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JULY 23RD - 29TH, 2023 | VOL. 15 NO. 29

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today

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life

Car Club
brings joy to
Cedar City
Stonehenge



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Pioneer Spirit

PHOTOS ON PAGE 2

COREY BAUMGARTNER



This year's annual Enoch City Pioneer Day Parade had plenty of handcars and helping hearts reminding the hundreds of spectators lining Midvalley Road to learn from the "Lessons of the Past" that will launch us into the future and to always "Bee" our best because we all need each other.



Cedar Pride group hosts Drag Paint event amid opposition

by Ruth Scovill & Corey Baumgartner

IRON COUNTY TODAY

Last Saturday afternoon, the Johnson Arts Center hosted an event sponsored by Cedar Pride, a local LGBTQ+ group. The event included a painting activity and some of the members dressed in drag, lip-synching and performing to music in-between brushstrokes.

While event was open to everyone in the community, controversy was created around the group for using the words “family friendly” in promoting the event. After mingling with misunderstandings on Facebook and other social media sites, some community members and churches felt this activity was a potential threat, especially the children in the community, and began planning a protest.

Some also questioned why the JAC would sponsor a controversial event. One of the board members answered honestly and appropriately, in accordance with the JAC vision statement which is, “providing access to safe, reliable, and appropriately equipped small-scale rehearsal, production, and performance spaces for members of the Iron County arts community.” They shared,

“The board neither approves nor disapproves (sponsors) the activities at the JAC. It was created to be a facility that rents to private groups and has been a place for grief counseling, dance classes, choirs, book clubs and religious meetings. We don’t discriminate against the creativity and diversity in our community.”

And for the nearly 100 people in attendance, the afternoon was one of creativity and entertainment. One of the Cedar Pride group members, Everett Turner McCool, donning a pink wig, led the afternoon’s main event, by guiding painters of all different skill levels to the successful painting of a lion—symbolizing a pride. The painters, which included adults and children, also enjoyed the talent on the stage, which included modest costumes and choreographed lip-synching to familiar songs like Abba’s “Take a Chance on Me” and John Denver’s “Take Me Home, Country Roads.”

Meanwhile, outside the JAC, a different kind of choreography was taking place as some church members from within the community joined together to protest the event. They weren’t there to confront, but to make a statement about the importance of protecting our children and to remind everyone, through prayer and picket signs, of God’s love for everyone.

This is what Cedar Pride hoped that the event would provide. Not just entertainment, but also to help educate and create understanding, and more unity within the community, which would hopefully include letting go of negative stereotypes and misunderstandings, which have been perpetuated

by so-called famous people (RuPaul) on television and social media. They shared that this is not the complete picture of what drag is about and that it is about more than just sexual identity.

It was also explained that “drag” has been attributed back to Shakespearean plays where in those times, since women could not participate in acting, the script called for male actors “Dressed Resembling A Girl.”

When the painting and performances ended, the group members shared their appreciation to

those who attended. Everett expressed, “Having community support means a lot to us. We want people to understand that drag isn’t dangerous and just because there are queer people at an event doesn’t make it un-family friendly.” He added, “Drag is a culture that values differences and experiences joy from having unique viewpoints, including the importance of families, the acceptance of differences and creating a safe place for people to be themselves, especially for the young people who feel different and left out.”



During the painting activity, members of Cedar Pride entertain the artists.

PHOTOS BY COREY BAUMGARTNER



Some members from local churches chose to pray and picket outside the Cedar Pride painting event.

opinion

FROM THE EDITOR

Hakuna Matata

This phrase “ain’t no passing craze” as the Lion King lyrics suggest. As you may or may not know, Hakuna matata is an actual Swahili phrase, meaning “no trouble” or “no worries.”

With that preface, last Saturday afternoon, there were some significant worries, thankfully not a lot of trouble, about an event being held in Cedar City that drew some concern and controversy from local citizens and churches.

The event was promoted as “Drag Paint Night” and was sponsored by the LGBTQ+ group, Cedar Pride.



COREY BAUMGARTNER
MANAGING EDITOR

Those who chose to attend enjoyed an evening of learning how to paint a lion and enjoy some “drag”

performances, which were far from the fears of what some expected, projected and rejected this event to be. I was there and I can assure you that this was not a full-on drag runway production with sensual swagger and the like. It was young adults in costumes, performing to their favorite songs.

Nevertheless, with some misrepresentation and misunderstanding on social media, there were fears spreading that this event and group were possibly seeking to groom children to the LGBTQ+ community. The fears were further fueled by the words “family friendly” being used to describe the event. As this caused concerns about

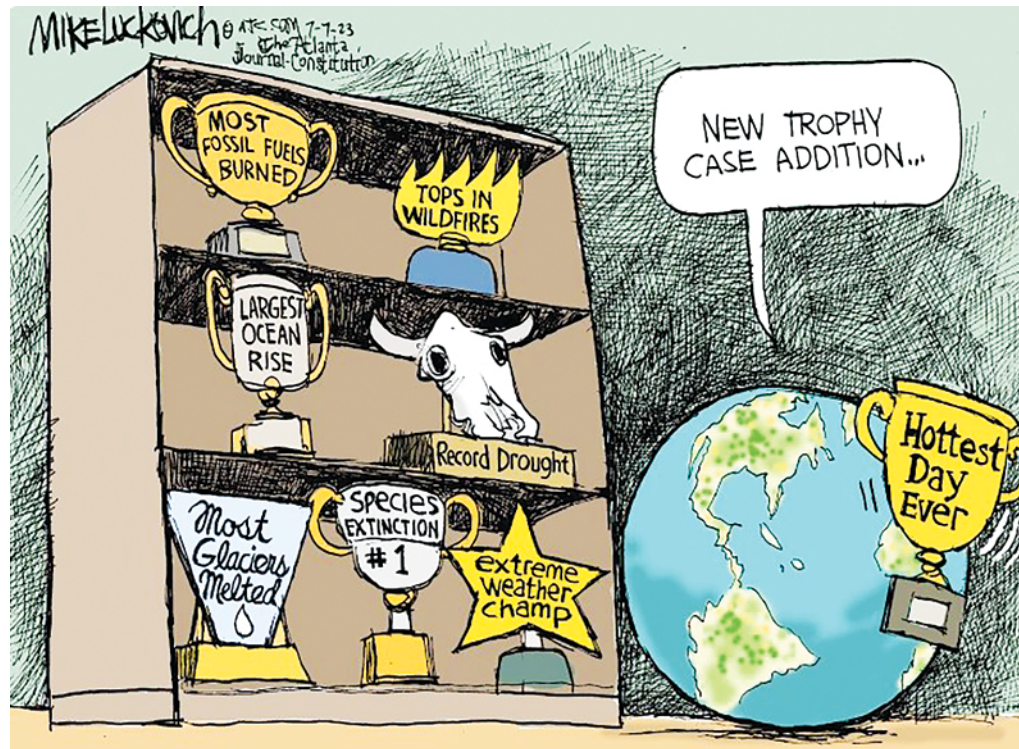
see **NO WORRIES** » 5

WORD OF THE WEEK

FLABBERGAST

To overcome with surprise and bewilderment; astound.

I am aghast at how few times people are flabbergasted in today’s wondrous world.



QUOTE OF THE WEEK

“If you always do what you always did, you’ll always get what you always got.”

Henry Ford

TO THE EDITOR

Community duty to discourage drag event

“It is the duty of every law-abiding citizen to see to it that our children have a wholesome community environment in which to live during their tender and impressive years.”

—David O. McKay Conference Report Oct. 1948

I joined approximately 40 or more concerned community citizens, and religious groups to respectfully protest this event by Cedar Pride, not appropriate for minors, at our Johnson Arts Center. What adults do is their agency, choice, but don’t entice children into your immorality calling it ‘Art’.

There are laws to protect minors, specifically Utah Code Title 76-10-1201 which you can read in its entirety. I would like to direct your attention to (5) (a) (ii) is patently offensive to prevailing standards in the adult community as a whole with respect to what is suitable material for minors; and (iii) taken as a whole does not have serious value for minors.

You don’t have to be religious to have moral values of right and wrong. Please

let’s stand up, speak up and protect our children from these kinds of “family friendly” events.

Rayonna Hale, a mother of 6, grandmother of 15, and career licensed daycare provider.

Where's the State Flag?

As I make my way through town each 24th day of July, I am greeted by a sea of American flags lining the city streets. And yet, short of a few formal appearances, rarely to be found on this Utah State Holiday is a single Utah State flag.

Don’t get me wrong, I love the Stars and Stripes as much as the next person, but it occurs to me that if ever there was an excuse to instead fly our beautiful state’s flag, this seems like the opportunity.

I am aware that Pioneer Day commemorates events that happened prior to Utah’s official Statehood. Yet, isn’t it also a bit strange but true that we have chosen instead to fly our nation’s flag on what is not a National Holiday?

