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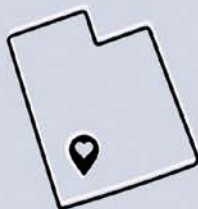
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SCAN ME

* Per the direction and discretion of the Managing Editor

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showcase

*Former USF
employee
takes on
new role*



**IRON
COUNTY**

today

FIGHTIN' FALCONS



STORY IN SPORTS

public & health

Iron County Board of Realtors encourage community participation in water rights management

by Mari Eddy

PRESIDENT, IRON COUNTY BOARD OF REALTORS

The Iron County Board of Realtors (ICBOR) wants to address a critical issue that has recently come to our attention regarding a water rights ordinance enacted in September 2022, but only enforced in the last 30 to 60 days. During this recent enforcement we were notified of Iron County citizens facing challenges obtaining building permits due to owning junior water rights. Junior water rights are those with a priority date after June 1934. After extensive discussions with county staff and commissioners, our stance is that water rights management should primarily be the state's responsibility (How it has always been), not the county's. We proposed a solution that eliminates the current ordinance, replacing it with a simple disclosure to buyers during the building permit process. This proposed approach empowers property owners to make informed decisions about water management without imposing unnecessary restrictions on the property they own or taking their water away prematurely and disenfranchising them out of millions of gallons of water.

The County is inclined towards recording a document on the property deed that says water rights can be terminated as of a specific date, referenced in the water management plan, as a way to protect future buyers. Nevertheless, we firmly believe that alternative approaches exist, which would prove more advantageous for both buyers and sellers, as elaborated below. Given the current situation, where the

county is inclined towards recording a document on property deeds, it's crucial to stay informed about the developments. The proposed solution is scheduled to be voted on during the county commission meeting on January 22, 2024.

We, The Iron County Board of Realtors, have reservations about a recorded document against a property for multiple reasons. Recording a water rights curtailment document on a property deed will in all likelihood decrease property values by reducing financing opportunities. Lenders, underwriters, and title companies have expressed concerns that this will potentially cause difficulties for property owners with junior water rights, even when curtailing water usage might not happen for a considerable time. The uncertainty lies in how numerous underwriters nationwide, and even local underwriters, might respond to a document recorded on a property (talking about water termination) concerning a subject they are not well-versed in. Possible issues of concern may result in a property encountering difficulties in the selling process or being sold at a significantly lower price.

Another issue raised is the separate sale of water rights from land, adding complexity to the situation. We are also troubled by the lack of clarity on the process the county will have for removing a recorded restriction when a property no longer has junior water rights. The uncertainty surrounding these issues prevents us from supporting any document recorded against a property's deed.

We believe a non-recorded disclosure is a more practical solution, but the county commission remains steadfast in their preference for recorded documents. We understand how the county feels this is a protection for future buyers, however we can't risk the lend-ability of properties to protect future buyers. We feel a non-recorded disclosure will educate buyers and sellers as well as protect the counties interest. We urge the county commission to consider the potential unintended, but harmful consequences that their decision is going to have on our

current property owners, and adopt a more flexible approach that balances water rights transparency, with property owners' freedom to use their land responsibly. Our commitment is to find a solution that protects the public interest without unnecessarily burdening property owners.

we can come to a resolution on the matter. We felt speaking out on this matter is crucial to ensuring a fair and informed decision that respects both property rights and the community's well-being. Your participation can make a meaningful impact in shaping the future of water

“Our collective goal is to safeguard the rights of property owners and establish a constructive relationship with Iron County”

We strongly encourage citizens of Iron County to actively engage in this issue. Our collective goal is to safeguard the rights of property owners and establish a constructive relationship with Iron County. We appreciate the time they have taken with us, and hope they will continue to give us a seat at the table so that

rights management in our county. To stay informed about the latest developments on this issue, check our website for regular updates at <https://www.ironcountybor.com>. We will provide timely information to keep you informed of any changes or progress related to the Water rights/ Building permit matter.

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REMEMBER ★ HONOR ★ TEACH

opinion

FROM THE EDITOR

Insights on the Insider's Club

I want to take a moment to thank everyone who has made any-sized donation to our newspaper. Every cent has helped. It's not about the zeroes, but the heroes that help make our community and our newspaper worth reading. Currently, for those "Insiders" who are subscribing at \$15 a month, you are making a definite difference in helping us "keep the lights on and the ink flowing."



COREY BAUMGARTNER
MANAGING EDITOR

The Insider's club was created not because the newspaper was in trouble, but to keep it out of trouble. When we were graciously purchased by investors and leaders in our community, it was confidently decided that the more Insiders we gained, the more sustainable we would be. This has been one of the key components in allowing us to also expand and grow.

Even if you're not a fan of clubs, becoming an Insider is more than that. Becoming an Insider is a call to action and The Iron County Today needs your support. Because this isn't just a newspaper, but a valuable asset in our community. Becoming an Insider at \$15 a month will greatly help provide continuing funding and growth for our Iron County Today.

The bottom line is, I am grateful to be the managing editor of our newspaper, and to be supported by you, our valued readers, and also for your trust in me to provide a quality product that informs and helps transform your individual lives and our community for the better. Here's to a great 2024!

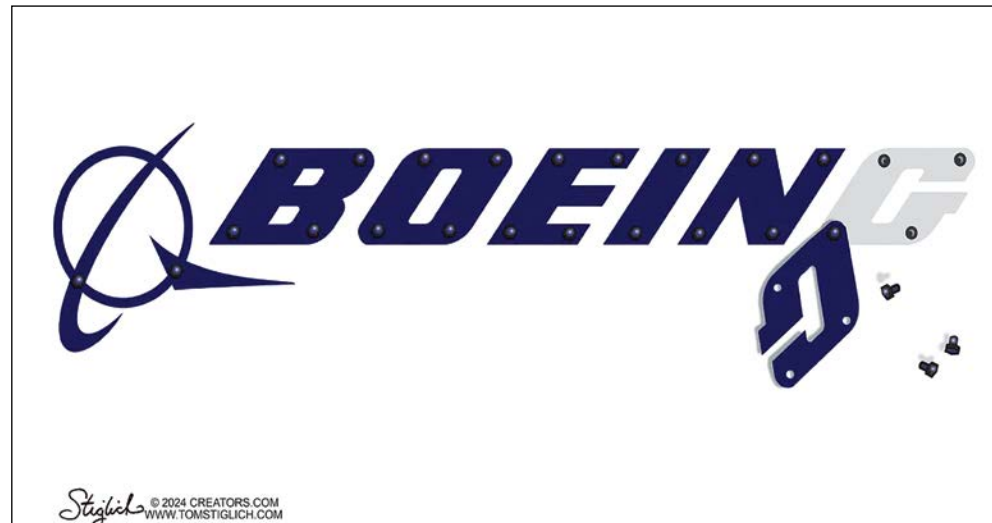
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WORD OF THE WEEK

MORDACIOUS

"Biting or sharp in manner or style."

In any disagreement, if you want to truly be audacious and auspicious, it's always advantageous to try being more gracious than mordacious.



Working towards a transforming future for our community

by *Darci Fersch*

FOR IRON COUNTY TODAY

"You can know the name of a bird in all the languages of the world, but when you're finished, you'll know absolutely nothing whatever about the bird. I learned very early the difference between knowing the name of something and knowing something." (FEYNMAN, R. P., W W Norton (2018). What do you care what other people think? Further adventures of a curious character.)

To work towards a transforming future for our community, we need what Noble Prize recipient of Physics, Richard Feynman would call, "curious character."

When my son was 3 years old, I took him on a playdate. There were about 8 children playing with a toy kitchen with the adults sitting on the floor around the room. My son picked up a little toaster with plastic bread. When the bread was placed inside the toaster a red light came on. My son moved the bread around to discover if the toy appliance could do anything else. A mom nearby him, with good intentions, said to my son, "No dear, the bread goes in this way." I smiled. My son knew how to turn the light on. But he was curious to see

what else this thing could do.

We arrive in this world pre-packaged with a curious character when we are born. This curiosity is how we learn to walk, eat, read, etc. We all have a curious character. During that playdate, as I watched my little boy, it occurred to me that innovation is very difficult in the real world. I decided I wanted to make sure I was just like him.

My young son helped me realize a "curious character" is a good thing that leads to creativity and emergent transformation in the face of opposition.

Why not be part of the vanguard of the ongoing historical change happening in the world rather than riding its coattails. For some people their "curious character" needs to be re-discovered and they need to find the courage to put it to work within a "future context" to be able to identify totally new approaches that will be aligned with a constantly transforming future for our community.

This is a quality that is imperative for our elected officials to remember and where they will get these innovative ideas is by working with the residents of our community.

Ichak Adizes said "We cannot see the stones in front of us and the horizon all at the same time." We need both. We need to be different, together.

QUOTE OF THE WEEK

"Courage doesn't always roar. Sometimes, courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

Mary Anne Radmacher

IRON COUNTY **today**

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opinion

“Lift where we stand”- rebuilding communities in 2024

Years ago, Dieter F. Uchtdorf, a religious leader, coined a great phrase that can take on many meanings. He used the example of many men attempting to move a large grand piano. Unsure of how to move such a heavy piano, one of the men said, “Let’s gather around the piano and each of us will lift where we stand.” In doing so, they were able to move the large grand piano as needed.

As we stand on the threshold of a new year, the idea of “Lift Where You Stand” can take on renewed significance in our collective pursuit and goal of rebuilding communities. The “Lift Where you Stand” philosophy encourages individuals to harness their own unique skills, resources, and passion to make a positive impact right where they are and right now. In the face of challenges, it is essential we recognize the power we hold to effect and encourage change.

What is the meaning of “Lift Where You Stand” in the context of our community. “Lift Where You Stand” is a call to action that emphasizes the importance of taking responsibility for the well-being of our immediate surroundings. Instead of waiting for external forces to bring about change, this approach encourages individuals to leverage their existing resources and capabilities to uplift their communities. It is a philosophy rooted in a belief that positive transformation begins with each of us individually, wherever we are, by simply lifting where we are right now. What are some examples we can show by lifting where we stand?

Lifting where we stand involves investing in the future. Individuals with expertise in various fields can initiate educational programs or mentorship initiatives for children and young adults. This could include after-school tutoring, career guidance sessions, or workshops on essential life skills. By empowering the younger generation, we lay the foundation for a stronger and more knowledgeable community.

Economic revitalization is a key component of community rebuilding. Residents can actively support local businesses by choosing to shop at neighborhood stores, cafes, and markets. Collaboration between local entrepreneurs can also lead to the creation of innovative partnerships that boost the overall economic health and vibrancy of the community. Taking care of the environment is fundamental to community well-being. Individuals can organize local clean-up campaigns, tree planting events, or recycling initiatives. By cultivating a sense

of environmental responsibility, communities not only enhance their aesthetic appeal but also contribute to the beauty of the area.

The health of a community is intrinsically linked to the well-being of its residents. Individuals can initiate health and wellness programs, such as fitness classes, mental health workshops, or community clinics. These initiatives promote a culture of well-being and resilience, creating a healthier and more connected community. Cultural vibrancy is a cornerstone of resilient communities. Individuals can contribute by supporting local artists, organizing cultural events, or even initiating public art projects. By celebrating this creativity, communities can foster a sense of identity and pride.

In an increasingly digital world, access to technology is crucial. Individuals can work towards bridging the digital divide by organizing workshops on digital literacy, providing access to computers and the internet, or supporting

initiatives that bring technology to underserved communities. This not only enhances educational opportunities but also facilitates community connectivity.

By recognizing the power and resources each person possesses, we can collectively contribute to the transformation of our communities. Through our efforts, we can build more resilient, connected, and thriving communities for the challenges that lie ahead.



JOHN A. NEWBY
COLUMNIST

John Newby is a nationally recognized Columnist, Speaker, Publisher. Reach him at: John@Truly-Local.org.

D9 Meats

MEAT PACKAGES

<p>STARTER PACKAGE \$40</p> <ul style="list-style-type: none"> 2 Sirloin Steaks 2 Park Chops 1-lb Ground Beef 1-lb Bacon 1-lb Pork Sausage 	<p>25-LB GROUND BEEF PACKAGE \$145</p> <p>25-LB BEEF VARIETY PACKAGE \$250</p> <ul style="list-style-type: none"> 2 Chuck Roasts 2 T-Bone Steaks 4 Rib Eye Steaks 4 New York Strip Steaks 4 Sirloin Steaks 7-10-lbs Ground Beef
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WINDS: S 5-10

SUNDAY
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WINDS: S 5-10

MONDAY
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WINDS: W 5-10

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WINDS: NW 5-10

WEDNESDAY
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44°/24°

PRECIP: 20%
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IRON COUNTY FORECAST

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Romney, Manchin urge colleagues to pass Fiscal Stability Act

STATEMENT COMES AS NATIONAL DEBT SURPASSES \$34 TRILLION

WASHINGTON — U.S. Senators Mitt Romney (R-UT) and Joe Manchin (D-WV) today released the following statement on the United States national debt surpassing \$34 trillion—which equals \$100,000 for every person in the country—and called on their colleagues to prioritize passing the bipartisan Fiscal Stability Act in the new year.

“Years of fiscal irresponsibility have resulted in the catastrophic debt we face today, which now exceeds \$34 trillion – double what it was just ten years ago. Our debt burden is not only unsustainable, but it is also growing at a rate never before seen in the history of this country. In fact, in a matter of years, the money that the United States spends to service the debt will be greater than what it spends on anything else.

This posture, borne from out-of-control spending, weakens our economic and national security and jeopardizes our leadership on the international stage. Partisan politics can wait but this financial emergency cannot.

“As we make our New Year’s resolutions for 2024, we are once again urging our colleagues on both sides of the aisle to support the Fiscal Stability Act, which would create a bipartisan, bicameral fiscal commission to identify solutions to bring us back to a sustainable fiscal outlook. The future of our great nation depends upon reining in our debt crisis and a failure to act now will saddle our children and grandchildren with an insurmountable barrier to achieving the American Dream.”

public & health

Sheriff’s Office announces new program to I.G.N.I.T.E. inmates in Iron County

from Iron County Sheriff’s Office

FOR IRON COUNTY TODAY

Sheriff Kenneth Carpenter would like to announce that on January 25, 2024, the Iron County Sheriff’s Office will be launching a National Sheriff’s Association initiative titled, I.G.N.I.T.E. – Inmate Growth Naturally and Intentionally Through Education. This is more than just a program. This is intended to change the culture of incarceration in our community in hopes of restoring value, hope and purpose to our inmate population.

