-16 slump, an RBI single that was part of the big fifth inning that stretched BYU's lead to 10-1, and his single with two out in the top of the ninth plated Brennon Anderson with the Cougars' final run.

Despite the hitless stretch at the WCC Tournament, Kringlen still drew three walks, scored three runs, and added a sacrifice fly that started the scoring in a 5-4 elimination win over LMU on May 26. In that game, Snow Canyon grad Riley Gates got the final two outs in relief to earn the save.

For the season, Kringlen is hitting .325 with five home runs and 55 RBI. BYU will open the NCAA Regionals at Stanford on Thursday with a game against Cal State Fullerton. Game time is still to be determined, and it can be seen on the Watch ESPN app.

Thunderbird track and field qualify seven athletes for the NCAA National Championships in Oregon

by **SUU ATHLETICS STRATEGIC COMMUNICATIONS**

For Iron County Today

CEDAR CITY, UT — The Thunderbird men's track and field program will be sending seven athletes to the NCAA West Preliminaries in Austin, Texas, this weekend with hopes of continuing on to the NCAA National Championships in Eugene, Oregon. The meet in Austin will run from May 25-27.

Last Time Out

Southern Utah's men's team had several amazing performances at the 2017 Big Sky Conference Championships that helped propel the team to a second-place finish.

Both Kasey Knevelbaard and Mike Tate were able to claim two Conference Championships as Knevelbaard picked up the title in the 800-meter and the 1,500-meter and Tate secured the top spot in the 5,000-meter and the 10,000-meter.

Senior Jayson Kovar was able to win the discus at the meet and placed second in the shot put.

In total, 16 members of the men's track and field team earned All-Conference status, which is bestowed upon those that finish in the top-three of their event.

List of Competitors

Kasey Knevelbaard (Sophomore) - 1,500-meter & 5,000-meter

Sophomore Kasey Knevelbaard from Caruthers, California, will be competing in the 1,500-meter and the 5,000-meter in Austin.

Knevelbaard is currently ranked 18th in the NCAA in the 1,500-meter with a time of 3:41.76 that was set at the Stanford Invitational. He is also ranked 29th in the 5,000-meter. Knevelbaard is the school record holder in the 1,500-meter.

Knevelbaard claimed the Big Sky Championship in the 1,500-meter.

Jayson Kovar (Senior) - Discus

Senior Jayson Kovar is seeking his second-straight trip to the NCAA National Championships in the discus, which will be the lone event he will be competing in at NCAA Regionals.

Kovar is currently ranked 25th in the NCAA in the discus with a season-best of 190' 10".

Last season, Kovar earned Second Team All-American status in the event, finishing in ninth place with a throw of 189' 6".

Kovar won the Big Sky Championship in the discus.

Justin Lewis (Junior) - 400-meter

Justin Lewis will be competing in the 400-meter dash for the Thunderbirds at West Regionals.

Lewis set his best time of the season at the Big Sky Outdoor Championships,

running a 46.88 and finishing runner-up in the event. Lewis is coming off a redshirt season indoors and bounced back strong to qualify for Regionals.

Lewis is now No. 2 all-time in the SUU record book in the 400-meter.

Devon Montgomery (Sophomore) - 110-meter hurdles

Sophomore Devon Montgomery will be making his second-straight trip to Regionals, competing in the 110-meter hurdles.

Montgomery competed in the same race at Regionals in Lawrence, Kansas, last season and finished with a time of 14.37.

Montgomery is the school record holder in the 110-meter hurdles.

third in the entire NCAA in the event and second in the West Region.

Tate's top time this season of 13:34.28 came at the Payton Jordan Invitational where he finished behind the only two runners in the 5K rankings, Justyn Knight and Edward Cheserek. He is second in the SUU record book in the event behind only former National Champion Cam Levins.

Tate claimed the Big Sky Championship in the 5,000-meter.

Matthew Wright (Junior) - 10,000-meter

Junior Matt Wright will be competing in the 10,000-meter at the Regional Championships. Wright set the 35th best time in the West at the Mt. SAC Relays with a time of 29:27.91.

On the advantage of taking three athletes back to Regionals . . .

"This isn't a new thing for us," he said. "It's not the first time we've qualified for Regionals, we've gone quite a few times, so this isn't a new situation. The younger people will see how the atmosphere is, and it won't be a big deal. Seeing them and knowing that others have been there will calm everybody down."

West Prelims History

Kovar, Montgomery and Tate will all be making a return trip to NCAA Regionals, as they have all competed in the meet before.