Anyway, can any of my fellow Utahns help me get to the bottom of this?

Sincerely,
I.B. Confused



479 N 100 W, Suite 1
Cedar City, Utah 84721

Ph: 435-701-9981
Fax: 435-867-1866

IronCountyToday.com

ADMINISTRATION

Baylee Holt

OFFICE MANAGER
officemanager@
ironcountytoday.com
435.701.9981

EDITORIAL

Corey Baumgartner

MANAGING EDITOR
news@ironcountytoday.com
435.701.9982

Tom Zulewski

SPORTS REPORTER
tominator19@yahoo.com

ADVERTISING

Patti Bostick

SALES MANAGER
patti@ironcountytoday.com
435.701.9983
(c) 435.592.1030

LAYOUT/DESIGN

Devin Christ

CREATIVE DIRECTOR
design@ironcountytoday.com
435.701.9984

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Sen. Lee to media: "End the killer fame game"

WASHINGTON — Sen. Mike Lee (R-UT) and Rep. Andy Ogles (R-TN) introduced a resolution urging the media to engage in responsible and voluntary journalistic practices to deny mass public murderers the attention they seek and to minimize the potential 'media contagion effect' caused by sensationalistic reporting. The resolution aims to encourage a more balanced and ethical approach to reporting on violent incidents and to play a role in preventing the incitement of further acts of mass violence.

Of the resolution, Sen. Mike Lee said, "By refusing to give mass murderers the attention they desire, we can effectively combat the 'media contagion effect' that fuels more violence. Research shows that such irresponsible coverage can ignite violence and perpetuate a dangerous cycle of copycat killers. To break this pattern, we must advocate for a more balanced and ethical approach to reporting violent incidents, denying these cowardly perpetrators the spotlight they crave and ultimately preventing future occurrences of mass murder."

"There is an epidemic of evil people motivated by perverse beliefs to wreak havoc on the lives of innocent people. Just a few short months ago, the Covenant School in Nashville was robbed of six precious lives in a horrific act of violence. The media was quick to report on the incident, combing for every gritty detail that could be uncovered about the shooter and her motivation," said Congressman Ogles. "This resolution simply asks the media to do their work responsibly and stop sensationalizing the despicable acts of mass murderers. Several studies have indicated that a

"To break this pattern, we must advocate for a more balanced and ethical approach to reporting violent incidents, denying these cowardly perpetrators the spotlight they crave and ultimately preventing future occurrences of mass murder."

Sen. Mike Lee

'media contagion effect' may be increasing the possibility of similar future tragedies. The media covers suicides with much more care due to the sensitive nature of the issue, and they ought to do the same for instances of public mass murderers. This Resolution offers suggestions to that end, and I thank Senator Lee for his leadership in leading this charge in the Senate."

Dr. Jordan Peterson, echoes this crucial perspective, stating, "We could choose, as a society, to make mass shootings exceedingly rare, as they once were. However, doing so will require the

press—and anyone else who has the attention of a wide swath of the public—to withhold from the mass shooters what they all desperately and murderously desire: fame."

Aidan Johnston, Federal Affairs Director for Gun Owners of America said, "The media loves to sensationalize mass murders because, by and large, it helps them drive home their preferred narrative: guns and gun owners are to blame for the very violence they are covering. Research confirms that this irresponsible practice plays a role in motivating other individuals to commit mass violence. This documented 'media contagion effect' is real, and encouraging the media to voluntarily adopt more stringent ethical practices industry-wide can play a significant role in reducing these copycat attacks on society at-large. We thank Senator Lee and Rep. Ogles for leading the charge on this resolution."

NO WORRIES

« CONTINUED FROM PAGE 4

the event and its potential effects on children in the community, some members from local churches peacefully protested outside with prayers and picket signs.

And while some saw the event as something to oppose, others saw it as an opportunity to improve the unity in our community. I also hope there will be more positive and productive conversations, not contentions, so that we can each learn more, love more and fear less about each other and the unique diversity in our city.

Because no matter our age, wage or stage of life, we each have a responsibility in our indi-

"I hope there will be more positive and productive conversations, not contentions, so that we can each learn more, love more and fear less about each other"

vidual lives, families, businesses, schools, and community to choose wisely the things we say and do and how we want to live. Education (of ourselves, peers, children) not fear, is the best way to promote, prevent, and protect against something one may or may not agree with.

And regardless of whether

one's freedom to choose is faith-based or not, we're each here trying to do the best we can. Yes, there will be times when lifestyles and choices are churned and challenged. When we each have the choice and voice to create and respond responsibly and compassionately. And no matter where we choose to call home, it seems to me that we each want to make our hearts and hearths a place we can be proud of, and also to prepare a place for our children to grow up in. A place where they not only feel safe, but successful and happy in the choices they make and the lives they strive to live. There is only one way to truly create unity in our community, and how we protect it, share it and build it better, and that's *together*.



IRON COUNTY FORECAST

HOT DAYS AND MILD NIGHTS WITH MOSTLY DRY SKIES ON REPEAT TO ROUND OUT THE WORKWEEK AND MOVE INTO THE WEEKEND. BY THE END OF THE WEEKEND INTO NEXT WEEK TEMPS WILL LOOK TO EASE DOWN SLIGHTLY AS MOISTURE BEGINS TO INCREASE, RESULTING IN CHANCES FOR SHOWERS AND THUNDERSTORMS.

Check your local forecast anytime at:
ABC4.com/weather



THURSDAY

Mostly Sunny

92°/63°

PRECIP: 0%
WINDS: SSW 15-20



FRIDAY

Mostly Sunny

92°/63°

PRECIP: 0%
WINDS: SSW 15-20



SATURDAY

Partly Cloudy

92°/63°

PRECIP: 10%
WINDS: SSW 10-15



SUNDAY

Chance Rain

91°/62°

PRECIP: 20%
WINDS: SW 10-15



MONDAY

Chance Rain

89°/59°

PRECIP: 20%
WINDS: SW 10-15



TUESDAY

Chance Storms

87°/58°

PRECIP: 30%
WINDS: SW 10-15



WEDNESDAY

Chance Storms

87°/59°

PRECIP: 40%
WINDS: SW 10-15



public & health

UDOT evaluates potential changes to I-15 South Cedar Interchange

The Utah Department of Transportation (UDOT) has recently started preparing an environmental document, in accordance with the National Environmental Policy Act (NEPA), to evaluate potential improvements to the South Cedar Interchange (Exit 57) of I-15 in Cedar City.

This process considers current and future transportation needs while evaluating any potential impacts to the natural and built environments. This effort began in May 2023 and is scheduled for completion in summer 2024. Environmental documents are process driven, so the schedule is approximate and subject to change.

The public is encouraged to sign up for email updates on the environmental document website and will be invited to participate in two public meetings and provide feedback during two formal comment periods. The first opportunity will be the Public Scoping Meeting, which is anticipated in Fall 2023.

This environmental document is separate and independent from the Cedar City Solutions Development planning study that began in November 2022 and is examining segments of Main Street (State Route 130) and 200 North (State Route 56). UDOT is overseeing both processes, but one is a planning study that is exploring potential future solutions that could be incorporated into the long-range plan for the specified area and one is an environmental process that will evaluate potential improvements for the I-15 South Cedar Interchange against an established purpose and need statement.

For more information and to stay informed about the progress, visit the website udotinput.utah.gov/southcedar and sign up for email updates.

Kevin Kitchen

Gold Cross Ambulance receives national accreditation

Gold Cross Ambulance, a leader in emergency response services in Utah, has received national accreditation from the Commission on Accreditation of Ambulance Services (CAAS).

Gold Cross Ambulance received a perfect score during the process thus demonstrating its high commitment and devotion to patient care and safety. This accreditation places Gold Cross Ambulance Service in the top 1% of ambulance services in the country.

The ambulance provider serves Iron, St. George, Washington, Salt Lake, Uintah and Utah counties. Gold Cross is the only ambulance provider in the state to achieve the national distinction.

The process of accreditation includes a comprehensive self-assessment over several months and an independent outside review of the entire operation. Once achieved, the three-year accreditation is considered a "gold standard" among modern emergency medical service providers and often exceeds the standards established by state or local regulations.

Now in its 56th Year, Gold Cross Ambulance provides basic life support, paramedic, critical care, neonatal, bariatric, event management standby, mass casualty care and 911 services. With a fleet of specially equipped emergency vehicles and a state-of-the-art communications center, Gold Cross Ambulance is uniquely positioned to provide comprehensive medical response to any emergency situation.

"We are extremely gratified by this national recognition by this esteemed organization in the ambulance industry," said Mike Moffitt, President of Gold Cross Services. "This accreditation reaffirms our commitment to continue delivering high-quality patient care, while maintaining our valued relationships with other EMS agencies and the medical community."