I.G.N.I.T.E. is a merit-based program incentivizing those enrolled to complete educational programs and connecting viable candidates with promising resources when released. I.G.N.I.T.E. was born of the idea that an educated individual has opportunity and hope for a better future, in turn, reducing the rate of recidivism. Too often, we see generations of families stuck in a cycle of incarceration, release, and recidivism.

This program has been specifically designed to change the culture of incarceration and the stigma associated with returning citizens. With I.G.N.I.T.E. you can help create contributing members of society and put an end to generational incarceration. The possibilities are endless

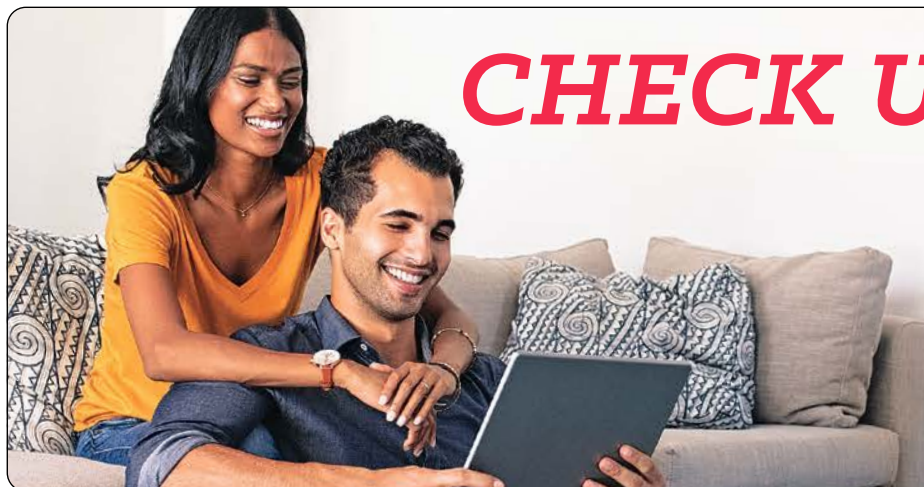
and all educational opportunities will be considered.

We are looking for volunteers, partnerships and sponsorship that can offer opportunities such as:


- » GED/Diploma Completion
- » Parenting Classes
- » Adult Enrichment Education
- » Understanding Mental Health
- » Addiction Education
- » Skilled Trades Virtual Reality
- » Employment Counseling
- » Financial Literacy
- » Serve Safe Certifications
- » Barber/Cosmetology Classes
- » CDL
- » Religion/Counseling
- » Career Readiness
- » Employment Opportunity – Train and inmate to work for you following release

I.G.N.I.T.E. will come as a benefit to our county, both inside the walls of the jail as well as on the outside. 90% of those incarcerated at a county level return to society while a mere 10% go to prison. Let’s help those returning to society be better educated than when they came in. If you or someone you know are interested in partnering with the Iron County Sheriff’s Office and contributing to this change, please contact Lt. Shalon Shaver at sshaver@ironcounty.net at your earliest convenience to discuss how you can help! Also visit www.ironsheriff.net or call 435-867-7555.

We will also be hosting an I.G.N.I.T.E. Launch event/ribbon-cutting ceremony at the Iron County Jail (2136 N Main, Cedar City), on Thursday, January 25th, 2024 @ 10am. Please come and help us celebrate!



CHECK US OUT ONLINE...
ironcountytoday.com



IRON COUNTY GOVERNMENT RECAPS

Cedar City Council (Jan. 10th, 2024)

by Iron County Today Staff

IRON COUNTY TODAY

New Female Police Officers

Police Chief Adams and two new female police officers then came forward to introduce themselves, Jackie Hammack and Daisy McCar. Officer Hammack shared that she is originally from San Diego but came to Cedar City for college and decided to stay. She is working on a criminal justice and psychology degree. Officer McCar is also a transplant who chose to establish roots in Cedar City after attending SUU. Chief Adams noted they were top graduates of their police academy classes, with Officer Hammack serving as special functions officer and Officer McCar as her class president.

Councilman Scott Phillips commended the police department for actively recruiting talented female officers to serve as role models and pave the way for young women considering law enforcement careers. Tom Jett agreed, saying he was impressed by the leadership of the police and fire chiefs in diversity efforts. Laura Henderson also applauded hiring more female officers and said she would like to see expanded diversity in the police department. She offered Councilman Phillips an early “happy 36th birthday.”

Rental Car Lease Approval Discussed

A 5-year rental car lease with Broom LLC at the airport terminal was discussed, centered around not wanting to limit future expansion if additional rental car companies wanted to locate at the airport. Airport Manager Tyler Galletka confirmed there is currently no additional space for more rental counter areas. Councilman Isom asked if the standard 5-year lease term could deter other vendors from bidding if they perceive preferential treatment. Galletka said each lease is considered

investment-backed expectations for the companies.

The council discussed how expanding airline service and airport improvements could increase demand, making longer lease commitments riskier. Ideas were explored like shorter 2-year terms or opening contracts for bidding when leases expire. A suggestion was made to designing flexible counter space that could accommodate two vendors. In the end, a motion to approve the 5-year lease with Broom LLC but reduce it to a 2-year term instead. This was approved 4-1.

RAP Tax Passed Unanimously

The RAP tax that Cedar City voters recently supported was reauthorized. An ordinance to make it official passed unanimously. Mayor Green noted the distribution of RAP tax funds would be discussed further at an upcoming council retreat.

Parowan City Council

by Jennelle Zajac

FOR IRON COUNTY TODAY

Congresswoman Celeste Maloy

Public comments included a discussion by Cindy Bulloch, a representative of newly-elected Congresswoman Celeste Maloy's office, announcing the locations of Ms. Maloy's local offices in Southern Utah. She described the congresswoman's committee assignments and informed the City that Ms. Maloy's office is available to assist residents with any federal issue that one may be having trouble with, such as Medicare or Medicaid, veteran's and IRS issues. Ms. Maloy's office will be ready to help when needed.

Rural Communities Opportunity Grant Approved

Parowan City has been awarded a \$35k grant to fund a plan for master planning for Parowan's Industrial Park, the area around the airport. The plan will include engineering drawings, mapping of facilities and roads, as well

as detail of industrial properties and future plans for this area. If approved, Parowan's matching portion of the grant would require \$7k of City funds to put the planning into motion. The Council approved this request.

Iron County Emergency Medical Services

A 5-year Memorandum of Understanding (MOU) between Iron County and Parowan City providing Emergency Medical Services for the community was approved. Iron County has contracted with Gold Cross ambulance services to provide this service.

Councilmember Committee Assignments for 2024-2025

Member assignments as recommended by the Mayor Mollie Halterman were approved. Please call the Parowan City Office at 435-477-3331 to ask for the list of assignments as the finalized list was not available at the time of publication.

Old Rock Church Repairs to Commence

In conjunction with the Daughters of the Utah Pioneers, Parowan City Council approved the request to proceed with construction repairs at the Parowan Old Rock Church. Rosenberg Painting has been selected to perform initial painting and repairs of the historic building, with work to begin within the next month or so. This portion of the restoration effort will be funded by the Daughters of the Utah Pioneers.

RAP Tax Ordinance Coming

In order to enact the RAP tax and begin collecting it, the City is required to define requirements and guidelines in an ordinance. The Council discussed several options. Dan Jessen will prepare a draft ordinance for review at the next Council Meeting.

Pickleball Courts and Bike Pump Track Construction Update

Fence removal and ground preparation activities have begun on the above projects. Parowan residents should expect to see progress over the next several months, weather permitting.

Utah has among the highest number of 'survivalists' in the country, reveals survey

from Josh Kruis

FOR IRON COUNTY TODAY

Hollywood has long captivated audiences with blockbuster movies centered around apocalyptic events such as Armageddon, Deep Impact, The Day After Tomorrow, Independence Day, and Mad Max. However, it seems that the possibility of such catastrophic events happening in real life has prompted millions of people to actively plan and prepare for them. These preparations are no longer confined to the realm of fiction, but rather a response to the very real threats facing our world today.

A survey of 3,000 respondents by Primal Survivor (a website dedicated to providing practical prepping advice), has revealed that almost 150 million Americans (57%) now consider themselves to be 'survivalists'. That's right - almost half of the US population is preparing for the worst. But who can blame them? Between Chinese spy balloons, extreme weather, a global pandemic, and a war in Ukraine and now Israel, it's no wonder people are starting to get a little anxious.

When it comes to the Beehive State, 74% of Utahns consider themselves as survivalists, which equates to a sizeable 1,676,149 people! In fact, the state has among the highest proportion of survivalists in the country.

Interestingly, Hawaii has the highest proportion of survivalists, with 80% of the population (or 892,000 people) having already prepared for an extreme event. One possible explanation is the state's geographic isolation and vulnerability to natural disasters such as hurricanes, tsunamis, and volcanic eruptions. These events could potentially cut off the state's access to supplies and resources, making it more important for residents to be prepared for emergencies. Additionally, Hawaii's large military presence, which includes several bases and installations, may have led to a culture of preparedness and readiness in the state. Meanwhile, Rhode Island seems to be taking a more laid-back approach, with only 17% of the population having taken steps to prepare for disaster.

And what exactly are survivalists preparing for? Well, it turns out that extreme natural weather events are what keep them up at night. 54% of respondents said that this is the main reason they're prepping, followed by economic uncertainty (16%) and an international conflict (14%). The survey revealed that recent news about Chinese spy balloons incursions into US airspace has prompted 34% to become more engaged in prepping. Another 13% are most

Southern Utah University

SUU offers new ways to explore careers in behavioral health

by **Nikki Koontz**

SUU MARKETING COMMUNICATION

Southern Utah University's (SUU) Community & Workforce Development (CWD) is excited to offer a new certificate program in

include: 1) Introduction to Behavioral Health Careers, 2) Personal Preparation for a Behavioral Health Career, 3) Virtual Job Shadowing. The courses have been designed for busy adults by SUU faculty and informed by industry professionals due to the

Dr. Jack Hinman, licensed clinical psychologist and executive director/co-founder at Engage Young Adult Transitions. "It's such a critical time for training when it comes to residential treatment. Right now, we are experiencing a mental health crisis. We're seeing that clients are a lot more complex, and the sophistication of staff is critical."

Any treatment facility, medical clinic or other mental health services organization may be interested in

using the short courses as useful training for new staff, especially those new to working in this critical and evolving industry. Coursework will include essential skills to help students become more empathetic, boundaried, ethical and successful in addressing clients' behavioral, emotional and social concerns.

To learn more about the program, please visit our website, www.suu.edu/news/2024/01/behavioral-health-certification-program.html.



BHT STOCK PHOTO

behavioral health designed for adults interested in making a positive impact on those facing mental health challenges. The three online short courses that make up the Behavioral Health Foundations Certificate

high demand for entry-level workers in this growing and meaningful field.

"The foundation of quality residential treatment begins with our staff, and the foundation of quality staff begins with training," said

SURVIVALISTS

« CONTINUED FROM PAGE 7

concerned about another pandemic. Indeed, of those who did not consider themselves a 'survivalist' before the pandemic, 54% say they are more likely to join the movement now. Finally, 3% prepare for domestic political uncertainty.

But despite the growing number of survivalists, it seems that most Americans aren't actually that well-prepared for an extreme event. When asked how long they could survive without help from authorities if

the power were to go out, the average response was just one week. And 17% of respondents said they wouldn't even make it past day two.

The Federal Emergency Management Agency (FEMA) recommends having a basic Disaster Supplies kit ready, which includes items such as three days' worth of bottled water and non-perishable food, a battery-powered radio, a flashlight, and extra batteries, a first aid kit, a whistle, and warm clothing.

It appears that prepping has become a way of life for many Utahns. Fifty-seven percent of those surveyed said they now consider prepping to be a mainstream movement.

‘Elevating Communities’

FORMER USF EMPLOYEE DONNA LAW TAKES ON NEW EXECUTIVE ROLE WITH STATE

from Utah Shakespeare Festival

FOR IRON COUNTY TODAY

The Utah Shakespeare Festival would like to congratulate former Festival employee Donna Law on her new position as Executive Director of Utah Department of Cultural and Community Engagement.

Appointed by Utah Governor Spencer Cox, Law began this new position on January 3. She most recently served as the Associate Vice President of Community and Government Relations at Southern Utah University.

“I am thrilled with this new opportunity to support arts, museums, libraries, STEM, volunteerism, and other community building programs all across the state of Utah,” Law said.

Formerly at the Festival, Law served as Director of Communications and

Taylor Sorenson Center for the Arts. She also served as a board member of Cedar City’s RAP Tax Arts Committee and Vice President of the Shakespeare Theatre Association.

Ultimately, all of Law’s work reflects back to her goal of furthering and supporting the arts, and her passion for such began in 1993, when she began volunteering right here at the Festival.

“My true passion for the arts and skills in arts administration began at SUU and the Utah Shakespeare Festival,” Law said.

Visit [utah.gov](https://community.utah.gov/a-closer-look-qa-with-donna-law/) and here (<https://community.utah.gov/a-closer-look-qa-with-donna-law/>) to read more about Law’s new appointment.

“My true passion for the arts and skills in arts administration began at SUU and the Utah Shakespeare Festival”

Donna Law

Marketing. Other positions at SUU included Executive Director of Development and Government Relations and Development Director. Pursuing her passion for the arts, Law also spent time as Managing Director of the Orlando Shakespeare Company and Director of Development of the Idaho Shakespeare Festival.

SUU President Mindy Benson noted that “her extraordinary dedication and passion for furthering the arts and elevating communities everywhere will bless our entire state.”

Law indeed blessed the Festival during her time, helping to bring about the Beverley

As Donna takes her skills to the next level, she will continue to improve the arts and hearts in Utah.



Some of Cedar City's notable characters

by *Mary Anne Andersen*

CEDAR CITY ARTS COUNCIL

When we first moved to Cedar City in 1999, I quickly became taken with an individual working in the post office. His name was Bob, and he was unfailingly pleasant to everyone that he waited on. Not too gushy or pushy, just gently helpful, as if he knew and remembered you from some time before. And then, there he was in the courtyard of the Shakespeare Festival, demonstrating his wood-working skills. Bob was one of those familiar figures that you see around town, someone who becomes not famous exactly, but notable.