Last season, Kovar qualified for the NCAA National Championships in the discus with a throw of 56.92 meters. He



COURTESY OF SUU

MATT WRIGHT COMPETES AT REGIONALS for the SUU track team

Jeff Rowley (Freshman) - Javelin
Freshman Jeff Rowley will be making his first appearance at NCAA Regionals in just his first year at the university in the javelin.

The native of Nephi, Utah, set a mark of 210' to qualify for the field. He is currently 84th in the NCAA and 40th in the West Region.

Rowley was the bronze medalist in the javelin throw at the Big Sky Championships.

Mike Tate (Junior) - 5,000-meter

Mike Tate, a junior from Antigonish, Nova Scotia, will be representing the Thunderbirds in the 5,000-meter at the West Preliminaries. Tate is currently

Wright was the runner-up in the 10K at the Big Sky Championships to Tate. He is currently sixth in the SUU record book in the event.

Words From Coach Houle

On the youth, SUU is taking to Regionals . . .

"I think that recruiting has been going well across the board with the throws sprints and distance, and this is kind of what you always hope for," he said. "You hope to have some older people, and some young people, and if you can get them into the first round of the National Championship in their first few years, it builds a stronger athlete and helps you down the road."

went on to earn Second Team All-American status in Eugene.

Montgomery finished sixth in his heat last season with a time of 14.37.

In 2015, Tate competed in both the 1,500-meter and the 5,000-meter. He finished 15th and 24th, respectively.

2017 Outdoor Athletes of the Week

April 3, 2017: Mike Tate (Men's Track Athlete of the Week)

April 17, 2017: Kasey Knevelbaard (Men's Track Athlete of the Week)

May 1, 2017: Jayson Kovar (Men's Field Athlete of the Week)

May 8, 2017: Mike Tate (Men's Track Athlete of the Week)

If it's Memorial Day, it's time to race

I've written a lot about auto racing in my 20 years as a sports writer. I've covered the race weekends – NASCAR and NHRA – at Las Vegas Motor Speedway every year since 2005, and got my start at covering the sport at Sonoma Raceway in 2002.

But when you look at the bigger picture, those events can't hold a candle to the greatest single day of the racing year. Not only is Memorial Day a time to honor those who served our country, but it's time to drive race cars insanely fast.

The moments happened from sunrise to sunset, and deeper into the night with weather issues this year.

Call me foolish, but I was somewhat awake at around 6 a.m. for the start of the Formula 1 Monaco Grand Prix that aired on NBC. It's a big-deal race for the jet-set crowd, but it has story lines linking back to the U.S.

Sebastian Vettel won the 78-lap race on the street course in Monte Carlo – the first for Ferrari since Michael Schumacher in 2001 – while teammate Kimi Raikkonen came in second.

Not a big deal, you say? Raikkonen, like a lot of drivers before and alongside him, took his shot at driving in NASCAR for none other than Kyle Busch Motorsports a few years ago.

The driver from Finland ran in a pair of races in 2011 at Charlotte Motor Speedway for KBM and didn't do too badly. Raikkonen was 27th, four laps down, in the XFINITY (Nationwide) race, but did a lot better in the Camping World Truck Series race, starting 31st and finishing on the lead lap in 15th.

An even bigger deal for an American connection in Monaco: Gene Haas, co-owner of Stewart-Haas Racing – saw both of his drivers earn points for the first time in a Formula 1 race. Romain Grosjean finished eighth and Kevin Magnussen grabbed the last points spot with a 10th-place run.

After about a one-hour break, things returned stateside for the 101st running of the Indianapolis 500. There were times in the finish when my heart was about to leap out of my chest, the finish was that good.

Max Chilton tried with all the might in his car to hang on to the lead. Helio Castroneves, looking to become just the fourth driver to win the Indy 500 four times, finally got by and got the lead with seven laps to go.

It was heart-pounding because these drivers were doing passes at

straightaway speeds approaching 230 mph.

Just when Castroneves thought he had it, Takuma Sato had other ideas. Driving for Michael Andretti's race team, Sato got by the Brazilian on the very next lap and held on for the victory.

Pulse-pounding, amazing, crazy, shocking. All superlatives that certainly fit.

Adding to the fun, there were 35 lead changes over the 200 laps despite 10 cautions that got in the way. Castroneves could also count his blessings when he managed to avoid the flying cockpit of Scott Dixon's car during a lap 53 crash that ended the pole-sitter's day way too early.

And as much as I'd love to share the story of NASCAR's part in racing's greatest day, the Coca-Cola 600 had weather issues that pushed it well past my personal deadline to finish this column.