Mike Orfanakis, Mike Dale

Rocky Mountain Power is ready for summer's heat

With the forecast of several 100-degree days, everyone will be feeling the heat of summer. That includes Rocky Mountain Power's electrical system, both from the outside temperatures and the increased customer demand for electricity.

"More electricity is used by our customers during the summer season than at any other time of the year," said Curt Mansfield, Rocky Mountain Power senior vice president of power delivery. "Although we see the demand for electricity reach its highest point during the summer, we are confident about our network's readiness for this summer."

The demand for electricity typically reaches its highest point on a hot summer weekday afternoon, generally from about 3 p.m. to 8 p.m. That's the same time power is needed to operate the summertime irrigation

systems and the ever-increasing number of air conditioners.

"Understanding the climate and customer needs help us provide reliable electricity during this peak season," Mansfield said.

During hot weather, Rocky Mountain Power takes steps each day to keep electric service reliable for its customers by monitoring which substations and circuits have the highest use, identifying any potential trouble spots with solutions designed, generally by the following day.

Engineers and power system operators keep a close eye on area weather forecasts as well. Electric systems are sensitive to temperature, so the conditions that impact the electric system the most are a series of days when 100-degree highs are coupled with night-time temperatures that do not cool below 70 degrees.

"Customers also can take steps to manage their energy use during the

see **POWER** » 9



Intermountain®
Cedar City Hospital

is pleased to welcome

Bryce Perkins, DO

Bryce is from Cedar City, and graduated Magna Cum Laude with his bachelor's in Biology at SUU, then went on to get his Doctor of Osteopathy (DO) at Kirksville College of Osteopathic Medicine in Missouri. He completed his internal medicine residency at the University of Arizona in Tucson, Arizona. He has served his communities in many ways, including as a child advocate in the court system, and as a church missionary, leader and nursery teacher. He was selected as Chief Fellow during his Fellowship at the University of Kentucky. Bryce enjoys adventures with his wife and two daughters, landscaping at home, playing piano, hiking and running. His mom, Bonnie Perkins, has been an award-winning nurse at Cedar City Hospital for many years.



Local immigrant cowboy nominated for National Day of the Cowboy

from Iron County Commission

FOR IRON COUNTY TODAY

Reyes Carballo was recently selected by the Iron County Commissioners as Iron County's Nominee for The Day of the Cowboy.

Grit is one of the characteristics that exemplifies rancher and cattlemen, Reyes Carballo, of Parowan, Utah. And, his grit didn't come easy. As a young boy Reyes grew up chasing the pigs that enjoyed foraging around their farm, but he was often barefoot. He learned to rope early because his rope was his only play toy. During the school year he would ride to town with his mother and siblings in a wagon pulled by a mule. They lived in a small outbuilding Monday through Friday, sleeping on sheepskins as a mattress, but made the 30-mile trek back to the ranch for the weekends to help with cattle and farm chores. There was no store. There was no plumbing. There was no money. It was survival in heart of Chihuahua, Mexico.

If his story sounds like something out of an old western movie, that's because where he grew up was, in fact, very western and something most people wouldn't believe is real. But, bare feet and traveling in a wagon would prove to be only the tip of the iceberg.

Before his 13th birthday, Reyes lost his mother and within the same year, his father never came home from the Cow Camp on a nearby mountain range. Roping pigs and going to school came to a screeching halt. Alone, with a brother slightly older than himself, the two young boys tried to keep the farm and ranch going until their father returned. Days turned into weeks, and weeks into months. The younger siblings had been taken to live with grandparents and the two older boys were working from sun up to sun down to care for the animals and crops that had been abandoned, feeling much the same themselves.

As winter came, an uncle arrived and took Reyes from the farm. He was small, athletic, and skinny—he would make the perfect jockey for a rich,

double-dealing horse trainer who wanted to win big. It was the Golden Age of Horse Racing, the 1970's and when Secretariat would make his winning runs. Reyes was grateful for what seemed like an opportunity. His

body weight low which would give the race horses a competitive edge, but Reyes was starving. The abuse increased with the winnings, there were days he was given only water and a small amount of bread; barely

over the border to gamble on their favorite horses, Reyes made a run for it. And he kept running.

His legs, and grit, eventually brought him to the Mexican-American border. The land of opportunity lay in front of him. He doesn't talk often of this day. He feels the weight of politics and judgement on his shoulders. But, he made it. He came to America. And, he could nearly be the poster child for "The American Dream." He found his older brother, who also had made it to California. Reyes got back on his feet as a young teenager, working various labor-intensive jobs before deciding to head to Denver and carve out a life near the Rocky Mountains. But, Reyes didn't make it that far.

During a snowstorm, he got stuck in a small town in Southern Utah called Parowan. With only \$40 in his back pocket and the clothes on his back, he ended up starting a life here, in the place we now proudly call home. Reyes started as a farm laborer for a Sheepman, and then worked for others who played a pivotal role in his success; including Senator Dennis Stowell, and eventually Hal Mitchell.

Reyes became a son to Hal, and would one day take over his farm and ranch because of his dedication and love for the Mitchell Family and the true opportunity they gave him. Reyes now owns his own herd of cattle, manages the land and animals in honor of the late Hal Mitchell, and owns a meat shop, Dry Lakes Ranch Beef, alongside his wife. They raise premium quality beef cattle and are locally and Nationally Ranked.

Reyes has focused his life on helping others, and especially youth. He gives tens of thousands of dollars and all the opportunities he can muster to children who are without. He's a proud American Citizen and continues to stay up-to-date with current politics and policies. He knows the blessing that comes with being in the United States of America, and will take every opportunity he gets to share his knowledge and hard-earned experience with others. He is an American Cowboy.



COURTESY CARBALLO FAMILY

"With only \$40 in his back pocket and the clothes on his back, he ended up starting a life here, in the place we now proudly call home."

world soon became filled with fast horses, screaming crowds, airplanes taking him to the next racetrack, and also some very sad and helpless times.

His uncle was trying to keep Reyes'

enough to give him the strength to ride. He knew he had to escape. Before a big race in Tijuana, his uncle was occupied with the thousands of California racehorse fans who poured

Business burglars still at large

from Admin. Sgt. Justin Ludlow

CEDAR CITY POLICE DEPARTMENT

Last Thursday, the Cedar City Police Department started a burglary investigation.

The three businesses involved were Denny's, Frijoles and Frescas and Artic Circle. There was also a burglary that happened in Enoch that is believed to be connected.

The motive and behavior are the same in all 4 burglaries. There was forced entry made into the business and forced entry into their safes. Each business reported missing cash with unknown exact amounts but near \$1000-\$2000 estimated.

Several hours have been spent by detectives gathering video evidence. At this time, the suspects have not been identified. If you recognize the suspects in the photos and/or have any information in this case, please contact the Cedar City Police Department 435-586-2956.



Security camera's captured photos of the suspects at large during last week's crimes at local businesses.



PHOTOS COURTESY CEDAR CITY POLICE DEPARTMENT

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Southern Utah University

Two new VPs join SUU's administration

by **Nikki Koontz**

SUU MARKETING COMMUNICATION

Southern Utah University President Mindy Benson announced today the appointment of two vice presidents to serve as part of the University's executive team. Dr. Mary Pearson will serve as the new CFO/Vice President of Finance and Tiger Funk as the University's first Vice President of Operations. Both Pearson and Funk are longtime employees and alumni of SUU and bring a wealth of experience and institutional knowledge to their positions. They will begin their new roles on August 1.

"I am thrilled to welcome Mary and Tiger to the President's Cabinet. Their expertise, leadership, and dedication to our institution will help SUU continue to thrive," said President Benson. "These two positions will serve the unique needs of our campus community and help us better fulfill our mission to transform lives through education."

Dr. Pearson has been serving as the Dean of the Dixie L. Leavitt School of Business since 2017. As Dean, she led the school through a significant increase in student enrollment, expanded program offerings including the MBA program, data analytics, entrepreneurship, and professional sales, and deepened alumni and industry connections. Prior to becoming dean, Pearson was a professor of accounting at SUU for



Mary Pearson

"Their expertise, leadership, and dedication to our institution will help SUU continue to thrive"

Mindy Benson, SUU President

17 years. She is also a certified public accountant (CPA) and has her own financial firm with clients across the United States.

website at www.wattsmart.com.

Among the top energy-saving recommendations for summer are:

Set the thermostat as high as comfortable; for example, 78 degrees or higher when at home.

Tune-up air conditioners each year. Clean/replace filters monthly.

Operate the clothes dryer and dishwasher at night.

Prepare meals that do not require the oven.

David Eskelsen (PacifiCorp)



PHOTOS COURTESY SUU

Tiger Funk

Tiger Funk has worked at SUU for 17 years and is currently the

Assistant Vice President for Facilities Management overseeing all of the university's facilities operations, leading master planning efforts, and managing capital development projects. His leadership has been instrumental in the completion of many new campus buildings notably the Beverley Taylor Sorenson Center for the Arts, Leavitt Business Building, and most recently, Bristlecone Hall.