Another such individual was the crossing guard on 200 North, at North Elementary School. He stepped onto the street with his stop sign and held drivers to the 20-mph sign that signaled a school zone. And of course, sometimes he stopped traffic entirely as students scooted across the street to parents waiting on the other side. I hope a parent or maybe even a school class voiced appreciation for the fact that he was at his post for literally years. I wish I had written him a note myself, thanking him for his commitment to a sometimes-miserable post.

And then the pretty blonde ticket-taker at the movie theater is

“Bob was one of those familiar figures that you see around town, someone who becomes not famous exactly, but notable.”

working at her job dressed in the style of the 40's. She isn't exactly doing a service in the altruistic sense, but I love to see her. If nothing else, she must bring a smile of appreciation from anyone one who enjoys her bit of eccentricity. You look great, honey!

There is another familiar figure around town, but his following is a somewhat smaller demographic. He is admired by a certain set of young thespians who have enjoyed working with him in musical theatre, as the stage-struck creatures they are.

When they see him around town, even if their interaction was some years back, they are quick to pronounce “Dr. Andersen!” accompanied by a grin or hug. I am talking about Dr. LeGrand Andersen. Yes, my Dr. Andersen.

In September of 1999, we retired to Cedar City with the intention of being close to a university and good theater, and it wasn't long before Doc, as he is known, was working in both. He taught classes at SUU and worked for the Shakespeare Festival and sometimes community theater. But it was his collaboration with Michael Bahr in the Festival's educational wing that his contribution was the greatest. The Playmakers produced at least one and sometimes two shows a season over the course of 19 years, and Doc was the music director. Bahr and Doc had a great relationship, each in his own way requiring the very best that the students had to offer. As a result, the students trusted that their work was going to something to be enjoyed and to be proud of.

In recognition of his student/theater work, the Utah Theatre Association presented Doc with an award of recognition at its yearly conference in mid-January. Its letter of notification says, “Thanks for what you have done to promote theatre in Utah.” Good for you, Doc. You are indeed an important figure in this theater-happy town.



Broadway musical “Big Fish” coming to Cedar City

from *Stephen Wagner*

FOR IRON COUNTY TODAY

Cedar Valley Community Theatre presents the new Broadway musical, *Big Fish*, January 19-27, 7:30pm at the Heritage Center Theater. This exuberant musical comedy tells the tale of Edward Bloom, a traveling salesman and his larger-than-life adventures. From encountering a witch and befriending a giant, to working in a circus in order to meet the girl of his dreams, Edward lives a life without fear, and his good

deeds become the stuff of legend. So legendary, in fact, that his son, Will, wonders if he is able to separate the man from the myth. Will's search for the truth behind the tales leads the audience into a comic musical adventure with a surprise ending that.... well, we wouldn't want to ruin it for you! Based on the beloved book by Daniel Wallace and the film by Tim Burton, *Big Fish* is about the lives we lead, the stories we tell, and the legacies we create for our children. Bring your entire family to this hilarious and moving celebration of life!

CEDAR VALLEY COMMUNITY THEATRE PRESENTS

DREAM BIGGER.

Big Fish

A NEW BROADWAY MUSICAL

Music and Lyrics by Andrew Lippa
Book by John August
Based on the novel by Daniel Wallace and the film by Tim Burton

JANUARY
19, 20, 22,
25, 26, 27
7:30 PM

HERITAGE CENTER THEATER
105 N 100 E, CEDAR CITY

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

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

Presented in Association with Theatrical Rights World Wide, New York, NY

WINTER WANDERING

by *May Hunter*

FOR IRON COUNTY TODAY

As the winter season wraps our world in a chilly embrace, it brings charm and quiet beauty of snowy landscapes and crisp fresh air. Winding along the side of Coal Creek, the walking trail is a good way to go for a winter walk. A paved all-access trail is a great option for winter as the path stays clear and offers close-up views of the iconic Red Hill at the mouth of the canyon.

Hiking in winter can be a beautiful thing. There is nothing like the hush that falls while snow blankets your surroundings. Taking a walk

in the winter can be beneficial for your physical and mental health. It can help you get some fresh air, sunlight, and exercise, which is important for overall well-being. Just make sure to dress warmly and stay safe in potentially icy or snowy conditions. Dress in layers: it's important to stay

“To appreciate the beauty of a snowflake it is necessary to stand out in the cold.”

Aristotle

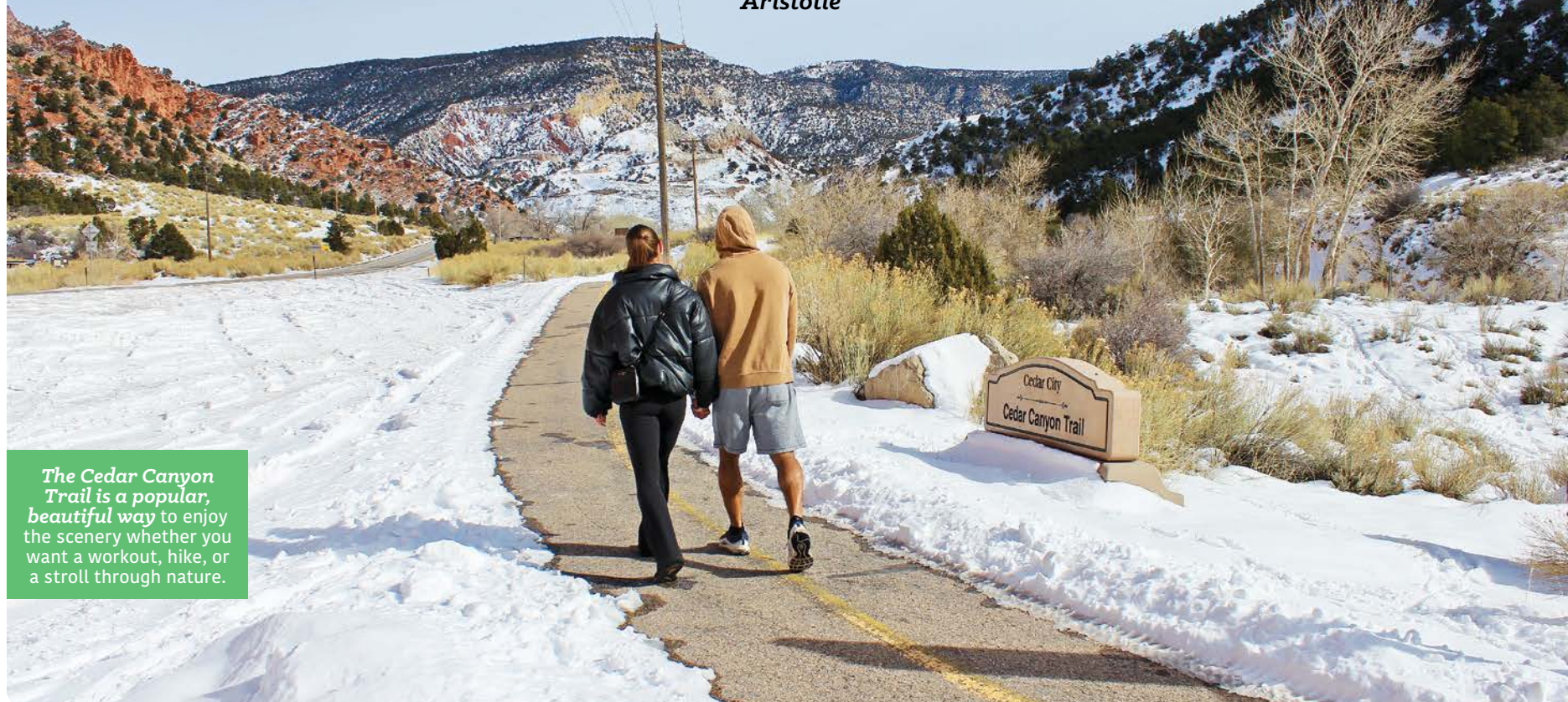
warm and comfortable during your walk.

A brisk 5-10 minutes daily walk provides many health benefits and adds towards your recommended 150 minutes of moderate exercise per week. Then, consider building up to 30 minutes of brisk walking at a time, five days a week.

If you are not able to get out and walk in the winter, go for a ride. Cedar Mountain is one of the most popular areas for a winter drive. It has amazing beauty in all directions

see **WINTER** » 16

The Cedar Canyon Trail is a popular, beautiful way to enjoy the scenery whether you want a workout, hike, or a stroll through nature.



You've got some nerve

Have you ever had your nerves get the better of you? Ever had those experiences where your nerves of solid steel are instantly turned into nerves of aluminum foil? From sporting events to special occasions, we've all choked or broke down in critical moments when our nervousness became our weakness. These mortifying moments include game time, test time, starting a new job, dating, public speaking, public performances, and proposals.

The examples seem endless of when our nerves made us swerve into the ruts of regret and chagrin. If only we could have a proxy for our missing

of sugar can cure, but that doesn't mean the force is not still strong within you.

Secondly, you may not always feel lucky, or like everybody wants to make your day. You may not always feel like you can handle the truth, and sometimes life will seem inconceivable and your super-califragilisticexpialidocious might not feel so super.

Whether you find yourself in Iowa or Heaven, or realize you're not in Kansas anymore, remember that there really is no place like home, even if you do encounter roadblocks and ruts on your yellow brick road. And even when you can't

phone home, or when the rain in Spain doesn't stay mainly in the plain, you've got to realize that while you can't always stop the storms in your life, you can learn

to sing in and dance through them. Above all, stay true to you. Always live and speak boldly from your heart.

Finally, even when you mumble and stumble over your words and actions, never forget that tomorrow is another day and that it truly is a wonderful life. I'm not saying you have to wake up every morning singing zip-a-dee-doo-dah, or yelling yippee ki-yay, but if you want to hear the sound of music in your life again, don't fiddle around on the rooftops of regret. Stop looking back through the rear window of your life. You've got to put the past behind you and find the nerve to face your future confidently, despite doubts and dents. Don't show me the money, show me your courage. Get out there and carpe diem! That's all I have to say about that.

the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



moxie during those moments. If only life were a Hollywood movie, we could have our own stunt double confidently step in during those certainly uncertain moments, so we don't stumble or get stuck. Until that person shows up—have you tried looking in the mirror—how do you get past your unnerving fears and conquer your cold feet with courage, when it's your time to shine?

First, when life throws down the gauntlet, or makes you an offer you can't refuse, don't let your confidence become gone with the wind. Otherwise, you'll feel like you're eating the grapes of wrath the rest of your life and that your box of chocolates is full of empty wrappers. No, life is not always elementary and there are trials along the trails that not even a spoonful

calendar

THURS, JAN 18

KNOW YOUR CUSTOMERS

INNOVATION TALK (4PM) @ CEDAR CITY Business & Innovation Center (510 W 800 S, Cedar). FREE!. Open to the community, especially great for those looking to learn, network, and see everything the Innovation Center offers. This month features Dayla Ulrich, owner of Sweet Pea Farm and Orchard.

FRI, JAN 19

GOOD MEMORY DAY

CEDAR BREAK SNOWSHOE HIKE (FRI, SAT, SUN, 10-3pm, thru March 31) @ Cedar Breaks National Monument. \$10 per person. Ranger guided snowshoe hikes. Beginner-friendly. Snowshoes, poles provided. Reservations required. 1 mile roundtrip through snowy terrain, learning about the park from rangers as they stop along the way. No cost. Dress Warm. CedarBreaksInfo@nps.gov or call 435-986-7120. Requests for reservations will be confirmed by the Friday prior to the scheduled walk.

BIG FISH (CVC THEATRE) (19TH-27TH, 7:30PM) @ Heritage Center Theater (105 N 100 E, Cedar). Performed by the Cedar Valley Community Theatre. TICKETS: General Admission \$15. Discount (seniors, students with ID, children 12 and under) \$10. Special group pricing available for orders of 10 or more. Purchased at Heritage Center Box Office or www.cvct.online.

SAT, JAN 20

TAKE A WALK OUTDOORS

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

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

MIDVALLEY FARMERS MARKET & ARTISAN FAIRE (5-8pm) @ (780 Midvalley Rd. Enoch). Live music, jump house, face painting, and more. Beautiful, unique items. Have dinner, listen to music, let the kids play in the jump house. INFO: Text: 435-704-6916.

SUN, JAN 21

NATIONAL HUGGING DAY

"SOMETIMES WHEN YOU HURT INSIDE, THE only medicine that'll help is a great big hug." Jeff Keane, Family Circus, 2013

MON, JAN 22

GRANDPA DAY

MESSIANIC DANCE WORKSHOP, (4-5:30PM) @ Cedar City Library (303 N 100 E). Come and learn easy and fun Ancient Judeo-Christian dances and songs. No Cost. INFO: 702-460-2317.

TUES, JAN 23

SPEAK UP AND SUCCEED

WORKSHOP - ART OF MAKING MUSIC AND MOTION (1-2pm) @ Johnson Arts Center (59 N 100 W, Cedar City). FREE, fun workshops for adults with intellectual disabilities. Sponsored by Cedar City Arts Council. INFO: 702-917-2151.

WED, JAN 24

COMPLIMENT DAY

WONDER WEDNESDAY - (4-6PM) @ FRONTIER Homestead State Park (635 N Main, Cedar), FREE for all students K-5. Children, accompanied by an adult, join for adventure and fun make-and-take activities. INFO: (435) 586-9290.

CHARACTER SKETCHES (WEDS, 6:30-8:30PM) @ Cedar City Library (303 N 100 E). Weekly drawing/painting sessions using live models as characters from art, literature, books, movies, TV, video games. INFO: 435-586-6661.

THURS, JAN 25

I.V. NURSE DAY

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

FRI, JAN 26

SPOUSE DAY

SUMA: CREATE PLAYDATE (10AM) @ Southern Utah Museum of Art (13 S 300 W, Cedar). FREE! A special storytime and hands-on creative activity in performing and visual arts. About 45 minutes long. Geared toward preschool children (ages 3 to 5) and their parents/guardians. Every book read is followed by engaging and hands-on arts activities.

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child Abuse

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

DAR – Bald Eagle Chapter

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

Elks Lodge #1556

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

Lion's Club

Tues, 12 pm • Call Pres. Michelle Wilson for mtg. info. Everyone welcome! (802) 359-2183

Marine Corps League

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

Rotary Club

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

So. Utah Veterans Assoc.

1st Thurs, 7pm • Westview Christian Center (2624 West Hwy 56, Cedar). Veterans, First Responders, Aall are welcome to attend.