Last year saw Martin Truex Jr. basically run wild at Charlotte Motor



RANDOM Thoughts

by Tom ZULEWSKI
Sports Writer

Pulse-pounding, amazing, crazy, shocking. All superlatives that certainly fit

Speedway, leading 392 of the 400 laps. This year's new format divided the race into four 100-lap stages.

Truex won Stage 2, but that's as far as I could go. Kyle Busch won Stage 1, so we know there wasn't a repeat performance where one driver ran off and hid from the rest of the field.

And in probably one of the more surprising twists of the day, Austin Dillon rolled the dice and barely held on to his last drops of fuel for his first NASCAR Monster Energy Cup Series win.

As is the case every year, Memorial Day weekend is the best time of the year to celebrate if you're a motor sports fan. It only adds to the enjoyment of food, family and fun.

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



COURTESY PHOTO

WINNERS DISPLAY THEIR CERTIFICATES for winning the Annual Goalie Wars on May 12 at the Bicentennial Soccer Fields.

Cedar City Futbol Club presents best goalie awards

by LeShell MURRAY
Cedar City Futbol Club President

CCFC had its 2nd Annual Goalie Wars on May 12 at the Bicentennial Soccer Fields with more than 40 participants trying to earn the "Best Goalie Award" for their age bracket.

After almost 2.5 hours of competition, the final rounds took place, where many of participants ended up in a tie and it went to a "golden goal" situation.

Goalies face each other in a one-on-one situation for one and one-half minutes, a fast and quick competition.



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The East Elementary (FLL) Microbots team recently competed in the FIRST LEGO League Razorback Invitational in Arkansas. This trip was made possible through donations from these sponsors and our amazing community.







A special thanks to Kim Saucedo and East Elementary for placing an emphasis on science and engineering and supporting our team!

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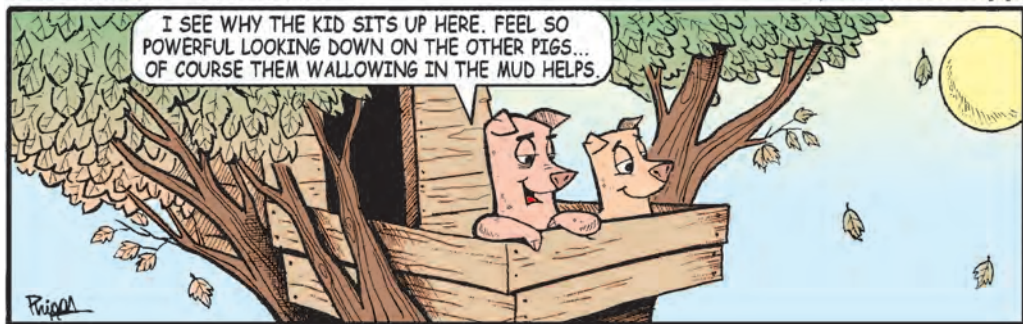
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Comics & Puzzles

WEDNESDAY, MAY 31, 2017

Amber Waves

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R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

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

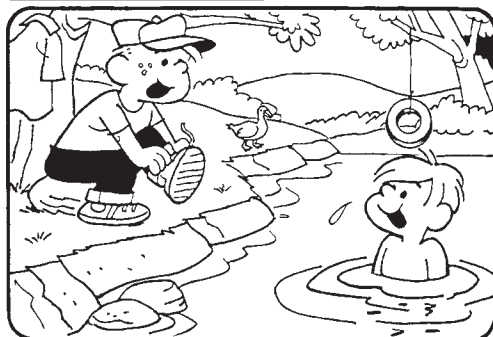
DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

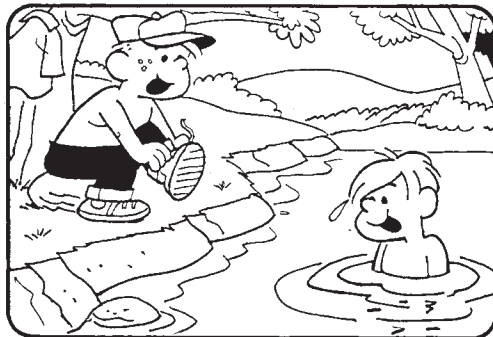
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