In this new expanded role, Funk will continue to manage facilities in addition to fleet operations and parking services, enterprise risk management and campus safety including the SUU Police Department. Safety remains a top priority for the administration and Funk and his team will lead out on developing and implementing a comprehensive approach to campus safety and emergency planning for the institution.

POWER

« CONTINUED FROM PAGE 6

summer peak season," said Mansfield. "We have simple tips, programs and incentives for customers to increase their energy efficiency at home and in the workplace, particularly during the summer months. These steps save money for customers and help ease the stress on the electric utility system." To see a full list of energy-saving tips, visit the company's

SUU MICHAEL O. LEAVITT
Center for Politics & Public Service

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**CEDAR CITY COUNCIL
PRIMARY ELECTION DEBATE**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**TUESDAY
JUL. 31**

GREAT HALL
AT SOUTHERN UTAH UNIVERSITY

**MEET & GREET
5:30 PM**

**CANDIDATE DEBATE
6:00 PM**

To be STREAMED LIVE on Facebook
Submit questions via Facebook page:
MICHAEL O. LEAVITT CENTER FOR POLITICS & PUBLIC SERVICE

showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

Quite the questions came about during a conversation on the road with some school teachers, enjoying the summer as only school teachers can. "What do you intend to do with the remaining days of vacation?" The response, "As little as possible." Another response, "Some extra cleaning to get ready for those days of dusty window blinds, you?" "I will make stuff."

"I want to get up every day and think about what I want to make that day. A fancy cake, a quilt block, a refinished piece of furniture, a do-over on the pictures on my wall. You know: make stuff."

Later that afternoon, as we left some cliff dwellings and a museum in Manitou Springs, Colorado, I was reminded again of the universal desire to create something beyond just the utilitarian. The expected life span of an Indian mother a thousand years ago was thirty-five. She raised her family in a room about eight feet by nine feet. The room was entered by a small door with a very high threshold to keep her babies from crawling out and falling over the edge of the cliff. She would have spent her days providing basic needs of food and clothing for her family, caring for children and older family members.

In the museum were some artifacts recovered from the time period, including some baskets and kitchen utensils. I was struck by the fact that the baskets were not just plain woven containers for grain; they were decorative designs woven into the body of the basket with different colors of material making repeated patterns. As difficult as her days must have been, she took the time to add beauty to her life. I hope such artistic effort brought her some satisfaction; I hope someone appreciated her work. She needed to make pretty stuff.



Another day, in a lovely room enjoying high tea, I was struck by the beauty of the individual tea pots on our table. I know they weren't hand painted, but the designs were individual, beautiful—birds, plants, flowers, creative work that was not strictly necessary to convey our tea from the kitchen to our table. The effort of the artist was just to please our eyes, to make us look a little closer at the art in front of us.

And surely Mother Nature is the

THE DESIRE TO MAKE

Beautiful Stuff

Beautiful Cliff Dwellings built in Manitou Springs, Colorado, display "the universal desire to create something beyond just the utilitarian."



SHUTTERSTOCK

"The effort of the artist was just to please our eyes, to make us look a little closer at the art in front of us."

ultimate artist. At the top of Pike's Peak, 14,000 feet high, I spotted an exquisite insect. It was cold up there, and after forty minutes at that elevation, we developed headaches and fuzzy thinking. But Mother had designed something beautiful for such a harsh environment. An inch

and a half long, it had numerous antennae waving about, and the most lovely diaphanous wings. In front were bright yellow legs that it used to carefully search for the next safe step. What was Mother's purpose in such an exquisite creation? Only one answer: to make beautiful stuff.

Join artists and musicians for July's Final Friday Art Walk

by Sara Penny

FOR IRON COUNTY TODAY

The Final Friday Art Walk on July 28, from 5 to 8 p.m., is designed to showcase our local artists and musicians. Artists set up on the lawn at the corner of Center and 100 West and along the sidewalk to the Johnson Center. The Art Walk extends from Artisans Gallery to Stone Path and on to the Southern Utah Museum of Art.

The Cedar City Arts Council coordinates the Final Friday Art Walks and there is no vendor fee. This is a family event and is free to the public. Thanks to everyone who participates. Art walks continue through September.

Walk to Somewhere is one of the

creating waves in the unisphere with vocal melodies and stylish guitar tones soaring through tube amps so beautiful they may just send a rip tide of audio large enough to shift the weather into a random rainstorm in the desert! Their original songs are rhythmic, percussive, catchy, beautiful, powerful, and easy to sing along with. Featuring the musical talents of Mike Wilson and Marci Allen and anchored by a solid rhythm section, Runaway Fire has combined their decades of experience into creating a fresh, pleasing sound that all audiences will enjoy."

Other musicians will include Village Voices at the Johnson Center, guitarists at both Artisans and SUMA, and a flute ensemble at Stone Path.

Utah Museum of Art. SUMA is offering a free art activity for all ages.

Whitney Staheli and Emily Ronquillo will have a pop-up exhibit at Artisans for the July Art Walk. Original prints and paintings and collage kits will be available.

Come and enjoy the art exhibits and live music on Friday from 5 to 8 p.m.

Musicians for July 28

The Green, lawn at the corner of 100 South Center

- » 5 to 6 Coyote Bluegrass – Westbrooks and Jim Howells
- » 6 to 7 Roice Nelson

» 7 to 8 A Walk to Somewhere (guitar and voice duo)

Stone Path, 150 West Center

» 6 to 7 Laughing Larks, flute ensemble

Johnson Center, 59 North 100 West

» Village Voices

SUMA Plaza [USF Guild booths]

- » 5 to 6 p.m. Jon Yerby
- » 6 to 7:00 p.m. Amanda Clarke and friends, violins

IG Winery

» 6 to 8:00 p.m. Runaway Fire, outside on east of building

Artisans

» 6 p.m. Peter Buis



Jon Yerby and Peter Buis will join other musicians and artists during this week's art walk event.

COURTESY CEDAR CITY ARTS COUNCIL

new performing groups. "Writing songs is one of the things that we do to have fun! Our music sounds a little 90's alternative with a slight bluesy flavor," said Ashley Wise. "We love hearing other people's original songs and are enjoying the creative process. We met in high school and have been together ever since! We have six kids, two dogs and some chickens and are expecting our first granddaughter in August! Life is a journey!"

Runaway Fire will be at the IG Winery. Band bio thanks to Ian Shaw: "The world has a new original rock and roll band: Runaway Fire is

Returning musicians include Coyote Bluegrass and Roice Nelson.

Many artists including the Quilt Guild and visual artists will have displays on the grass by the Leavitt Building at the corner of 100 West Center. The Orchestra of Southern Utah will have season information and tickets available. "The season tickets give you guaranteed seats to the Messiah Concerts," said Rebekah Gonzales, OSU Manager. You can also join the Arts Council or renew membership at this location.

The Utah Shakespeare Guild will be having their Christmas in July event on the Plaza at the Southern

Cedar City

Arts

Council

RELENTLESS ARTS ADVOCACY

Cedar City Arts Council promotes local arts events and provides opportunities for area artists. We appreciate support from the Utah Division of Museums and Arts as well as the local RAP tax, and NEA. Memberships and other sponsors are also crucial to our mission.

Let us know about your arts events and we will help share.

YOU ARE INVITED TO PARTICIPATE IN CEDAR CITY ARTS COUNCIL EVENTS:

- FINAL FRIDAY ART WALK** on last Friday of the month from June through Sept. from 5 to 8 p.m. from Artisans to SUMA along Center Street. Free art displays and live music
- FALL ARTS & PHOTO CONTEST** for students with Livestock Fest
- PUBLIC SOCIALS** to connect the community with local artists, arts organizations, and arts educators
- MINI-GRANTS** to build our arts community. Applications due August and February
 - Promoting local artists of all ages and in all mediums
 - Literary group book discussions
 - Receive a monthly arts newsletter with membership

<https://www.cedarcityartscouncil.org>
QUESTIONS? cedarcityartscouncil@gmail.com

ARTS UPDATES: Facebook, Twitter, & Instagram #cedarcityarts



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Everett
Turner-
McCool teaches
budding artists
how to draw a lion
during an event at
the Johnsons Art
Center.



PHOTOS BY COREY BAUMGARTNER

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SUMMER PHOTO CONTEST

Winning photos will be
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of Color Country Magazine!

PHOTOS
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AUG. 14

Complete contest details/rules & enter your photo at [IRONCOUNTYTODAY.COM](https://www.ironcountytoday.com)

CLASSIC CARS & CLASSY PEOPLE

Car Club brings joy to Cedar City Stonehenge

by Ruth Scovill

FOR IRON COUNTY TODAY

The Cedar Breaks Model A and Vintage Car Club has taken on a service project of visiting different assisted living centers in the area and spending the afternoon with the residents and sharing their beautiful cars and friendship.