SUPPORT GROUPS

AA—Alcoholics Anonymous

(435) 635-3603 • www.utahaa.org. Helpline: John (702) 802-1332, Kara (702) 232-6829 KKCBC Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

Red Road to Sobriety • Mon, 6 pm Paiute

Tribe, 440 N Paiute (435) 586-1112 Ext. 307

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

The Great Fact • T, F, Noon. True Life Center

2111 N. Main. (702) 802-1332 or (702) 533-7856

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

Uncommon Sense • Sat, 10:00 am

My Story • Sat, 8 pm

Thank God Sunday Spiritual • Sun, 11 am

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

Al-Anon

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

Al-Anon • 1st, 3rd Tues, 7-8 pm • 435-704-8984

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

Hope for Today (Family Groups)

Thurs, 6 pm • (435) 559-3333

Alzheimer's/Dementia

Tues, 5:30-6:30 pm • Cedar Library (303 N 100 E). Learn about/access resources, connect with others for support. Raven Albertson, 385.831.7124, utahprograms@alz.org

ARP—Addiction Recovery

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

Caregivers

3rd Thurs, 5:45-7 pm • Zion's Way Home Health, 369 N 100 W #1, Cedar. All levels of the caregiver's journey from pre-caregiving to bereavement and rebuilding welcome. INFO: Kat at 702-292-9911.

Celebrate Recovery 12-Step

Fri, 6:30 pm • Sunrise Christian Church (6843 W 1800 N, Cedar). God can change any hurt, habit or hangup, not just alcohol addiction INFO: 435-586-3640

Embrace Grace

Unmarried, pregnant? You don't have to walk alone! Safe, judgment-free zone. Free baby stuff at a baby shower for you. Text or call 407-719-8595. Info under Resources tab @ Threshingfloor.life.

Grief Support Group

2nd Tues, 5 pm • Southern Utah Mortuary (190 N 300 W, Cedar). Safe, supportive for those who have lost loved ones. You are not alone. Free. INFO: 435-586-4040

Grief Support - Child Loss

1st Tues, 7 pm • Cedar Library (303 N 100 E). FREE for bereaved parent, sibling or grandparent. Includes any child loss (pre-birth, young, teen, adult). INFO: 435-327-1856

Helproom

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

Multiple Sclerosis

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

Narcotics Anonymous

www.nasouthernutah.org • (435) 635-9603 KKCBC Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

Candle Light Mtg • Sat, 9:30 pm (Sm rm)

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

Fri 5 pm • KKCBC 203 Cobble Creek Dr. Ste. 201 (North Room), Cedar • (435) 559-0394

Porn Addiction Recovery

Men Only • Thurs, 7:30pm • Canyon View seminary building (54 W 1925 N). North entrance.

Pregnancy, Infant Loss

1st Thurs, 7:30 pm • Share Families of So. Utah • 565 N Main Street, Ste. 6, Cedar • www.southernutahshare.com

Senior Blind/Visually Impaired

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

Southern Utah Veterans Assoc.

1st Thurs, 7 pm • Westview Christian Ministry @ Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: Chuck Waddell 907-252-1365.

Southwest Parkinson's Alliance

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

Widows Ministry

2nd Sat, 11-1 pm • New Journey-Widow's Ministry @ Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, info@sonrisechurch.net, sonrisechurch.net.

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

Wed, 11 am-noon, Spirit Wellness Club, 1615 N Main, Cedar City • All levels, Free to members, or \$8 drop-in fee.

Arthritis Foundations Exercise

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

Arts for Adults w/ Disabilities

Every other Tues, 1-2pm, starts Nov. 28. • Johnson Arts Center (59 N 100 W Cedar). Fun, engaging activities. Drum/Flute circles, group juggling, fine arts projects, more! All levels/abilities! 702-917-2151.

Bingo & Lunch

Fri, lunch @Noon, Bingo @3 pm. Free for Seniors @ Our House Assisted Living (995 S Regency Rd, Cedar). INFO: 435-867-0055.

Book Club

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

Boy Scout Troop 1848

5th-17 yrs • Thurs 6:30 pm • Old School Library, upstairs, west door. Text Sheila 805-208-4545

Cedar Breaks Model A/Vintage Car Club

1st Thurs, 6pm • Get to know other vintage vehicle enthusiasts, great camaraderie, have fun, win awards at car shows, parades, etc. INFO: Mel @ 435-919-4183 or email cedarmodela@gmail.com.

Cedar Chest Quilters' Guild

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

Cedar City ESL

Wed, 6:30 - 7:30 pm • Free ESL lessons offered at Cedar Library, Rare Book Room (303 N 100 E). No pre-registration required.

Cedar City Toastmasters

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

Cedar Professionals

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

Cedar Radio Control Club

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

Color Country Winds

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

Cub Scout Pack 1848

K-5th • Thurs, 5 pm • Old School Library, upstairs, west side door, next to Enoch City Business office. Text LaRee Kurtz 435-559-2111.

Explorer Bible Club

Wed, 6:30-8 pm • 4yrs. to 6th grade, Valley Bible Church (4780 N Hwy 91, Enoch). 435-586-0253

International Folk Dancing

Fri, 1-2 pm • Cedar Senior Center (489 E 200 S) FREE: No Partner Needed; teaching! INFO: 626-808-6129

Iron County Moms For America

1st Wed, 7pm • Cedar City Library. Keep liberty alive in your hearts, homes with liberty minded book discussions. INFO: Kami Merrill 435-592-4152 or email: ironcountymoms4america@gmail.com

O.A.R.S. Young Adult Group

Tues, 9, 6-8 pm • Cedar Library (303 N 100 E). Open, Authentic, Relevant, and Spiritual. Dinner group, ages 18-30. Talk about spirituality, mutual support, curiosity, community service. Text 541-579-1554, pastorschuyler@gmail.com

Parowan Pickleball

Mon, 6-8 pm • Tues-Thurs, 9-12 pm • Iron County Exhibit Building. Range of skill levels, 3 indoor courts, beginners welcome. INFO, fees and sign up: Parowan Visitors Center 435-477-8190.

PB&J Therapy Groups

These two groups teach skills for different areas of life by utilizing recreational activities and engaging in other forms of expressing emotions. INFO: 435-267-4212. College: forms.gle/SmGytgCfvQ1tS2pB7 Adolescent: forms.gle/BZiepPW63pR6Zd8k9

Rock Club

1st Thurs, 6 pm • Gateway Academy, 201 W Thoroughbred Way, Enoch. Learn about

geology, find gems, fossils and minerals. Learn to cut and polish and make jewelry. southernutahrockclub.org

Sagebrush Fiber Artisans Guild

Wed, 9:30-11:30 am • Grind Coffee House (19 N Main, Cedar City). Knit, crochet, weave, spin, etc. Come learn a craft, work on a project, or just socialize. Beginners welcome! Questions: Jane 435-233-8366.

Senior Yoga Classes

Mon, 10-11 am & Wed, 1-2 pm • Cedar City Senior Center (489 E 200 S). Easy to do. Please bring own mat. (435) 586-0832

Sewing Group

Wed 9-2:30 pm • Cedar Senior Center (489 E 200 S). Bring machine, cord, projects, supplies. No fees. All abilities welcome. Annie Anzalone (702) 232-0063.

Southern Utah Woodturners

2nd Sat, 9 am. Cedar High School wood shop, 703 W 600 S.

StrongBoard Classes

M-W-Fri, 9 am • IFS Studio, 2390 UT-56 #9, Cedar City. Improve core strength, balance, stability. All fitness levels welcome. Class size limited to 8. Call (661) 436-0259 to register/reserve your spot.

Tae Kwon Do Class

Wed, 7-8:30 pm • Cedar City Aquatic Center, 2090 N Royal Hunte Dr. \$25/mo., ages 5+, any experience level (435) 865-9223. Helps benefit Canyon Creek Crisis Center.

Tai Chi For Health

Wed & Fri, 9:30-10:30 am • Cedar Senior Center, 489 E 200 S. FREE low-impact, health for Seniors. Helps coordination, balance, flexibility. Maria Bailey, 435-673-3548 x103. Pre-registration not required. Space limited.

Take Action for Freedom

Wed, 7 pm • Stahli West 600 N. Airport Road, Cedar • Preserve Constitution, Republic, voting laws, medical freedom, education, rights, ed. on CRT & boarder illegal immigration, Legislature

Top Bar Hive Bee Keeping

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

TOPS—Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

Youth Group

Wed, 6:30-8 pm • Ages 12-18. Meal, games & Bible Study. @ Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, info@sonrisechurch.net, sonrisechurch.net.

schools

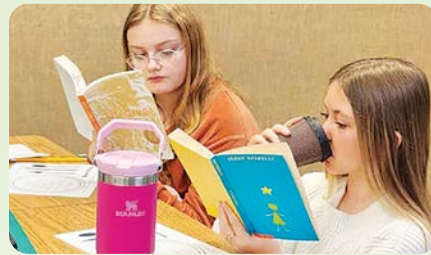
IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

from *Braylie Tullis*

IRON COUNTY SCHOOL DISTRICT

Canyon View Middle School

6th Grade teachers at Canyon View Middle School opened a Starbucks Cafe to promote the love of reading. Students enjoyed a cup of hot chocolate while being able to peruse several interesting books. Reading skills are the key to increased achievement in every subject and this activity provided an opportunity for students to access a variety of reading material. Thank you, teachers!



Fiddlers Canyon Elementary

We hope everyone is staying warm this winter! Please make sure your student's coat, hat, gloves, and other outdoor gear have their names on them. If your student is missing something, please check the school lost and found. SEP week will be here before you know it, January 29th-February 2nd. School will let out at 2:30 Monday-Thursday. Friday will be our normal early out schedule. Watch your email and your child's Remind for parent/teacher conference sign ups.

Mark your calendars for our next Feed Your Family fundraiser night at both Cedar City DQ locations on Monday, February 5, from 6-9

pm. The money raised from these events goes toward making school a fun place to learn and work through programs like Walk/Roll to School, reading incentives, teacher/staff appreciation, and Dr. Seuss Week. Our annual Chinese New Year celebration will be Tuesday, February 6. More information to come, so watch those homework folders and follow the Fiddlers Canyon Elementary PTA Facebook page for updates, and school highlights.

Enoch Elementary

STEAM Family Night is coming to Enoch Elementary on January 18, from 6-8 pm. Students and parents can experience fun activities for science, technology, engineering, art, and math. The SUU STEM Center for Teaching Learning hosts this annual event for our community to enjoy.

Three Peaks Elementary

As 2024 begins and we revisit and set new goals, the faculty, and staff at Three Peaks Elementary are fully committed to teach and help each student learn to their full potential. Our school's mission statement is: We will work collaboratively to create a safe and stimulating learning environment. We will support and extend learning and relationships to ensure each student has the opportunity to develop college and career readiness skills. Our vision statement is: Create an outstanding educational environment in which students are engaged in meaningful learning experiences, demonstrate personal responsibility, and show respect and kindness for others. We would like to express gratitude to the parents for supporting and helping us with these goals. Also, on January 2, the staff and faculty met

together to review middle of the year math, reading, and behavior data and discussed ways to adjust Tier 1 and Tier 2 instruction based on the results of the data. Taylor Thomas, ICSD behavior expert, taught us some very helpful de-escalation strategies to help us with our students. We also had professional development on this year's focus on teacher efficacy. We discussed designing assessments, creating meaningful learning experiences, and mastery of standards. Thank you to our instructional coach, LeAnn Roberts, and our literacy coach, Linda Sahagun, for helping with the planning and delivery of these training sessions.

Escalante Valley

It was another successful year for Escalante Valley's Christmas program! This year's theme was Christmas in the Valley, a message which no doubt brought our valley closer together by asking members from the community to share their fondest Christmas memories. Each grade performed 1-2 songs, closing with a school-wide performance by all students. During the program our 6th grade class, who has only been playing violins for 3 months, enlightened the audience with 4 musical numbers. We are grateful for the support we felt from the community and hope it helped everyone feel a sense of love and belonging as they entered the holiday season.



Lands Providing a Bright Future

Learn about the Utah Trust Lands Administration. They generate revenue from Trust Lands that benefit public schools and other important state institutions, ensuring prosperity for present and future generations.

Learn more at TrustLands.Utah.gov

Iron & Beaver school districts received over

\$2.2 MILLION

in funding this year from revenue generated on Trust Lands.

*Charter Schools in the area also receive Trust Lands funding.



schools



HARMONY LOPEZ

Kirk Morgan was named Larry H. Miller swimmer of the week for the state of Utah.

Canyon View students soar in athletics, academics

NEWS FROM THE NEST

by Harmony Lopez

FOR IRON COUNTY TODAY

Congratulations to Kirk Morgan for being named Larry H. Miller swimmer of the week for the state of Utah. He's posted the best 3A individual times in the 50, 100, 200, and 500 freestyle along with the 100 butterfly.

"Every few years a coach has an athlete that needs little coaching. Kurt Morgan is one of those athletes that drives a team with his desire to be the best there is," said Canyon View coach Kirt Brown.

Canyon View's Boys Basketball Team is currently ranked second in 3A RPI (rating percentage index). The boys team also has a strong record of eight wins and four losses. Jace Farrow said, "I'm looking forward to the rest of my senior season, hopefully ending off with some good wins."

The Family, Career and

Community Leaders of America (FCCLA) region competition is coming up soon, on February 13th at SUU. Each FCCLA student will compete in one of 30 different categories where they get to share their understanding of family, community, and careers.

Our Canyon View Drill Team has been doing an astounding job and has swept every competition this year so far! They are aiming to win state again this year, which would make them three-peat state champions. Their state competition will be at UVU from January 31-1.

This past Saturday, Canyon View's boys and girls wrestling team won first at the Iron Town Dual! CV has so many talented wrestlers this year, who have put in the effort, and it clearly shows. The next wrestling meet is a dual vs. Cedar on January 18th at 7 pm. It's their senior night on the 18th as well, so make sure to come out and support our amazing wrestlers!

family

Curing cabin fever

Cozy winter weather with frost-covered windows and movie marathons sounds like pure heaven, until you're three weeks into freezing temperatures with a house full of kids battling cabin fever.

Entertainment can become a source of frustration during the winter months when kids are cooped up with no way to burn their energy. They can only last so long playing outside while bundled up, but what more can they do besides turn to the TV?

The following are a few ways my kids have found to spend idle winter days inside the house without screen time.