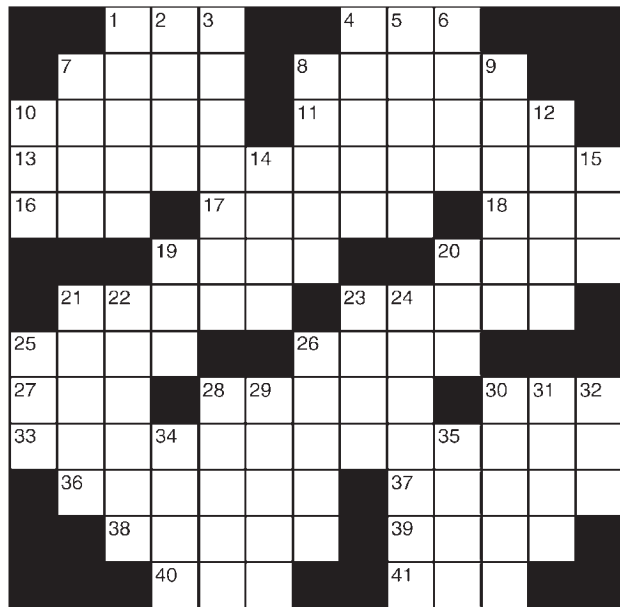
Differences: 1. Shirt on tree is smaller. 2. Underthirt is missing. 3. Rock is missing. 4. Duck is missing. 5. Swing is missing. 6. Head is tilted.

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King Crossword

ACROSS

- 1 Space
- 4 Recipe meas.
- 7 Lass
- 8 Luster
- 10 Calcutta's land
- 11 High, wispy cloud
- 13 Orphan Annie's benefactor
- 16 Really messy place
- 17 Frogs' hang-outs
- 18 Whopper
- 19 Crooked
- 20 Witnessed
- 21 Representative
- 23 Dervish
- 25 "Two and a Half Men" role
- 26 Oodles
- 27 Cacophony
- 28 Colorado tribe
- 30 Chum
- 33 Spider's cousin
- 36 Certain winner
- 37 Assessed
- 38 Tittles
- 39 Iowa State's home



- 40 Scepter
- 41 Scratch

DOWN

- 1 Lightheartedly silly
- 2 Dry
- 3 Nursery item
- 4 Bronze medalist's place
- 5 Belgrade natives
- 6 Lima's land
- 7 Summertime pest
- 8 Meager
- 9 Centers
- 10 Egos' counterparts
- 12 Downhill athlete
- 14 Refuse to
- 15 D.C. fig.
- 19 Still or affleck
- 20 Firmament
- 21 Rap sheet entry
- 22 Best Picture of 1982
- 23 Bambi, for one
- 24 28-Down, to Tokyo
- 25 Toss in
- 26 Io and Ganymede, e.g.
- 28 Japanese city
- 29 Homeric epic
- 30 Heavenly gate keeper St. —
- 31 Census stats
- 32 1960s hallucinogen
- 34 Entrance
- 35 Dalai —

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1. MOVIES: Which 1974 movie featured a character named Jake Gittes?
2. LANGUAGE: What are three letters of the Greek alphabet that begin with the letter "p"?
3. HUMAN ANATOMY: What part of the brain regulates body temperature and controls the autonomic nervous system?
4. GENERAL KNOWLEDGE: What is a husar?
5. MYTHOLOGY: Which figure in Greek mythology possessed the gift of prophecy?
6. GEOGRAPHY: What artificial structure connects the Mediterranean Sea and the Red Sea?
7. TELEVISION: Who played the lead role in the drama "Columbo"?
8. MUSIC: What Barry Manilow song started with the line "Her name was Lola"?
9. GOVERNMENT: What amendment to the Constitution authorized federal taxes on income?
10. FOOD & DRINK: What shape is the pasta called farfalle?

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

Answer

Weekly SUDOKU

G	A	P	T	S	P	G	I	R	L	S	H	E	E	N
S	C	I	R	R	U	S	D	A	D	D	A	D	D	D
S	U	C	K	S	U	C	K	S	U	C	K	S	U	C
L	I	E	S	E	N	T	F	A	K	I	R	A	G	E
N	E	N	T	F	A	K	I	R	A	G	E	N	T	F
S	E	N	T	F	A	K	I	R	A	G	E	N	T	F
S	E	N	T	F	A	K	I	R	A	G	E	N	T	F
S	E	N	T	F	A	K	I	R	A	G	E	N	T	F
S	E	N	T	F	A	K	I	R	A	G	E	N	T	F
S	E	N	T	F	A	K	I	R	A	G	E	N	T	F

Solution time: 25 mins.

Answers

King Crossword

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1. "Chinatown" (Jack Nicholson); 2. Phi, pi and psi; 3. The hypothalamus; 4. A horseman in a European light cavalry unit; 5. Cassandra; 6. Suez Canal; 7. Peter Falk; 8. "Copacabana"; 9. Sixteenth Amendment; 10. Bows or butterflies

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