During last week's visit to Stonehenge of Cedar City, the weather was perfect, sunny and calm. The residents of Stonehenge and other friends who had come to join in enjoyed visiting with each other and admiring the classic cars.

Mel Basford, President of the Club talked about how restoring these cars is a labor of love and that being part of the Club also provides camaraderie. "The car club members are great people who enjoy each other's company," he shared.

Jim McConnell, the owner of a 1957 Belaire, told the story about how the car had originally belonged to his father, who bought it brand-new from Bradshaw Auto in Cedar City. The owner of a 1991 Nissan Figaro told about how she had bought her car from a man who had imported them and then stockpiled them into a warehouse until they gained in value as collector's items before he sold them.

It was also discovered that most of the owners had always enjoyed tinkering with cars and working on these antique cars was kind of an extension of what they had been doing their whole lives.



Several Stonehenge residents enjoyed the classic cars up close along with a meet and greet with the owners.

family

Reel in a memory

Fishing is a rite of passage for kids. It's an opportunity to connect with nature and bond with family members while creating lasting memories. As a parent, on the other hand, fishing with kids is a prime opportunity to absolutely lose your mind!

The sport traditionally calls for peaceful patience, which any parent knows is near-impossible to achieve with little ones nearby. Put the two together and you have a recipe for fishing failure.

My family has attempted this combination enough times that we have learned how to set the stage for an enjoyable experience! The following are a few tips to help simplify the complicated nature of fishing with the family.

Anticipate your needs:

If there's one thing you can count on it's that kids will get hungry. In previous years I have packed a massive ice chest full of lunch meat, cheese and various condiments for sandwiches. I would constantly be strapping a kid in a stroller or car seat to prepare snacks and hand out sandwiches.

This year I thought smarter rather than harder. I downsized the ice chest and bought prepared deli sub sandwiches from Walmart. At just under \$7 these subs come with condiment packets and are large enough to feed several people. My husband and I split the Italian Hero and all four of our kids split a ham and cheese. This also

eliminated the amount of clutter we were dealing with while juggling bait and tackle! In addition to the sandwiches, we packed juice boxes, a bag of chips and frosted animal crackers.

Not only does this simplify the amount of tasks we're faced with while casting a line, it eliminates the amount of work there is to do after we get home and unpack from our fishing adventure.

Think ahead:

Lake environments create a lot of irresistible temptations for little kids that are incredibly detrimental

mom's CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



to fishing. If you're planning to drown your worms during the evening feeding frenzy, it's wise to show up at least an hour early to a shoreline different than the one you intend to fish from. Turn the kids loose to throw as many rocks as they want! Let them splash and sing and yell. Explain that now is the time to play before its time to get serious about reeling in a whopper.

Lower your expectations:

When it's time to bait the hook,



SHUTTERSTOCK

remind yourself that regardless of how

many story worthy trout you've caught in the past, this trip is for the kids. Any size fish is a big deal and a total success! Your goal is to create a love of the outdoors and a memory worth recreating year after year. (Not to mention bragging rights at school).

Pack pajamas:

My final tip is the best way to smooth the end of your adventure. Everyone is exhausted and the last thing parents want to do is wake up

sleeping kids to change into PJs when they arrive home.

At minimum, pajamas will be an excellent way to help the kids get comfy for the drive home. In reality, at least one of them will be getting wet and/or filthy and need a change of clothes before then. Better to prepare for the worst!

Combine these lessons learned with a few of your own and grab a rod and reel before your kiddos head back to school this fall! You won't regret the time spent together, regardless of the size or number of fish caught.

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calendar

Due to an unforeseeable printing error, the dates in last week's issue were not printed. We have received assurance from our print provider that steps are being taken to avoid such errors and we apologize for any confusion it may have caused.

THURS, JULY 27

INTERN DAY

62ND UTAH SHAKESPEARE FESTIVAL – THE Festival also offers a FREE nightly Greenshow (summer) at 7:10 pm, backstage tours, seminars, and play orientations. INFO/Tickets: 1-800-PLAYTIX (752-9849) or visit www.bard.org.

SIMONFEST THEATRE CO. @ HERITAGE Center Theater (105 N 100 E, Cedar). Matinee (2pm), and evening performance 7pm). INFO/ Tickets www.simonfest.org or 435-267-0194.

CEDAR BREAKS STAR PARTIES (6:30pm-11pm, Fri, Sat, Sun). @ Cedar Breaks National Monument North View Overlook (Hwy 143). Park admission fee \$10 per person or National Parks Pass. INFO: 435-986-7120, www.nps.gov/cebr.



FRI, JULY 28

SOCCER DAY

NATIVE GOODS MARKETPLACE (10-2PM) @ Utah Paiute Housing Authority parking lot (565 N 100 E, Cedar). Farmers market event where you can buy goods, food and hand-made items.

PAROWAN SCAVENGER HUNT (10-5PM) @ the Parowan Visitor Center (5 S Main St, Parowan). Come any time between (10-5pm) on Fridays June-July. Get riddles/clues to find objects all over Parowan. Return to pick a treasure from the chest! INFO: 435-477-8190.

SUMA: CREATE PLAYDATE (10-11AM) @ SUMA (13 S 300 W, Cedar). A special free 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.

CEDAR STREET FEST (EVERY FRI 3-10PM) @ Cedar Fun Center (170 E Fiddlers Canyon Rd, Cedar). Local businesses, farmers markets, artisans, musicians, comedians, drive-in movies, etc. for a weekly celebration of Cedar City's unique culture. INFO: www.cedarstreetfest.com.

FINAL FRIDAY ART WALK (5-8PM). WALK along Main Street and University Blvd where artists, vendors, and musicians will be set up. During your walk, be sure to make your way to SUMA for live music and an art activity in the classroom.



PAROWAN JULY CONCERT SERIES (8PM) @ Parowan City Park (Main & Center). FREE, open to everyone. Bring a chair or blanket and your family and friends. INFO: 435-477-8190.

SAT, JULY 29

CHICKEN WING DAY

SWEET PEA FARM BREAKFAST (EVERY SAT, 8-Noon) @ Sweet Pea Farm & Orchard (136 S 600 W, Parowan). INFO: 435-531-6461 or sweetpeafarmandorchard.com.

CEDAR CITY FARMERS MARKET (9AM-1PM) @ inside IFA (winter) (905 S Main St, Cedar). FREE. Farmers, food, and artisans. Drawings, bingo, and more! INFO: Facebook, Cedar Saturday Market, or Nancy 435-463-3735.

FESTIVAL CITY MARKET (9AM-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.

LABYRINTH WALK (12-2PM) @ ST. JUDE'S Episcopal Church (70 N 200 W, 1 block north of W University Blvd). No Charge. Largest indoor labyrinth in Utah. Replica of the Chartres Cathedral's labyrinth ca. 1200 A.D. Special guest facilitator Celeste Lasich, current interim pastor at Comm. Presbyterian Church. Available to anyone, regardless of faith tradition. Please allow 40 minutes for your experience. INFO: Anne 702-539-3400.

MOONWALK & 5K RUN (9:30PM) @ 1120 W Greenslake Dr (LDS Church parking lot, Cedar) along the East Bench Trail and will finish at West Canyon Park. Shuttle Service included w/reg. If you like to walk or run at night and howl at the moon. Live music, moon pies, bounce house, photo ops, out-of-this-world fun. INFO: 435-865-5108. Registration available at raceroster.com. Proceeds benefit Iron County Care & Share.

SUN, JULY 30

CHEESECAKE DAY

"DON'T JUDGE EACH DAY BY THE HARVEST you reap but by the seeds that you plant." Robert Louis Stevenson

MON, JULY 31

HARRY POTTER B-DAY

NEW PICKLEBALL COURTS (10AM) @ Bicentennial Complex (660 W 1045 N, Cedar). The Cedar City Leisure Services Department announces grand opening of the city's first pickleball courts! Eight brand-new courts unveiled with brief ribbon-cutting ceremony with Cedar City Mayor and other community leaders and pickleball players.

MAYOR'S ART GALLERY @ CITY HALL (10 N Main, Cedar). See 40 traditional and digital professional works of art by Lester Yocum, of Enoch, UT, and Steve Decker. Come enjoy these internationally-awarded large-scale prints and originals. Many for sale. Through August 31.

CEDAR BREAKS WILDFLOWER FESTIVAL (9-5pm Daily) @ Cedar Breaks National Monument (Hwy 148). Self-guided hikes focusing on the wildflowers, how to identify them, and much more. Park admission fee \$10 per person. INFO: 435-986-7120 or www.nps.gov/cebr.