Obstacle course

If you're like me and are trying your hardest to teach your kids the difference between an inside voice and an outside voice, this activity is an exception. My kids love to organize pillows, chairs, toys and anything else they can get their hands on to create an obstacle course from one end of the house to the other. They take turns trying to complete the course without bumping into any objects or deviating. And it can get really loud!

Cardboard creations

Looking to spark creativity in a kid? Give them an empty cardboard box. I have seen this simple item turned into a rocket ship, canoe, car, bed, jail cell, art canvas and many other vehicles and structures.

Pillow fort

Let the kids take turns designing their

own fort. Use random objects around the house or clear off the kitchen table and throw a large blanket over the top. However it's done, this takes time and energy in the creating as well as enjoying the endless ways they can play inside the fort. My kids typically last around 10 minutes in their actual attempt at building

mom's
CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



before the fort materials get turned into a crash pad for tricks. They spend most of their time jumping into a pile of pillows and blankets. Either way is a win! Fun is had and energy is spent.

Cops and Robbers

Each of my kids received a Nerf gun for Christmas and we have had an endless game of Cops and Robbers taking place ever since. Yes, we hear plenty of arguing over who gets to be a cop and who is the fleeing robber, but in the end everyone is entertained and breathless!

My bottom line for surviving winter is to embrace a little indoor chaos. Kids will be kids and they have to exercise somehow! With movement comes volume and that's something I'm learning to live with until the weather allows them to take the craziness back outside!



SHUTTERSTOCK

finances

ASK RUSTY: SOCIAL SECURITY

Can international college students get Social Security benefits?

Dear Rusty: We have hosted international college students for years, all of whom needed to apply for a Social Security Number upon arrival in the United States. Would these students be entitled to some Social Security funds at some point? Some have worked as paid graduate assistants, but others have not worked while going to school. Signed: Wondering

Dear Wondering: In order to collect Social Security benefits later in life, the students you host would need to have at least 40 “quarters” of credit working and earning in the U.S. and contributing to U.S. Social Security from their “substantial” U.S. earnings. Forty is the minimum number of credits for anyone to claim Social Security retirement benefits. Foreign students who earn only some “quarters” of U.S. Social Security credit (minimum of 6) may, later in life, be able to collect U.S. benefits depending on their country of citizenship/residence. The U.S. has bilateral “totalization” agreements regarding Social Security eligibility with most of its allies and, in some cases, a foreign citizen



RUSSELL GLOOR
SOCIAL SECURITY
ADVISOR

can “totalize” their Social Security credits from both countries to become eligible for U.S. benefits. Eligibility rules, however, vary somewhat by country, and Social Security payments cannot be made to certain countries (e.g., Cuba and North Korea). Payments to those living in countries with which the U.S. has no bilateral Social Security agreement may also be restricted.

In any case, U.S. Social Security benefits would not be available to any of these students until they are at least 62 years old, and then only if they had worked and earned sufficient U.S. credits (40) to be independently eligible for U.S. benefits on their own U.S. earnings record, or they later became eligible for U.S. benefits because they worked some in the U.S. and were eligible for benefits under a “totalization” agreement between the U.S. and their home country.

I assume that most international students you host are only in the U.S. for a short time, perhaps one year. The maximum Social Security credits that can be earned each year is four, so it’s highly doubtful that the students you host for such a short time would later become eligible for U.S. Social Security benefits.

This article is intended for information purposes only and does not represent legal or financial guidance. Visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

obituaries

Cheryl Ann Outsen Heyborne



Our beloved mother, Cheryl Ann Outsen Heyborne, age 79, died January 7, 2024, in St. George, Utah. She was born on October 26, 1944, in Steamboat Springs, Colorado, the first of seven children born to Jay C. and LuEtta Squire Outsen. She married Ernest Heyborne on November 28, 1970, in Salt Lake City.

Cheryl grew up in Salt Lake City and graduated salutatorian from Judge Memorial High School and with a Bachelor of Science from the University of Utah. Before her marriage, she worked as a systems programmer for The Hanford Project in Richland, Washington. Later she moved back to Salt Lake City and worked at Univac. She was a member of the Catholic Church. Her hobbies included music and computers.

Cheryl connected with people through her hobbies and played the organ for many years at Christ the King Catholic Church and volunteered for the Utah American Council for the Blind. She spent much of her free time on her computer organizing events for her church and for other organizations. She never forgot to send a birthday or anniversary message on Facebook or through email. In her recent years, she enjoyed traveling the United States with her mother and later her sister. She visited Branson, MO, both the Country Music and the Rock ‘N Roll Hall of Fame and many, many trips to see her children and grandchildren. Of all her passions, her grandchildren, Sam, Olivia, and Piper, were her greatest joy. She loved being a “Nana”.

Cheryl is survived by her son Bryan (Holly) of Herriman, daughter Mary (Jeremy) of Belton, TX, three fantastic grandchildren, brothers, and sisters Lon of Salt Lake City, Jalyn (John Frech) of Hurrricane, Randy, Russ (Sue) both of Salt Lake City, and Matt (Deanna) Outsen of Nibley. Her husband, Ernie, father, Jay Outsen, mother, Ettie Outsen-Suite, and her sister, Julie Outsen preceded her in death.

A memorial mass was held on Friday, January 12, 2024, at 2:30 at Christ the King Catholic Church in Cedar City. Memorial donations may be made to the Christ the King Charity Fund. Family and friends are invited to share tributes online at www.SerenityStG.com. Arrangements by Serenity Funeral Home of Southern Utah, 435-986-9100.



A drive up Cedar Canyon can also produce some amazing memories as one winds through the trees and spectacular views of the red rocks.

MAY HUNTER

WINTER

« CONTINUED FROM PAGE 11

with spectacular beauty. Cedar Mountain is one of the highest points in Dixie National Forest at 9,200 feet and is known for its vibrant winter colors against red canyon cliffs.

A short but sweet drive,

Highway 143 is full of breathtaking overlooks. This scenic drive goes through Cedar City’s Red Hill, then crosses through thick maple and scrub oak forest. The road then climbs through a narrow canyon where you can look into the Ashdown Gorge wilderness area with sheer cliffs on both sides. Cedar Breaks is also open year-round. The stunning

stillness of the mountains during winter is unique, beautiful and breathtaking. Be safe and check weather conditions.

Winter is enchanted, a season less traveled with snow-capped peaks and endless canyons. The bold, maybe you, await the wonder that is winter in Southern Utah where winter never ceases to amaze!

Want to submit an obituary?

There is a charge of \$100 for obituaries to be published. Submissions can be made online at ironcountytoday.com, emailed to news@ironcountytoday.com or brought in typed/digitized format to 479 N 100 W, #1, Cedar City. A single submission may be up to 600 words and may include up to two photos. Submitted obituaries over 600 words will be charged an additional 10¢ per word. The deadline for submissions is Monday at 11 am for Thursday’s publication.

obituaries

Mary Jane Deuel Roper



Mary Jane Deuel Roper - wife, mother, grandma, great grandma, sister, aunt, cousin, and friend passed away peacefully January 10, 2024. Mary Jane was born on September 22, 1944, in Payson, Utah to Arthur Lee Deuel and Iris Moore Deuel. She was the youngest of nine children which were raised in Spring Lake, Utah. She married Howard Molen Roper Jr. on February 12, 1965, in Spring Lake, Utah. They were later sealed in the Payson, Utah LDS Temple. They were married for 54 years, together they

raised 4 children.

Mary Jane grew up in Payson, Utah. She attended schools in Spring Lake and Payson, graduating from Payson High School. She attended cosmetology school in Provo, graduating in 1963. She worked as a beautician for 45 years. For 33 years she owned her own beauty salon which was operated out of the family home. With Howard's career, they moved around the state several times. Each time she would pack up her business and work to re-establish it with new clientele. It wouldn't take her long to get her business thriving. Her children and family also enjoyed that they never had to worry about getting a haircut or a perm from anyone other than her. She took pride in her business and made sure everyone's hair looked perfect, including herself, even until the end.

Mom loved spending time with her sweetheart, they went everywhere together. They took several trips in the trailer, dabbled in square dancing, played many rounds of golf together, enjoyed UTV rides with their friends finding new treasures, and spent many years at their cabin at Panguitch Lake. She loved being at the cabin. Her favorite memory of golfing was hitting a hole-in-one, a lofty feat that her husband never accomplished. She displayed the scorecard showing everyone her accomplishment. In addition to leisure activities, she loved providing service to various civic groups throughout her life.

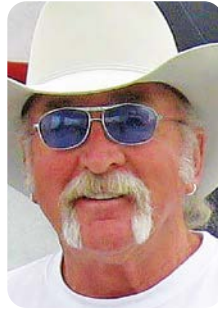
Mary Jane loved to keep busy and home life was no exception. She enjoyed keeping a garden and beautiful flowers around her home. She loved sewing, quilting, playing cards, cooking, and shopping. She taught her family the meaning of hard work; she worked many long days in the beauty shop along with taking care of her family. Her Christmas candy and pumpkin rolls will be missed by all whose taste buds had the honor to experience. She also loved spending time with her grandchildren. She is a member of The Church of Jesus of Christ of Latter-day Saints, where she served in various callings.

Mary Jane is survived by her children; Janalee Roper (Mike Blymiller), Stephanie (Murray) Condie, Jason (Amy) Roper, Jamie (Sam) Rex; 13 grandchildren and 10 great-grandchildren. She was preceded in death by her husband, mother, father, and eight siblings.

The family would like to thank the staff at The Family Tree in Morgan, Utah, Stonehenge Skilled Nursing Facility, and Hidden Valley Assisted Living Center in Ogden, Utah, for the care they provided. In addition, A Plus Hospice Health for the comfort and care provided in her final hours. In lieu of flowers, the family asks that donations are made to the Huntsman Cancer Center in the name of Howard and MJ Roper Family.

A viewing will be held Thursday, January 18, 2024, from 5 - 7pm at the LDS meetinghouse located at 482 West 1400 South Payson, Utah. Family and friends may also visit the Panguitch LDS church located at 176 North 400 East in Panguitch, UT, on Friday, morning, from 12 p.m. - 12:45 p.m. prior to the service. The funeral service will be Friday, January 19, at 1pm, at the Panguitch LDS meetinghouse. Interment will follow at the Panguitch City Cemetery. Arrangements are under the direction of Serenity Funeral Home of Southern Utah, 435-986-9100.

Kenneth Richard Montgomery



Kenneth Richard Montgomery passed away on December 19, 2024, in Cedar City, UT due to health issues. He was born January 2, 1945, in Wheat Ridge, Colorado to Samuel Wesley Montgomery and Edna Fae Montgomery. As a youth, Ken grew up in Buena Vista, CO and had many happy times in the mountains and with family. He moved to Canon City, CO in 1959. During some of that time he worked at a local drug store behind the soda fountain and delivered prescriptions to residents. Ken graduated from Canon City High School in 1963.



Ken joined the U.S. Army in September 1968 and was deployed to Vietnam and appointed Sargent of munitions. He received a Bronze Star Medal and several other commendations. He was Honorably discharged in 1969.

Ken married Ginger Sue McMillen in 1970 in Colorado. They had three children together in Buckeye, CO. They ended their marriage at a later date.

Ken attended CSU and graduated with a doctorate in veterinary medicine in 1975. He had a private practice in Northern Colorado for many years, along with farming and ranching. Ken enjoyed his family, skiing, hunting and fishing. In 1989 Ken joined the USDA as a Veterinary Medical Officer. In 1990 he was transferred to the Ontario, CA USDA office.

Ken married Linda in December 1994 in California. In January 1995, Ken and Linda moved to Cedar City, UT where he became the Southern Utah Veterinary Medical Officer. Ken enjoyed this position very much and traveled in Utah across the U.S., including a month in England.

Ken and Linda purchased a home with ten acres north of Cedar City in 1998. They wired the land together where Ken planted dozens of windbreaker trees with a complete drip system. He was very accomplished with building things and did just about anything well that he put his mind to at the time. Ken became an avid motorcyclist and rode the mountains with Linda and attended many motorcycle rallies with great friends. He loved building a beautiful red chopper himself. One of the photos shown is with a paver in his honor at the Vietnam Memorial Park in Cedar City UT.

He is survived by his wife Linda, his daughter, Kristi (Troy) Dressler, grandchildren Tripp and June, son Marc (Anabella) Montgomery, grandchildren Max and Clarisa, daughter-in-law, Sei Montgomery, grandchildren Sean and Jassi, step-daughter Lisa (Kevin), grandson Eric, brother, Ed (Anita), sister Trudy (Phil) and many nieces, nephews, and other family members and friends he loved and cared for so much.

He was preceded in death by his dad Sam Montgomery, mother Edna Williams, step-dad Truman Williams, his son Patrick R. Montgomery and many other family members over the years that he also loved and cared for so much. He is with the Lord now and will always be loved and missed so, so very much. A Celebration of Life will be held in Colorado at a later date.

Marjorie (Fuhrman) West



Marjorie (Fuhrman) West, age 79 passed away peacefully after a courageous battle with cancer on January 2 in Cedar City, Utah.

Marge was born in Carrington, N.D. to Charles and Lillian (Edinger) Fuhrman. She graduated from Grand Forks High School in 1962 and married Danny West in December 1962. They moved to California to start their life together. In 1991 they relocated to St. George, Utah where she worked at a CPA firm for 9 years until a final move brought them to

Cedar City. She enjoyed her work at Leavitt Group for over 20 years. She also was an active member of Red Hills Southern Baptist Church.

Marge loved traveling with her husband of over 60 years. She enjoyed reading, playing games and meeting new people.

She was preceded in death by her Father, Mother and son. She is survived by her husband Danny West, a daughter Gloria West and her partner Mary Murphy, a sister Sharon (Bill) Lentz and several nieces and nephews.

The family would like to give a special thanks to the caregivers at Intermountain Hospital, Sandra Maxwell Cancer Center and the home health aides that made her last days comfortable.

In lieu of flowers please make a donation to Red Hills Southern Baptist Church shoebox ministry.

A celebration of life will be held at Red Hills Southern Baptist Church, 4277 Wagon Wheel Dr. Enoch, UT 84721 on Sunday January 21 at 3:00. A private interment will be held in Carrington N.D.

Gregory Perry



Gregory Perry passed away peacefully in his Cedar City home on January 9, 2024 after a short battle with cancer. Greg was born February 11, 1955 in Cedar City, Utah the son of Anthon and Anna Mae Perry. He was educated in the Cedar City school system, attending East Elementary and graduating from Cedar City High School. Greg worked many jobs in his lifetime. He was employed as a motorcycle repairman at Ron's Sporting Goods, worked for Cedar City Corporation,

and was employed in prefab manufacturing. The job Greg enjoyed most was working in the natural gas industry throughout the western United States.

Greg lived most of his life in Cedar City, enjoying the outdoors including hunting and fishing. He loved animals and was particularly close to his dog Sheena. Greg enjoyed a solitary life, and the comfort of his single wide trailer on his property in Hamilton Fort. Greg was a loyal friend and maintained close relationships with a select group of friends throughout his lifetime.

Greg is survived by his sister Carla Perry of northern California and his brother Rick Perry of North Carolina, and several nieces and nephews. He is preceded in death by his parents Anthon and Anna Mae Perry and his life partner Margeret Esplin.

A celebration of life will be arranged at a future date. Affordable Funerals is handling the arrangements.

obituaries

Axel Dale Peterson



Axel Dale Peterson, 88, died peacefully in his home January 9, 2024. He was born May 19, 1935, in Manti, Utah, the first of three children to Ivan A. Peterson and Ellen Zerettia Nielson in a little white house just up the street from the home he later grew up in.

When Dale was a baby, his mother would take him in his buggy and their little dog to town. When his mother went in the store, she would leave him in the buggy with the dog next to it. The dog would protect Dale and keep everyone away from the buggy.

Dale was baptized and confirmed a member of the Church of Jesus Christ of Latter-day Saints on October 10, 1943. He always attended primary because his mother was the teacher and wanted to make sure he received a 100% attendance certificate.

Dale attended school in Manti where he was given the nickname "Mutt" by his classmates. During his school years,

Dale was expected to play a musical instrument. He was given a violin from an old blind man. He played until his dad caught him riding it home as a sled. That ended his violin playing. He later played the clarinet in the marching band. The band leader had to buy new uniforms without pockets because Dale would march in the parades with his hands in his pockets. Dale also played baseball, wrestled, and ran track in high school and was one of the first runners from Manti to go to state.

While growing up, Dale spent a great deal of time helping his dad raise turkeys. He spent many nights sleeping with the turkeys to make sure they weren't stolen, digging them out of the frozen mud when it was cold, and protecting them from dogs and other wildlife.

Dale graduated from Manti High School May of 1953. The night he graduated he drove to Ephraim to convince Glenna to go for a ride. That was the beginning of a long and lasting relationship with his eternal sweetheart.

After high school, Dale enrolled in Snow College where he played football. Dale was always full of mischief and this didn't end in college. There was a large Valentines box placed in the library for student love notes until Dale and his friends blew it up. They were never caught but that was the last time a Valentines box was available to the Snow College students.

Dale joined the Navy in November 1955. During boot camp he was in charge of training the Navy swimmers because he was an extremely skilled swimmer. After basic training he was first assigned to a destroyer in Hawaii, the USS Edmond as a ship electrician. Later he was transferred to the USS Radford and was part of the engineering department A, E&R division as a metal smith. During his service, Dale spent time at Pearl Harbor and in Guam and Japan. He was honorably discharged from active duty in 1959 and served in the Naval Reserve until 1961.

Dale was married and sealed in the Manti temple on November 26, 1958, to his eternal companion Glenna Jean Armstrong. They were married for 65 years. Together they raised 5 children and lived in McCall, Idaho, Salt Lake City, Utah, and Cedar City, Utah. While in McCall, Dale began his work with the US Forest Service as a mechanic. He spent his free time fishing for steelhead and salmon, hunting, and skiing. He served on the ski patrol during the long winter months after work and on weekends. He also assisted in building the first LDS meeting house for the small McCall branch. Dale was later transferred to Salt Lake then Cedar City where he set up a shop and worked as the Fleet and Equipment Specialist for the Dixie National Forest. During his time with the Forest Service, Dale spent a great deal of his 35 year career fighting fires and taking care of fire and National Forest equipment throughout the western United States.

Dale was an active member of the Church of Jesus Christ of Latter-day Saints where he served in Elders and High Priest Quorum presidencies and as a Ward Clerk. Dale and Glenna were called on a Service Mission to oversee the Bishop's Storehouse for seven years.

Dale had many talents and hobbies which included fishing and hunting with his children and grandchildren, painting, wood and metal work. He loved attending his children's and grandchildren's sporting, music, and dance events. Most of all, Dale was a humble man of service to family, friends, neighbors, and all who were in need.

Dale is survived by his wife Glenna, his sisters Pamela (Gaylen), Shauna (John), his children Regina (Galen), Leslie (Derrek), Randy (Kimberly), Troy (Kimberly), Shawn (Molly), 19 grandchildren, and 17 great-grandchildren.

We express our gratitude to Calling on Angels Senior Care and Canyon Hospice for the compassionate care they rendered.

A viewing will be held at the Cedar Stake Center located at 155 East 400 South on Monday, January 22 from 10:30-11:30 AM. Funeral services will follow at 12:00 PM. Interment will be at the Cedar City Cemetery under the direction of Heartlight Funeral Services.

Zoom Meeting: <https://us02web.zoom.us/j/81079571869?pwd=SGR4NnVsSjNBUnJMcN-N3ZW5wS3RLdz09>. Meeting ID: 810 7957 1869. Passcode: 999398. Online condolences can be sent to www.HeartlightFS.com

faith

A Stone's Throw

JOHN 8:1-12

I think with all the chaos and contention in the world, we can all agree that we need more peace, hope and courage. Because life is not easy. Not now and not 2,000 years ago when the scribes and pharisees brought the woman taken in adultery to Jesus for judgment.

This is a heartfelt example of the love and compassion of our Savior. When He surveyed the scene, He immediately knew not only what had happened, but what was happening.

whether you believe in God or not, the most difficult part of overcoming your failures is learning to believe in yourself again. Too often you throw stones at yourself or knock yourself down again with personal punches of regret. Even when others don't believe that you really have changed, or really can change your life and sin no more. Even if they throw slanderous stones or display derogatory signs in front of your home or business, your judgement and joy are found only in Jesus, not their jagged justice.

Just as He showed mercy to the woman, He will show love and mercy unto you. Remember that life is

about direction, not perfection. As such, He will guide you in a better direction and help you keep your new commitments to live a better life each day. Because the true miracle of forgiveness is not in completing

a sentence, or perfect performance during penance. The true miracle comes from your love for and faith in the tender mercies of He who said, "Neither do I condemn thee: go and sin no more." Jesus lives, loves and will lead you, if you let Him, throughout your entire life. He knows the desires and direction of your heart. Whether your sins are great or small, through the Atonement of Jesus Christ, you will always find hope, forgiveness and healing. May we all throw down our stones and go and sin no more.

VERSE OF THE WEEK

2 CORINTHIANS 4:16

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."

Whether it's January 1st or April 1st, every day we can trust the Lord to renew our courage and to guide and guard us through life as we choose to follow Him.

GOD'S porch

Corey Baumgartner

news@ironcountytoday.com



He knew the desires of the hearts of every single person involved. And as He is the best at doing, He patiently and wisely found a way to not only teach a lesson, but to show His love.

As the scribes and pharisees shouted angrily, for justice, instead of acknowledging their rocky ruse, Jesus stooped down and wrote upon the ground. What did He write? Did someone try to give Him a stone to throw, also? Was He more concerned about justice for the condemners or mercy for the condemned? I suggest He was concerned about the heart and soul of each person involved. Sadly, the only one who found mercy and forgiveness that day was the woman. We don't need to know all the circumstances about this situation. Because this isn't a parable about how to judge, it's an example about how to love.

We've all made mistakes and will most likely make more. I think the hardest part of falling and failing isn't always the getting back up part. No matter what religion you belong to,

Cedar's Easton Albrecht helped keep the Reds in the fight to the end against the Mustangs.



Reds have no answer for Mackay, Warriors

by Tom Zulewski

IRON COUNTY TODAY

Owen Mackay scored 35 points, including 14-of-17 from the free-throw line, and the Snow Canyon Warriors bolted out to a big early lead before holding on for a 67-59 victory over the Cedar Reds on Jan. 12. Cedar fell to 1-3 in Region 9 play and 3-12 overall.

Snow Canyon raced out to a 17-6 lead after the first quarter, but Cedar stayed in the game by outscoring them over the final three quarters. The Reds were led by 22 points from Easton



Cedar

59



Snow Canyon

67



Cedar

51



Crimson Cliffs

76



Taylor Davis (Top) battles for the ball under the rim, against the Warrior defender, while JT Jeter fought from beyond the arc.



Albrecht and 12 from Landon Kreitzer in the loss.

In its opening game of the week Jan. 10, Cedar couldn't hold a six-point halftime lead at home as Crimson Cliffs rallied for a 76-51 win. The Reds led 31-25 at the break, but the visiting Mustangs outscored the Reds 51-20 in the second half and pulled away for the victory.

Sean Felts led the Mustangs with 26 points and Travis Muddock added 16. Albrecht led Cedar with 15 points and Kreitzer added 11 in the loss.

Cedar played Pine View at home Wednesday in a game that was too late for press deadline. It was the Reds' only game of the week.

Canyon View boys put away Rabbits

by Tom Zulewski

IRON COUNTY TODAY

The Canyon View boys basketball team had to make adjustments to playing without one of its leading scorers as they welcomed the Delta Rabbits. Once they settled in, Felps Sanders couldn't miss and the Falcons rolled to another win.

Sanders scored 25 points and CV

pulled away in the second half to defeat Delta, 52-44 on Jan. 12 to keep a share of first place in Region 12 at 5-1. The Falcons won for the eighth time in the last nine games and improved to 10-4 overall.

"We're happy with the win, but our major conversation with the guys after

was learning what to do with our adjustments," Canyon View head coach Kim Blackner said. "We need more leadership from other guys for the things we're trying to execute."

CV trailed 13-12 after a quarter when Jatyn Brough converted a 3-point play for the visiting Rabbits (1-5, 4-10), but the Falcons grabbed control with an 8-0 run to start the second quarter. A 3-pointer by Sanders — one of his five made in the game — gave CV a 25-20 lead at the half,

"In our league, the guys have to understand on any given night, anyone can beat anyone."

Kim Blackner, CV head coach

him to play," Blackner said. "We went a little bit deeper on our bench. ... In our league, the guys have to understand on any given night, anyone can beat anyone."

Pressed into a starting role for an injured Ty Attig, Asher Slack came through with six points and several key defensive plays. Attig suffered a knee injury during practice the day before and Blackner said his status for next week is day-to-day.

"Just as important as us getting healthy is getting all of our guys on the same page," Blackner said. "We've got a lot of games left and we need (Ty) down the road"

Carter Miles added 11 points for CV in the win. Cai Henderson led all scorers for Delta with 20 points.

CV's first game of the week was a convincing 78-61 road victory over the Emery Spartans on Jan. 10. Sanders led the Falcons with 24 points and Jace Farrow added 21 in the win while Attig added 14 and Miles chipped in 10.

Canyon View built a 32-21 halftime lead and added 46 points in the second half to remain in control throughout. The Falcons hit 12 3-pointers, including five by Farrow and three from Sanders, in the victory.

The Falcons played at Carbon on Wednesday, a game that was too late for press deadline, and the team will return home to host Region 12 co-leader Richfield on Friday in a 7 p.m. tipoff.



Canyon View

52



Delta

44

Delta 13 7 10 14 - 44
Canyon View 12 13 17 10 - 52

Delta - Henderson 20, Chase 6, Bundy 1, J. Brough 8, K. Brough 2, Topham 7. Totals 15 10-15 44. 3-pointers - Henderson 3, J. Brough 1.

Canyon View - Farrow 8, Sanders 25, Miles 11, Irons 2, Slack 6. Totals 19 7-12 52. 3-pointers - Sanders 5, Miles 1, Slack 1.

The Delta Rabbits were fast and furious, but CV's Felps Sanders won't fazed.



PHOTOS BY JR ROBINSON

CV's Jace Farrow keeps the ball alive despite being surrounded by a fluff of Delta defenders.

and they built the margin to as much as 14 points early in the fourth quarter before cruising to the victory.

"Felps got off to a great start and he played exactly the way we needed

PREP SCOREBOARD

SCORES

Region 9 Boys Basketball

1/9	Wasatch Academy 62, Dixie 59
1/10	Crimson Cliffs 76, Cedar 51 Desert Hills 70, Hurricane 52 Pine View 61, Snow Canyon 58
1/12	Snow Canyon 67, Cedar 57 Dixie 61, Pine View 50 Crimson Cliffs 64, Desert Hills 63, OT

Region 12 Boys Basketball

1/10	Canyon View 78, Emery 61 Manti 65, Carbon 38 Richfield 71, North Sanpete 47 Juab 46, Delta 43
1/12	Canyon View 52, Delta 44 Richfield 48, Juab 26 Manti 62, North Sanpete 48 Emery 58, Carbon 39

Region 18 Boys Basketball

1/10	Beaver 61, Parowan 54 South Sevier 78, San Juan 61 Kanab 64, Enterprise 59 Water Canyon 55, Millard 51
1/12	South Sevier 61, Beaver 47 Kanab 75, Water Canyon 43 Enterprise 72, Millard 33

Region 9 Girls Basketball

1/9	Cedar 47, Crimson Cliffs 42 Snow Canyon 70, Pine View 21 Hurricane 68, Desert Hills 58, OT
1/11	Snow Canyon 52, Cedar 46 Desert Hills 54, Crimson Cliffs 32 Dixie 54, Pine View 46 Hurricane 56, Moapa Valley 48

Region 12 Girls Basketball

1/9	Emery 67, Canyon View 52 Richfield 63, North Sanpete 42 Carbon 73, Manti 44 Juab 51, Delta 38
1/11	Canyon View 54, Delta 46 Carbon 68, Emery 63 Manti 59, North Sanpete 49 Richfield 48, Juab 42

Region 18 Girls Basketball

1/9	Beaver 66, Parowan 27 Kanab 76, Enterprise 57 Millard 54, Water Canyon 24
1/11	North Sevier 65, Parowan 45 Enterprise 59, Millard 39 Beaver 41, South Sevier 33 Kanab 86, Water Canyon 22

STANDINGS

RPI RANKINGS IN PARENTHESES

Region 9 Boys Basketball

	REGION	OVERALL
Dixie (2)	3-0	12-3
Pine View (6)	2-1	10-4
Snow Canyon (12)	2-1	8-5
Desert Hills (15)	2-2	9-6
Crimson Cliffs (13)	2-2	7-7
Cedar (23)	1-3	3-12
Hurricane (19)	0-3	5-9