MESSIANIC DANCE WORKSHOP (4PM) @ Cedar City Library (303 N 100 E). Learn easy and fun ancient Judeo-Christian dances. INFO: 702-460-2317

TUES, AUGUST 1

SPIDERMAN DAY

CHILDREN'S STORY TIME (TUES, 10-11AM) @ Frontier Homestead State Park Museum (635 N Main, Cedar). Admission FREE. A ranger reads a fun frontier-themed story along with a corresponding take-home activity. Recommended for preschool-aged children.

PEACE CORPS VOLUNTEERS (5-7PM) @ CEDAR City Library (303 N 100 E). Join us as we share stories, learn about service from returned Volunteers, and celebrate those preparing to depart for assignments overseas. INFO: Lauren Willie lwille@peacecorps.gov 801-900-8037.

WED, AUGUST 2

COLORING BOOK DAY

YOUTH SERVICE LEAGUE (YSL) MEETING (3:30-4:30pm) @ Cedar Visitors Center Conference Room (581 N Main). Opportunity for youth between the ages of 11 - 18 to volunteer in making a positive difference in our community. Volunteer hours look great on college applications.

MIDVALLEY FARMERS MARKET & ARTISAN FAIRE (4-7PM) @ (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 while you watch the sunset. a Project of The PEACE Guild – Text: 435-704-6916.

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.

PICKLEBALL LEAGUES (WED, THURS). Pre-reg Req. See signs at new Cedar City Pickleball Courts (Bicentennial Park) or INFO: cedarcitypickleball435@gmail.com. On Facebook at "Cedar City Pickleball League and Tournaments". All ages and skill levels!



THURS, AUGUST 3

CYCLE TO WORK DAY

HISTORIC UNION PACIFIC PHOTOGRAPHY EXHIBITION (1-7pm, Closed Sundays) @ Randall L. Jones Theater (50 S 300 W, Cedar). Approx. 70 historic photos chronicle the Union Pacific Railroad in Cedar City and Utah's National Parks.

FRI, AUGUST 4

SUMA: CREATE PLAYDATE (10-11AM) @ SUMA (13 S 300 W, Cedar). A special free 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.

SAT, AUGUST 5

PAROWAN CITY HALF MARATHON (7AM) @ Yankee Meadow Reservoir. Shuttles take participants to the start. No private vehicles allowed. (Reg \$65). REBEL 5K race (7am) @ Iron County Fairgrounds. (Reg \$25). YANKEE DOODLE DASH (10am) Children's race @ Iron County Fairgrounds parking lot (Reg \$15). INFO: www.parowanhalf.com or Parowan Visitor Center 435-477-8190.

SAT, AUGUST 12

MISS IRON COUNTY & TEEN COMPETITION (1pm) @ Canyon View High School (166 W. 1925 N. Cedar). Tickets at the door. (\$5) Ages 4-13 & Seniors. (\$10) Adults.

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. Veterans invited to learn about benefits, opportunities and 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 Room)

DAR – Bald Eagle Chapter

2nd Sat, 10 am • Cedar City 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. Roger Shurtz for mtg. info. Everyone welcome! (435) 590-2896

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

(435) 635-3603 • www.utahaa.org. Helpline: John (702) 802-1332, Kara (702) 232-6829 KKC 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

Women's Meeting • Sat, 10:30 am

My Story • Sat, 8 pm

Thank God it's Sunday Spiritual • Sun, 11 am

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

Al-Anon

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

Al-Anon • 1st, 3rd Tues, 7-8 pm • Call for info: (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. Contact 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 City, Rm. 102 – LDS bldg. Back entrance. 435-218-9578

Caregivers

1st Tues, Noon • Five County Aging Offices, 585 N Main, Ste. 1, Cedar City
3rd Thurs, 6:30-8:30 pm • Johnson Arts Center (59 N 100 W, Cedar). All levels of the caregiver's journey from pre-caregiving to bereavement and rebuilding welcome. INFO: Kat at 702-292-9911.

Celebrate Recovery

Fri, 6:30 pm, starting July 7, 2023 • Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, info@sonrisechurch.net, sonrisechurch.net.

Helproom

Fri, 2-3 pm • Free online support group for survivors of Domestic Violence, Sexual Assault. Safe to communicate, feel supported, 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 KKC 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 (Small room)

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

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

Porn Addiction Recovery for Men

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

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.

Bingo & Lunch

Fri, lunch @Noon, Bingo @1:15. Free for Seniors @ Our House Assisted Living (995 S Regency Rd, Cedar). INFO: 434-867-0055.

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, next to Enoch City Business office. Text Sheila Shaw 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 City Public 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 435-559-211.

Explorer Bible Club

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

Folk Dancing Class

1-2 pm • Cedar Senior Center (489 E 200 S). Come to your first International Folk Dancing Class! Teaching included. Easy to learn, fun, free for all ages. (626) 808-6129

Hey Cedars Square Dance Club

Wed 6-7:30 pm (Beginners), Dancing 7:30-8 pm • Cedar City Aquatic Center (2090 W Royal Hunte Dr). All former square dancers invited. INFO: Call/Text Neil Mattson 909-477-9795.

International Folk Dancing

Fri, 1-2 pm • Cedar City Senior Center (489 E 200 S). Free. All ages welcome. Teaching included. INFO: (626) 808-6129

Iron County Moms For America

2nd Thurs, 7pm Help heal our nation, keep liberty alive in your heart & home. INFO: Kami Merrill 435-592-4152 or email: ironcountymoms4america@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 signup: Parowan Visitors Center 435-477-8190.

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 W 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 • Stahl West 600 N. Airport Road, Cedar • Preserve Constitution, Republic, voting laws, medical freedom, education, 1st & 2nd Amendment Rights, ed. on CRT & boarder illegal immigration, local/county/state 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, PW: health, Info: Kristi Sharp (435) 986-2564, ksharp@swuhealth.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.

To add your ongoing opportunity to our calendar, call 867-1865, ext.6 or email news@ironcountytoday.com

Press stop to begin

the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



No matter their area or arena, the wear and tear on leaders, emotionally, physically, spiritually, is a constant battle to balance everything on their plate and shoulders, while also trying to balance their own personal lives, so they can continue to not only lead but do so happily and healthily.

Too often, this wear and tear go unnoticed and unrepaired, which happens when a leader focuses more on those they lead than their own needs.

While appearing valiant, their efforts are in vain as this forging leads to not only forgetting themselves, but forsaking their own needs, often causing problems that will eventually spill over and damage their areas of leadership.

As a leader, you may think your first responsibility is to your business—your employees, students, children, etc. But if you don't take care of yourself, first and foremost, you are doing you and them a disservice because you will not be as attentive or capable of being the leader, protector, provider they need.

Applying this personal leadership principle is more than the old airline wisdom of placing your oxygen mask on yourself first before assisting others. Even with the best intentions, sometimes those others may misunderstand and misjudge you for not putting them first in certain moments.

Putting yourself first is not selfish as much

LEADERSHIP 101.23

as it is being a wise steward of that which is entrusted to you.

How do you learn to put yourself first, or even begin to rest and reset your emotions, spirit and body for your next battles? In video games it's easy to star over—hit the reset button. Immediately you receive full health, energy, supplies, etc. Not so easy in the real world, right? Do leaders even have Reset Button equivalents? The best one I have been able to find (though harder to push) is the Rest Button, or the Pause Button.

When a leader is caring, carrying and doing so much, they may not see these buttons, or even have a free hand to push them. Because often when they remove one thing from their plate, another chore or challenge immediately takes its place.

Therefore, I think the button that needs to be pressed before the Rest, Reset Buttons is the Stop Button. How can/do you stop when you've got so much going on? What about all the momentum, progress you're making? Stopping seems contradictory and chaos causing. Perhaps the real question and concern is, how do you get going again once you stop?

Because is it the stopping that is the true difficulty, or the starting?

Today, make time to stop. Don't worry about the consequences or ensuing chaos. It will get easier with practice and you will not only learn to discern when and how to stop, but to trust that you will not only be able to get going again, but be able to do so with a refreshed perspective, directive; more energy and enjoyment once you press Play.



SHUTTERSTOCK

FAMILY HISTORY CORNER

Family History can be a precious part of your legacy no matter your age or experience. Here are some great ideas to help you get started on writing your own story that will become a foundation of inspiration for your posterity for generations yet to come.



RUTH SCOVILL
CONTRIBUTOR

Heroes

- » What is the definition of a “hero” to you?
- » What “heroic” qualities do you admire in other people?
- » What “heroic” qualities do you have, or want to have and share with others?
- » Who are your “heroes” that have had the most influence in your life? (Friends, family members, teachers, mentors, colleagues, etc.)
- » How have you incorporated their influences into your life?

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finances

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from Assoc. of Mature
American Citizens

FOR IRON COUNTY TODAY

How do I withdraw my application for Social Security?

Dear Rusty: I will be 67 next month and reached my full retirement age in July 2023. My wife and I are discussing whether we should take Social Security now or wait until we are age 70 to get a higher benefit. I remember reading that you can start Social Security and, if not needed, pay it back within a year and then "reset" to get a higher benefit by waiting longer. Please describe the steps of this process to take now and repay the year's benefits if we do not need them. Signed: Uncertain

Dear Uncertain: Well, to exercise the so-called "do over option" (which is essentially withdrawing your application for benefits), you need to contact Social Security (1.800.772.1213 or your local SS field office) and request that your application for benefits be withdrawn. You can also download and complete form SSA-521 and deliver the same to your local Social Security office. You can get that form at this link: www.ssa.gov/forms/ssa-521.pdf.

This "do-over option" is only available within 12 months of the date you submit your application and can only be done once in your lifetime. If you use it, you will be required to repay Social Security for all payments made on your behalf, including not only your monthly payments but also any income taxes you had withheld, and any Medicare premiums which were withheld from your monthly payments (Social Security will inform you how much you must repay).

Once the repayment is made, it will be as though you never applied for benefits, meaning your benefit amount will be higher when you later re-apply (which would also be the case if you simply didn't apply – your benefit entitlement continues to grow until you claim, up to age 70 when your maximum SS benefit is attained).

However, I suggest you consider whether you really need to withdraw your application. Be aware that since you've already reached your full retirement age (FRA) you can claim now and, if you later decide you don't need the monthly SS money, you can simply temporarily suspend your benefit payments to avoid repaying Social Security everything they've already paid to you and on your behalf (you don't need to formally withdraw your application). By simply suspending (and not withdrawing), your benefit amount will start growing again with each month your benefits are suspended (about .67% more for each month you do not get benefits) and you can keep everything you've already received to the point you suspend your payments. To suspend your payments just call Social Security at the number provided above and tell them you wish to suspend your benefits and grow your payment amount. While you can only use the withdrawal process once in your lifetime, you can temporarily suspend your benefit payments multiple times if necessary.



RUSSELL GLOOR
SOCIAL SECURITY
ADVISOR

temporarily suspend your benefit payments to avoid repaying Social Security everything they've already paid to you and on your behalf (you don't need to formally withdraw your application). By simply suspending (and not withdrawing), your benefit amount will start growing again with each month your benefits are suspended (about .67% more for each month you do not get benefits) and you can keep everything you've already received to the point you suspend your payments. To suspend your payments just call Social Security at the number provided above and tell them you wish to suspend your benefits and grow your payment amount. While you can only use the withdrawal process once in your lifetime, you can temporarily suspend your benefit payments multiple times if necessary.

This article is intended for information purposes only and does not represent legal or financial guidance. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us, ssadviser@amacfoundation.org.

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business

Events attract tourism, tourism attracts transformation!

Communities are like homes; one would never build the house upon the sand expecting it to last very long. You would build upon a firm foundation assuring the house is steady and strong for a long time. Building a community is no different, always build on a solid foundation.

Once the foundation is in place, what are one of the next steps? I would suggest tourism needs to be front and center. Why? Without new visitors to your community, regardless of the new businesses, start-ups, and rehab projects, you are simply sharing the same amount of dollars in the same-sized pie. When you grow tourism, you generate new dollars increasing the size of your community financial pie.

Here is a simple tourism attracting event nearly any community can implement that grows both local and regional tourism, creating the dollars that flow with it. This event strategy not only works in growing tourism, but it also enhances revenue, excites the locals, and pull a community together.

First, search your community for events and activities already in place. This can be a farmers market, 5K run/walk, auto show, holiday activities, community garage sales, and the list goes on. Work with organizations running these events and convince them they need to hold their events on the same day each month, let's say the first Saturday of each month. Next, hold all the events in the same location. I would suggest in your downtown area if you have adequate space. Your downtown needs to be the window into your community, this is a great opportunity to create that.

What is the reason for having all the events in the same location? Very simple, these events by themselves may only draw a few hundred participants or visitors, but when holding the events together, you now have 4-5 events with their few hundred participants each in the same location at the same time which now grows to an event with over one thousand participants

cross-pollinating each other's events.

From there, canvass the community for even more events to add. Here are a few ideas. Have a local bar sponsor a monthly cornhole championship. Have the local media company promote a local garage sale where everyone sets up at the event. Have a local yoga class conducting their class at the event. Have the local medical facility promote a community-wide walk for health. Have a local bike club? What a better place to start and end a bike-ride. Bring in local food trucks. Have the local pet home have an adopt-a-pet day. Bring in and create as many events as possible that become a subpart of the major event. Once you have 10-12 mini-events each bringing their few hundred participants to the same place, at the same time, you will have a couple thousand people or more.

This is where the fun begins. Events such as these attract outsiders. They also attract potential sponsors as potential sponsors are always looking for events that draw as many people as possible. Bring thousands together and you will attract sponsors. With thousands of participants and sponsors coupled with promotion from the media, you now have the needed ingredients to attract tourism as people travel for these larger types of events. Doing this you will begin to grow the community revenue base through tourism. When implemented in the right way, taking the right steps, events will rejuvenate your community, grow tourism, and propel your community to greater heights.



JOHN A. NEWBY
COLUMNIST

"Once you have 10-12 mini-events each bringing their few hundred participants to the same place, at the same time, you will have a couple thousand people or more."

John Newby, Pineville, MO. is a nationally recognized publisher, community, business & media consultant, and speaker. He authors "Building Main Street, not Wall Street," a column appearing in 50+ communities. The founder of Truly-Local, dedicated to assisting communities create excitement, energy, and combining synergies with local media to become more vibrant and competitive. His email is: info@Truly-Localllc.com.

obituaries

Lorna (Shumway) Wiser



Lorna Wiser passed away July 20, 2023, one week after her 93rd birthday. She was born on July 13, 1930, at her family home in Franklin, ID, to Earl Hymas and Thelma (Perry) Shumway. She was the fourth of 6 children: Fern, Mark, Beverly, Lorna, Perry and Wayne. She spent her childhood living on their dairy farm nestled at the base of "Rocky Bench" in beautiful Cache Valley.

She later attended and graduated from North Cache High School, in Richmond, UT. It was during that time, she met her future husband, Dee, who had just returned from serving in WWII. He began calling her "Peaches", saying it was because she was so sweet, and she was. They dated for 2 years and were married on August 11, 1948, in the Logan Utah Temple. They lived in Logan, Salt Lake City and Richfield, UT prior to purchasing a farm and moving to Washington State. Lorna worked at a bank in Quincy, until the time they were blessed with the first of 4 children, which they raised in Ephrata.

Lorna had a lifelong love of music. She played the piano, the organ, the accordion, the harmonica and sang. She loved children and enjoyed teaching piano lessons for many years. From the time she was a teen, until she was 92, she was almost continuously, either the church organist or chorister. She and 3 friends, all wives of farmers, formed a quartet and performed all over the Columbia Basin in Washington state in the 1960's. They were known as the "Farmerettes".

Lorna was not afraid of fun or work and seemed to have endless energy. She and Dee designed and built a new home on their farm in Ephrata, WA. She loved gardening and looked forward to planting flowers and a garden every spring. Each year she bottled beautiful peaches, applesauce, pears, apricots & jams. She froze corn, peas, raspberries, strawberries and more. She kept a tidy home and yard, fixed 3 sit down meals for our family EVERY day, and the family NEVER ate a meal without a tablecloth. Over the years, she made endless batches of delicious home baked bread, cinnamon rolls, yummy homemade ice cream and the best french-fries from the potatoes grown on our farm. She was up at the crack of dawn and even drove truck during the potato and sugar beet harvest. Always with her make up on and her hair done to perfection. She was the prettiest little truck driver you'd ever see. She was a great seamstress and could make just about anything. Often-times without a pattern.

Lorna was a worrier. She cared deeply about the well-being of the people in her life. So, if she knew you, she probably worried about you. She was a loyal, fun, and adventurous, loving mother, grandmother and wife who was a dedicated member of The Church of Jesus Christ of Latter-day Saints. She was a temple worker in the Logan Utah Temple. Her impact was great, she lived a good full life, and will be missed. But we know she is having a wonderful reunion with her sweetheart.

She was preceded in death by her husband of 68 years, Dee, and son David. She is survived by her children, Joleen (Tom) Comstock, Perry (Dawn) Wiser, and DeAnn (Todd) Keppler, as well as 11 grandchildren and 15 great-grandchildren.

The family would like to express our deepest thanks to the many loving caregivers and friends who have helped to brighten Lorna's sunset years.

A viewing will be held on Saturday, July 29th, from 11:00 - 11:45 am, followed by a funeral service at 12:00 pm in the 8th Ward Chapel, 155 E. 400 S., Cedar City, UT, 84720. Interment will be in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences may be left at www.mortuary.org.



faith

Not home yet

In this journey we call mortality, we're each trying to find our way home. Some are on different roads, with different vehicles, different pursuits and different destinations. And the roads, no matter how straight and how good of a driver we are, can still be full of potholes, rocks and obstacles to learn avoid and seek repairs from.