Region 12 Boys Basketball

	REGION	OVERALL
Manti (3)	5-1	12-4
Canyon View (2)	5-1	10-4
Richfield (5)	5-1	9-5
Emery (4)	3-3	11-4
Juab (7)	2-4	9-5
North Sanpete (11)	2-4	6-8
Carbon (12)	1-5	5-9
Delta (18)	1-5	4-10

Region 18 Boys Basketball

	REGION	OVERALL
Kanab (1)	4-1	11-4
Enterprise (2)	4-1	11-5
South Sevier (4)	4-1	11-5
Beaver (8)	3-2	7-6
Parowan (15)	2-3	3-11
Water Canyon (12)	1-5	3-5
Millard (25)	0-5	0-16

Region 9 Girls Basketball

	REGION	OVERALL
Snow Canyon (2)	4-0	12-1
Dixie (5)	4-0	8-6
Cedar (3)	3-1	11-3
Desert Hills (11)	2-2	5-7
Hurricane (7)	1-2	8-6
Pine View (18)	0-3	2-12
Crimson Cliffs (13)	0-4	4-10

Region 12 Girls Basketball

	REGION	OVERALL
Carbon (3)	6-0	11-4
Richfield (2)	5-1	11-4
Canyon View (6)	4-2	8-7
Juab (5)	3-3	9-6
Emery (9)	3-3	8-6
Manti (12)	1-5	6-8
North Sanpete (11)	1-5	6-9
Delta (16)	1-5	5-10

Region 18 Girls Basketball

	REGION	OVERALL
Beaver (4)	4-0	12-2
Kanab (2)	3-1	14-2
Enterprise (9)	3-1	6-9
South Sevier (3)	2-2	13-2
Millard (14)	2-3	5-10
Parowan (21)	0-4	1-13
Water Canyon (17)	0-5	2-9

Cedar High swimmers show endurance, go extra mile at meets

by Tsadakah Wilberg

FOR IRON COUNTY TODAY

Swimming takes endurance, strength, and practiced technique. People who swim on teams for any event have to put a lot of work into achieving those things. At Cedar High School, everyone on our swim team has worked hard and pushed themselves to be successful swimmers. They have worked countless hours to go the extra mile and perform their best. They proved that at the swim meet on January 12th.

Isaiah Arnold, described his experience joining the swim team last year. He explained that he had friends who wanted him to join and convinced him to come to a practice. He went on to do six more practices and discovered how much he wanted to be on the swim team.

The seniors on the varsity swim teams this year are Ashtyn Parry, Jadyne Payne, Olivia Price, Jacie Prisbrey, Addison Taylor, Alec Christensen, Sebastian Galindo, Justin Granado, Ashten Krans, and Matthew Shumate. They have been swimming for



TSADAKAH WILBERG

The CHS swimmers were ready to sink or swim as they pooled their strength in hopes of a victory.

The meet was a thrilling experience for audience members, as they watched each race with excitement. Beginning with a graceful dive, swimmers raced across the pool. Once they reached the other side, they twisted around for the return lap again. Each kind of race will have a different type of swim for its swimmers. They use styles like the butterfly, breaststroke, and backstroke, to name a few.

Although swimming is a competitive sport and it can be a lot of pressure for swimmers, they enjoy it and find it fun. It is a place where they can be with friends and get good exercise. It is great to have something you are good at and can spend a lot of time doing.

One swimmer and a senior this year,

Cedar longer than anyone else and have worked hard to come as far as they have. They have learned many skills that will help them in their future careers and lives. Swimming isn't just a sport to them, it is a way to push themselves, spring into life after high school, and show the world what they are capable of.

Cedar students are very proud of their swim team and all that they have been able to do. They have shown endurance, strength, and the practiced technique needed to do well in competitive swimming. After the swim meet on the 13th, we will be able to see their accomplishments in numbers on the Cedar Reds Athletic page. Good luck to the swimmers!

Reds' comeback bid falls short vs. Warriors

by Tom Zulewski

IRON COUNTY TODAY

In a battle for the top spot in the Region 9 standings, the Cedar Reds girls basketball team had a test on its hands when they faced the Snow Canyon Warriors on Jan. 11. After a fast start by the Warriors built a big lead, the Reds fell short of completing the comeback.

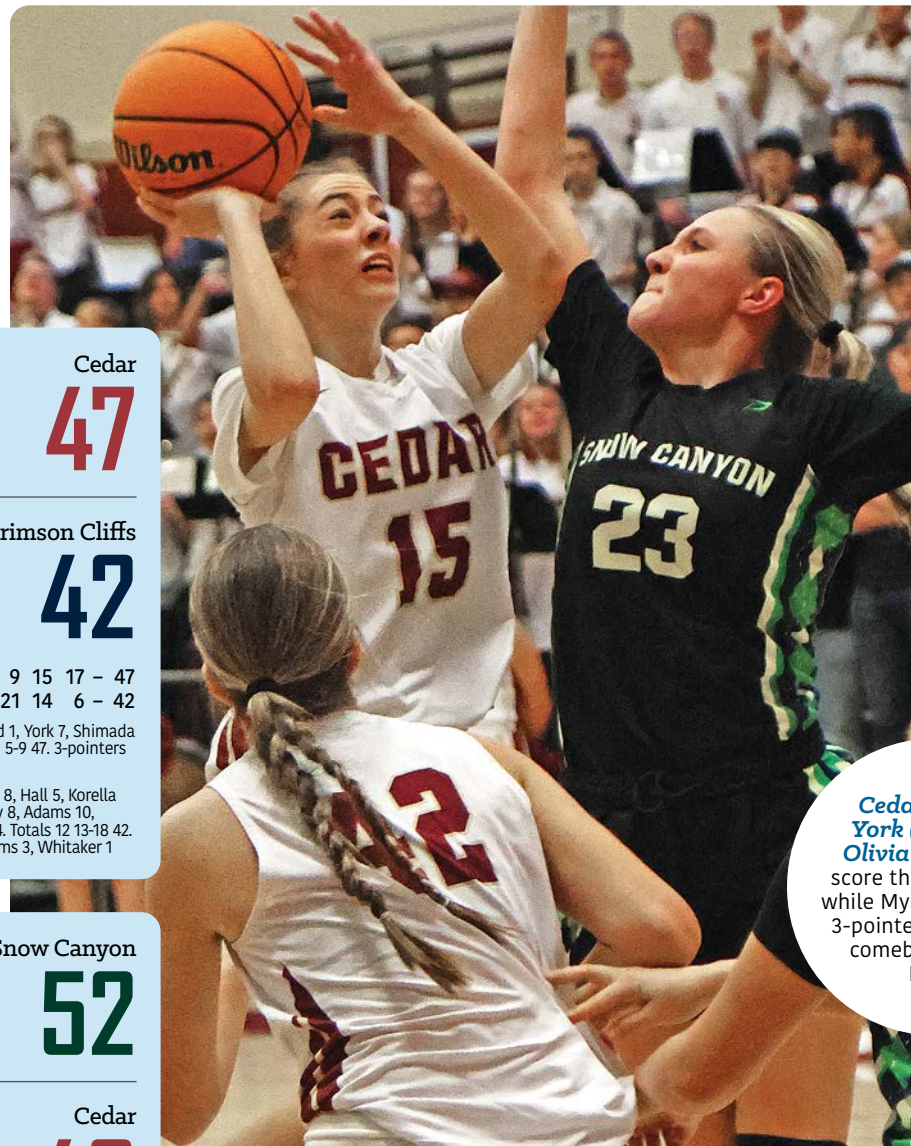
Olivia Hamlin scored all of her 20 points in the first half, and Snow Canyon beat Cedar, 52-46 to stay unbeaten in region play at 4-0 and 12-1 overall. The Reds fell to 3-1 and 11-3.

Hamlin set the tone early, scoring 12 of the game's first 13 points as the Warriors raced out of the gate and led from the start. Cedar was able to cut the deficit to five points on two occasions in the second half and kept Hamlin off the scoreboard.

"We were a little overwhelmed at the start," Cedar coach Corry Nielsen said. "We outscored them the rest of the way and our girls showed a whole bunch of courage and fight."

The Warriors led 27-16 at the half, but Annalyse Shimada – who led the Reds with 19 points – hit two jumpers in a 6-0 run that began the third quarter to cut the lead to five at 27-22. Snow Canyon countered with a 9-0 run and rebuilt the lead to 11 at 36-25 heading to the fourth.

Snow Canyon's lead in the final quarter would peak at 43-31 after a 3-pointer from Kyza Andrews, but Shimada hit one of her own that



Cedar

47



Crimson Cliffs

42

Cedar 6 9 15 17 - 47
Crimson Cliffs 1 21 14 6 - 42

Cedar – Gomez 20, Bird 1, York 7, Shimada 5, Hansen 14. Totals 20 5-9 47. 3-pointers – Gomez 2.

Crimson Cliffs – Plewe 8, Hall 5, Korella 3, Christensen 2, Richey 8, Adams 10, Martinez 2, Whittaker 4. Totals 12 13-18 42. 3-pointers – Hall 1, Adams 3, Whittaker 1



Snow Canyon

52



Cedar

46

Snow Canyon 18 9 9 16 - 52
Cedar 7 9 9 21 - 46

Snow Canyon – Jensen 13, Hoskins 4, Howard 5, Crowton 1, Andrews 9, Hamlin 20. Totals 19 7-14 52. 3-pointers – Jensen 1, Howard 1, Andrews 1, Hamlin 4.

Cedar – Gomez 14, York 4, Shimada 19, Bishoff 3, Hansen 6. Totals 17 6-7 46. 3-pointers – Gomez 4, Shimada 1, Bishoff 1.

"We outscored them the rest of the way and our girls showed a whole bunch of courage and fight."

Cedar coach Corry Nielsen

pulled Cedar back within 49-44 with less than two minutes left before the Warriors held on.

"When we get Annalyse, Gabby (Gomez) and Kiara (Hansen) going, it's good," Nielsen said. "We got sped up a little, but we were better going inside-out. They understood the

magnitude of the game, but when we can do our stuff, we're OK. We're past the point of moral victories."

Gomez added 14 points with four 3-pointers in the loss. Nielsen left with a feeling of encouragement over the team's effort.

"The girls were upset afterward. It

was all about working harder at practice and getting better tomorrow," Nielsen said.

Cedar had additional challenges in its first game of the week and was able to rally for a 47-42 road win over the Crimson Cliffs Mustangs on Jan. 9. Gomez scored 20 points and Hansen added 14 as the Reds rallied from a 12-point first-half deficit to win. The sophomore guard hit a 3-pointer



PHOTOS BY COREY BAUMGARTNER

Cedar's Jaylin York (L) battles Olivia Hamlin to score the basketball, while Mya Bishoff shot 3-pointers in a fierce comeback for the Reds.

midway through the fourth quarter that put Cedar up 39-38 and Hansen added a key basket to go with two free throws in the final moments that finished off the victory.

Cedar led 6-1 after the first quarter, but Crimson Cliffs countered with a 12-0 run in the second to build its big early lead. The Mustangs outscored the Reds 21-9 in the period to take a 22-15 lead at the break.

Cedar played a single game for the week ahead at Pine View on Tuesday, a matchup that was too late for press deadline.

Falcon girls beat Rabbits, split week

CANYON VIEW IMPROVES TO 4-2 IN REGION 12, 8-7 OVERALL

by Tom Zulewski

IRON COUNTY TODAY

Maylee Spencer led three players in double figures with 13 points, and the Canyon View girls basketball team rolled to a 54-46 road win over the Delta Rabbits on Jan. 11 to improve to 4-2 in Region 12 and 8-7 overall. The Falcons led 31-21 at the half and out-scored Delta (1-5, 5-10) 16-7 in the third

quarter to open up a 19-point lead and allow head coach Jaycee Barnhurst to empty her bench for much of the fourth.

Emery Miles added 12 points for CV in the win and Maya Nichols helped with 11. Ebony Dodoo led Delta with 14 points in the loss and Joslyn Christiansen added 13.

In their first game of the week, the Falcons were outscored 28-18 in the fourth quarter as Emery pulled away

for a 67-52 victory Jan. 9. Miles led the way with 13 points and Spencer added 10. Canyon View led 22-20 at halftime before the host Spartans took control in the second half behind 18 points from Katelyn Nielson.

CV played a home game against Carbon on Tuesday that was too late for press deadline, and the Falcons will travel for a road game at Richfield against the Wildcats tonight that starts at 7 p.m.



Canyon View

54



Delta

46

Canyon View 18 13 16 7 - 54
Delta 10 11 7 18 - 46

Canyon View - Barnes 2, Spencer 13, Nichols 11, Brush 6, Potter 3, Miles 12, Davie 1, Vargas 6. Totals 23 5-6 54. 3-pointers - Spencer 1, Nichols 1, Potter 1.

Delta - Finlinson 2, Callister 2, Dodoo 14, Allred 10, Christiansen 13, Western 2. Totals 17 5-6 46. 3-pointers - Jackson 1, Dodoo 2, Allred 1, Christiansen 3.

Late surge not enough as T-Birds fall to Lumberjacks 82-84

SUU FALLS TO 0-5
IN CONFERENCE
PLAY WITH THIRD
STRAIGHT LOSS

by Parker Haynie

ASST. DIRECTOR, SUU ATHLETIC COMM.

A controversial offensive foul called on Braden Housley wiped off a bucket that would have given SUU a two-point lead with eight seconds left to play, and the Lumberjacks capitalized as AJ Cajuste went the length of the floor for a layup that Jamari Sibley goaltended. Housley's half-court shot attempt came up just short off the front of the rim and the Thunderbirds lost at home, 82-84.

A back and forth game throughout, with neither team ever leading by double-digits. SFA's largest lead was nine points, 78-69, with 6:51 left to play. The Thunderbirds allowed just six points to be scored over the next 6:51 and nearly pulled off the upset.

The most impressive stat from the game was SUU going 27-28 from the free throw line, at one point they were 22-22. They shot 50% from the field and were led by Dominique Ford who had 20 points with five rebounds and one assist. Zion Young had 14 points on the night, including 3-6 from three



SUU's
Dominique Ford
led the
Thunderbirds
with 20 points,
five rebounds
and one assist.

SUU ATHLETICS

and an efficient 4-9 from the field. Six players scored in double figures for the Thunderbirds, Parsa Fallah (13), Jamari Sibley (12), Braden Housley (10), and Prophet Johnson (10). Sibley also led the team with six rebounds and Housley had seven assists to pace the Thunderbirds.

"Heartbreak, ya know? You play that whole game, and to lose it the way we did, I just really feel for my guys. I really wanted them to get a win tonight," said Head Coach Rob Jeter.

SFA was led by Matt Hayman who scored 24 points on 9-12 from the field and 4-5 from three. Sadaidriene Hall poured in 16 of his own on 6-7 from the floor. The Lumberjacks forced 18 turnovers in the game, a statistic in which they lead the WAC. SUU was outscored in the paint 50-28.

"We hope that we can fill the arena next week, it is obviously a big rivalry game and we are looking forward to the atmosphere that the crowd can bring and help us get a win," concluded Jeter.

The Thunderbirds are back home tonight, Thursday, Jan 18, to take on the little brother down south, Utah Tech, at 6:30 p.m. in the America First Event Center. Stay up to date during the 2023-24 Southern Utah Men's Basketball season by following @SUUBasketball on Twitter and Instagram and by liking the Southern Utah Basketball page on Facebook.

Trio of T-Birds earn weekly MPSF awards

by *Regan Hunsaker*

ASSISTANT AD, SUU SPORTS INFORMATION

The Mountain Pacific Sports Federation has announced the first round of weekly awards, and the Flippin' Birds have swept this week, earning all three honors. Niya Randolph was named the Gymnast of the Week, Alex Routsis earned the title

achieved a personal best score of 9.90 on the bars, accompanied by a 9.85 on the beam and 9.775 on floor exercise. Her contributions were vital in the Thunderbirds' overall score during their first competition of the season at the Las Vegas Mean Girls Super 16. Schwartz's impressive 9.900 score led the way for SUU's bars total of 49.300, which now stands as the fifth-best

shone through with scores of 9.875 on the uneven bars, 9.825 on the vault, and 9.775 on the balance beam in her collegiate debut, earning her the title of MPSF Gymnast of the Week.

Flying Freshman

In her first collegiate appearance, Southern Utah freshman Alex Routsis from Falcon, CO, made a notable impact by contributing to the Thunderbirds' strong performance on the bars. Her impressive score of 9.850 helped propel the team to achieve 49.300 on this apparatus. Competing against formidable

opponents, Southern Utah's collective effort resulted in a bars total that will remain in the record books as one of the top scores in both school and conference history.

The Flippin' Birds will travel North on January 15 to compete in the Rio Tinto Kennecott Best of Utah Meet. The meet brings together the four teams from across the state who compete in gymnastics, including the University of Utah, Utah State, and BYU. The meet will be held at the Maverik Center in West Valley City, Utah, beginning at 4:00 p.m. MT. Visit tbirdtickets.com to reserve your seats!



SUU ATHLETICS

of Freshman of the Week, and Aubri Schwartz picked up the Specialist of the Week award.

Coach Scotty Bauman said, "These athletes have worked hard preparing for the season, and to earn this recognition in week one is a huge accomplishment. They showed up this weekend ready to go and did some amazing gymnastics. In our conference, there are some outstanding athletes that could all qualify for these awards, so it is great to have the conference recognize our athletes and their exceptional opening weekend."

Specialist Schwartz

Aubri Schwartz has been a fixture with the Flippin' Birds since her arrival on campus. The Senior from Ames, Iowa, has become a top scorer for the team and a leader. Schwartz

in both the school's and conference's history.

Debuting as Gymnasts of the Week

Niya Randolph, a freshman from Las Vegas, NV, showcased her talent by securing top scores for the Flippin' Birds, hitting 9.825 on the floor and reaching an impressive 39.300 in the all-around category. Her standout performances contributed significantly to the Thunderbirds' overall score of 196.025 at the inaugural MPSF-era meet for Southern Utah. The Thunderbirds competed at the Mean Girls Super 16 held in Las Vegas on January 6 to open the 2024 campaign. Southern Utah faced stiff competition from three ranked opponents: No. 13 Oregon State, No. 18 Minnesota, and No. 31 BYU. Randolph's consistency



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Uhrich's career-high not enough as T-Birds fall to Ladyjacks

by Tyler Francis

SUU ATHLETIC COMMUNICATIONS

NACOGDOCHES, Texas — Ava Uhrich led the Southern Utah University women's basketball team with a career-high 19 points as the Thunderbirds fell to Stephen F. Austin 68-53 on Saturday afternoon at William R. Johnson Coliseum. The T-Birds move to 4-10 overall and 2-3 in Western Athletic Conference play, while the Ladyjacks improve to 11-6 and 5-1 in WAC play.

Head Coach Tracy Mason said, "We are playing well in spurts. We need consistency for a full 40 minutes. I thought Ava played a tough game for us, she's taking on a big scoring role as a freshman. It was nice to get Ashley back in the flow, we're going to need her moving forward."

Four players grabbed at least five rebounds for SUU. All eight players to check in for the Thunderbirds registered a field goal. Southern Utah won the battle in the paint, outscoring SFA 40-38 down low.

Freshman Ava Uhrich led the way for SUU with a career-high 19 points, eight rebounds, two assists and two steals. Daylani Ballena scored 13 points to go along with five boards. Samantha Johnston played a versatile game, tallying six points, five rebounds, four assists, two steals and two blocks. Ashley Banks had a strong performance in her first game back from injury, adding four points and six rebounds.



SUU's Samantha Johnston's versatility was on display with six points, five rebounds, four assists, two steals and two blocks.

SUU ATHLETICS

The Ladyjacks took a 9-0 lead to start the game. The Thunderbirds were able to weather the storm, as Daylani Ballena erupted for six early points to spark an 8-2 run

that trimmed the Jacks lead to 11-8 with 5:21 left in the first quarter. A flurry of layups from Ashley Banks and Ava Uhrich allowed the Thunderbirds to stay within striking distance, 17-14, late in the quarter. Stephen F. Austin used a 5-0 stretch to take a 22-14 advantage heading into the second period of play. The two teams traded buckets in the second frame. Uhrich caught fire for the T-Birds, pouring in eight of her 12 first half points as SUU outscored SFA 13-12 in the period. The Ladyjacks held a 34-27 lead at the break.

Southern Utah shot 58.3 percent from the field in the third quarter, with Ballena leading the attack with seven points in the period. The Thunderbirds opened the period with an 8-7 stretch to get within six, 41-35, with 7:05 on the clock. That was as close as the T-Birds would get, as the Ladyjacks would close the quarter with a 13-7 run to go up 54-42 approaching the fourth quarter. The Thunderbirds relied on a balanced scoring effort in the final period. Four T-Birds connected on a field goal to fuel the team's offense, but it wasn't enough as the Ladyjacks would go on to claim a 68-53 victory.

The Thunderbirds will remain on the road tonight as they travel to St. George to take on in-state rival Utah Tech on Thursday, Jan. 18. The game is scheduled to begin at 7 p.m. MT. For all the latest on Southern Utah women's basketball, follow @SUUWBasketball on Twitter and Instagram and like the Southern Utah Women's Basketball Facebook page.

SUU Track & Field wraps impressive weekend at BYU Invitational

by James Wilson

SUU ATHLETIC COMMUNICATIONS

PROVO, Utah — The Southern Utah University men's and women's track & field teams competed in the BYU Cougar Invitational in their first meet of the 2024 season at the Smith Fieldhouse.

Head Coach Eric Houle said, "It was nice to get the athletes out of the weather and on a dry indoor track today. We had some outstanding performances and look forward to continuing it next week in Flagstaff."

The Lady T-Birds were led by freshman Makenna Skoczylas and junior Ariana Baker in the pole vault, who both cleared 12' 4.5", breaking the former school record of 12' 4". Ariana followed up her performance with a 12' 8.25", giving her sole possession of the school record. Southern Utah also had several stellar performances from their running athletes, including a 1-mile time of 5:05.88 from Madison DeBos, putting



SUU successfully wrapped up their 1st running meet of the season and are looking to improve in Arizona tomorrow.

SUU ATHLETICS

see **SUU TRACK** » 26

It's always about improving

I've always been amazed when it comes to post-game conversations given by our area's high-school sports coaches. Always ready to deliver praise, but always ready to be honest when the moment calls for it.

Cedar girls basketball coach Corry Nielsen is a perfect example. He's in his seventh year with consecutive 4A state titles on the resume and a 49-2 record in the stretch, but it's never been about the numbers – at least to him. It's all about the one thing that any coach should always try to do. If the players are improving every day, that's even more valuable than winning. A perfect case in point was last Thursday's game against Region 9 co-leader Snow Canyon.

The Warriors came in as No. 2 in the RPI. It didn't matter to Nielsen. His team was No. 3. Also meaningless in the bigger picture. And then came the game, with the Warriors looking every bit like a team seeking to erase the bad vibes from last year's 4A semifinal loss to Sky View.

Snow Canyon had an all-world player in Olivia Hamlin, and she showed why in the first half, torching the Reds for 20 first-half points. It was frustrating, but Nielsen saw the good in the moment. Hamlin didn't score in the second half, and Cedar didn't let the Warriors get away, nearly wiping out all of a deficit that reached 16 points in the early going. Nielsen knew why that happened.

"Our girls showed tremendous courage out there," he said. "When we get Annalyse, Gabby (Gomez) and Kiara (Hansen) going together, we get closer to improving."

And when the final result wasn't what Cedar

was looking for, Nielsen knew his team wasn't about to embrace "moral victories."

"Our program's to the point where we don't count moral victories," he said. "That's not part of our program. We've been too successful and we have that expectation."

The record backs this up. Cedar was 5-16 last season, the first losing season for the program in 13 years. At 11-3 heading into this week's play, the basketball world at Cedar is returning toward the standards previously set. It's just the way Nielsen likes it. Be better in bits and pieces instead of big chunks.

"This team will be better in two weeks than it was today," he said.

Judging from how his team reacted to the loss to Snow Canyon, the recognition is there for the Reds.

"In the locker room, the girls were upset," Nielsen said. "(The conversation) was all about 'we gotta work hard in practice and get better tomorrow.'"

The rematch with the Warriors happens Feb. 6. With the Dixie Flyers also in the chase for the Region 9 title at 4-0 and No. 5 in the RPI, they'll provide their own unique challenge when all is said and done at the UCCU Center in Orem late next month.

By then, it's all about taking advantage of the situations placed in front of you. Win or lose, being your best at the right times is clearly what matters most.

Follow Tom Zulewski on X – the artist formerly known as Twitter – @TommyZee81 or email tominator19@yahoo.com.

RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY



SUU TRACK

« CONTINUED FROM PAGE 25

her in fifth overall in the event. Shante Myrie impressed in the 60m dash, placing second with a time of 7.65 seconds. Myrie, Jayden Lightford, Seadra Hamilton, and Kimberly Winward powered their way to a second-place finish in the 4x400 relay with a time of 3:45.09.

On the men's side, the T-Birds were led in the 400m

dash by sophomore Nick Pembroke, who led all runners with a time of 47.97 seconds. Nathan Carlin took third overall in the 800m with a time of 1:52.09 and Santiago Gaitan finished in the top 10 of the 3000m with a time of 8:07.75.

Cedar English and Easton Smith fueled the way for the 'Birds in the long jump, finishing first and second with distances of 25'4.25" and 22'7.75" respectively. Noah Bringham, Dylan Gibson, Pembroke,

and Jace Rodgers soared to a second-place finish in the 4x400 relay with a 3:07.98 time.

Both teams will have a short turnaround as the Thunderbirds will travel down to Flagstaff, Arizona Friday, Jan. 19 to participate in the NAU Lumberjack Team Challenge. Stay current on the Thunderbird track and field programs by following @SUUTFXC on Twitter and Instagram and like the Southern Utah Track and XC page on Facebook.

TOM'S SPORTS TRIVIA

We have another dozen questions saluting the highlights that were worth noting. Have fun, embrace the chaos, and please remember...no wagering!

1. What head coach ended a 24-year run as head coach of the New England Patriots on Jan. 11, leaving behind six Super Bowl wins?
2. Among the other departures from the NFL head coaching ranks was what Seattle Seahawks leader, who was fired after 14 seasons and a Super Bowl XLVIII title?
3. U.S. Ambassador to Japan Rahm Emanuel got a visit from new Los Angeles Dodger Shohei Ohtani recently and showed a photo of a "visa" he offered to what animal, an "MVPup" named Decoy?
4. What San Antonio Spurs No. 1 draft choice became the youngest player in NBA history to record a triple-double – 16 points, 12 rebounds and 10 assists in 21 minutes played – as the Spurs blew out the Detroit Pistons on Jan. 10?
5. In college football, who announced his retirement as head coach at Alabama on Jan. 10 after 17 seasons and six national titles?
6. A plan is in the works to make the 2024 NBA Draft a two-night event, pending approval from the Players Association. How many rounds are in the NBA Draft?
7. Two local football players were selected for the NFL Pro Bowl Games in Orlando that happen Feb. 4. SUU grad Miles Killebrew was chosen for the AFC from the Pittsburgh Steelers, and what Detroit Lions offensive lineman – who graduated from Desert Hills High – was a selection for the NFC squad?
8. Despite seeing its head coach suspended on two different occasions during the season, what Big Ten school finished 15-0 and beat Washington on Jan. 8 in Houston to win the 2024 CFP national title?
9. At 3-35 through Jan. 10, the Detroit Pistons are heading toward the worst season in NBA history, a 9-73 record that is 51 years old. What Eastern Conference team holds the standard of infamy set in the 1972-73 season?
10. After his team lost to Washington in the semifinals of the College Football Playoff on Jan. 1, what Texas quarterback announced he will return for his senior season?
11. The Buffalo Bills won the AFC East and the No. 2 seed when it beat the Miami Dolphins in last week's regular-season finale behind two touchdown passes from quarterback Josh Allen. What Mountain West school did Allen play for?
12. What New York Mets shortstop – who was part of the 1969 World Series champions as a player and the 1986 champions as the team's third-base coach – passed away Jan. 11 at 79 after a long battle with Alzheimer's?

LAST WEEK'S ANSWERS

1. The Pistons beat the Toronto Raptors, 129-127, nearly losing a 118-110 lead with 59 seconds left before holding on.
2. Giannis Antetokounmpo.
3. Golden State Warriors.
4. 2016.
5. Tyreek Hill.
6. Mike Tomlin.
7. Maxx Crosby and Davante Adams.
8. Hawaii.
9. Melbourne.
10. 34.
11. Brooklyn Nets.
12. Maryland.

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