And no matter how many straight and crooked paths there are in life, we will encounter those who don't know where "home" is, let alone believe that a good, healthy, happy home even exists, or that there is a God who loves them. Thus, we must temper our caution and condemnation with compassion as we are reminded that there are some "who are blinded by the subtle craftiness

of men and who are kept from the truth only because they do not know where to find it." And if we truly believe that Christ died to save each of us—to bring us home—then our greatest calling in life is not to judge and grudge, but to love and lead.

No, this doesn't mean that we turn a blind eye to or tolerate evil in any form. Just because Jesus ate with sinners, it doesn't mean He joined them in their sins, or pretended like they didn't exist. He ate with them to remind them that He still loved them. That they were still God's children and were not forgotten or forsaken. Line upon line, He was loving them back to life.

I wonder how many of us feel worthy enough to sit next to Jesus at His table, let alone have Him come into our homes and eat at our tables? The point isn't even about the table, or the meal, it's that He loves each of us enough to meet us where we are, no ifs ands or buts.

Whether it's on a mountaintop or dark valley, in a pew or the gutter, He'll be there to help each of us.

And when He says, "Come follow me" He doesn't just mean with our feet, but with our hearts. He wants us to feel what He feels. He wants us to learn to see and to love people as He does. How? By loving one another (John 13:34-35). This new commandment goes beyond just tolerating travelers. It's also about serving the swerving and loving the lost, no matter who or where they are. This kind of love is not just hating sin and loving the sinner. It's understanding that we have all fallen short and we all

need a helping hand and heart, whether we realize it, accept it, or not. It means that we continue to reach out in love and compassion to everyone. It means we find a way to lead through love, not shove someone back into His light.

One more thought for the journey home. As I have endured my own valleys, shadows and prodigal pigpens, I find hope and encouragement from the Parable of the Lost Sheep (Mathew 18:10-14). Jesus, our Savior and Shepherd, leaves the ninety-nine "righteous" sheep who aren't lost, to go and find the one that is lost. Last Saturday, I found another hidden gem in these verses—not for the one, but for the ninety-nine. It's an opportunity, a choice, even a calling for them to not only "Come follow me", but to "Come learn how to truly love and serve the least of these, and how to truly save a life." Today, may we each continue learning, serving and loving each other more on our way home.

GOD'S
garage

Corey Baumgartner

news@ironcountytoday.com



Finding Freedom – (Part 6)

by Edy Meredith

FOR IRON COUNTY TODAY

The western territories of the United States represented freedom and opportunity. "Thar's gold in them thar hills" was a belief that motivated the westward expansion as millions of pioneers, both American-born and immigrants from other countries, to move from the original thirteen colonies across the country travelling for five to six months along overland trails such as the California Trail, Gila River Trail, Mormon Trail, Old Spanish Trail, Oregon Trail, and the Santa Fe Trail. They were motivated primarily by freedom from cultural restraints and laws, for land, and precious metals like gold and silver.

Travelling west also appealed to millions of slaves held in bondage. However, the Fugitive Slave Acts, passed by Congress in 1793 and 1850 (repealed in 1864 near the end of the Civil War) provided for the seizure and return of runaway slaves who escaped from one state into another or into federal territory necessitating the use of the historical underground railroad to Canada where slavery was illegal. Even today American culture is haunted by the vestiges of slavery as it continues to haunt our country even today.

Several highly credible organizations exist today to fight human slavery and child trafficking: such as Operation Underground Railroad (ourrescue.org), and Free the Slaves (freetheslaves.net) because human slavery has expanded so that more humans (especially children) are held in slavery today than when slavery was legal. Human slavery is a billion-dollar industry in 2023 as children are sold internationally for sex crimes and labor violations.

Recently, Angel Studios released

the film titled "The Sound of Freedom", currently showing in local theatres across the U.S.A. which is based upon the experiences of a former Homeland Security agent Tim Ballard who worked in the Child Crimes unit for 12 years. I saw the movie recently, and I highly recommend it. It will move you to action. Unfortunately, the California Assembly Committee on Public Safety recently killed an initiative that would have significantly enhanced the penalties for the trafficking of human beings, even though the bill was approved by the California state senate with support from both parties.

To find out how Utah state legislators are doing, go to: reportcards.sharedhope.org/year2022/Utah. Other websites including one titled "What's Being Done to Stop Child Trafficking in Utah?" report that much more needs to be done to help the victims of sexual trafficking in Utah.

These child victims as well as adults are crying out to us to save them from the bondage and oppression of their lives as human slaves. We can start small by informing ourselves. If you don't have a computer please go to your local library for help. Contribute to freedom. Let's help set the captives free in small and large ways to proclaim liberty throughout all the land, setting the captives free, and making the captors pay for their crimes against humanity, praying always and contacting our local law enforcement and Utah state representatives!

Join the modern-day Underground Railroad to increase their results. Since 2013 O.U.R.'s operations and aftercare efforts have led to the rescue of over 6,000 survivors and the arrest of over 4,000 predators. They work in about 40 countries and all 50 U.S. states. Let's all step up to the plate to proclaim liberty throughout the world. Please go to the following website for additional information: www.ourrescue.org and ucasa.org.

VERSE OF THE WEEK

MATTHEW 6:11-15

"Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil..."

Before anything else, God counsels us to pray for His "daily bread." Because when we seek God first, we are in a better position to overcome the opposition of the day.

TOUTED T-BIRDS

SUU WELL REPRESENTED ON BLUEBLOODS PRESEASON ALL-UAC TEAMS

by Regan Hunsaker

ASSISTANT AD, SUU SPORTS INFO.

CEDAR CITY — The anticipation for the upcoming college football season grows as the 2023 Preseason All-UAC Team, presented by The Bluebloods, has been officially announced. Representing all nine teams in the conference, a total of 66 talented athletes have been selected, with Southern Utah Athletes earning well-deserved recognition on both the First and Second Teams.

Coach DeLane Fitzgerald said, "With preseason All-Conference and All-American teams, it is a prediction and there is some guessing that is involved. This particular preseason All-conference team should motivate our players that were named and motivate our really good

First Team Offense:

OL: Lyle Santos

First Team Defense:

LB: Kohner Cullimore

Second Team Offense:

QB: Justin Miller

Second Team Defense:

DL: Payton Payne
LB: Aubrey Nellems
LB: Trent Whalen

Second Team Special Teams:

AP: Isaiah Wooden



COURTESY SUU

players that were not named even more. In my opinion, we have four or five good football players that were left out.

The representatives from Southern Utah have showcased their exceptional

skills and commitment to the sport, securing their spots among the best in the conference. Highlighting the First Team Defense is linebacker Kohner Cullimore, a formidable force on the field whose outstanding

performances have caught the attention of fans. Additionally, the Second Team Defense features defensive lineman Payton Payne, who has demonstrated remarkable prowess in pressuring opposing

offenses.

On the offensive side, Southern Utah's quarterback Justin Miller earned a spot on the Second Team Offense for his impressive abilities

see **ALL-UAC** » 24

At long last, this...is...Jeopardy!

As we last left our story of the process of playing on Jeopardy, I was down to the final episode of the tape day. Would I be chosen, or would I have to return to play tomorrow?

At long last, I was chosen to play for the game that would come on TV July 7. There was definite exhaling going on, but I also knew Alex Gordon was going to be really hard to beat. He was the returning champion with \$25,000 in his bank, and the third player of the panel chosen at random was Raquel Stewart, an accountant from Austin, Texas.

The challengers' positions on stage were also chosen at random, and I was placed at the middle lectern, Raquel on the outside. We walked over from the Wheel of Fortune set to the stage, had our microphone packs placed meticulously by Mitch the Sound Guy – emotional support human for all players – and all that was left was player introductions.

Cue the lights, cue the music, and cue the amazing voice of Johnny Gilbert with our official introductions. When I was waiting, I thought I didn't want to just stand and smile at the camera when it came around to me.

So I took a swing...a baseball swing. Set the mood nicely and kept me loose.

After the introductions were finished, Ken Jennings came out on stage, shared some game highlights from Alex's Thursday win, and the categories were revealed along with the dollar amounts in the Jeopardy round. We grabbed our buzzers and it was time to play.

Before we go further, this game is not easy to play. It's one thing to know things, it's something completely different when you're trying to beat your two challengers to the right response.

I started slow in the Jeopardy round. The \$400 clue in I've Got Your Atomic Number said "47: This metal tarnishes." I said "What is rust?" Just like that, I was in the red. The right

response: What is silver?

Also in that same category, all three of us whiffed on "27: It's essential to smartphone batteries." I thought for sure it was lithium, but alas...it wasn't. Just like that, I was at



minus-\$1,400.

The right response: What is cobalt? A few clues later, I hit my first right response in Take It "E-Z." It said: "Oui, oui! The "Z" is silent in this type of liaison." What is a rendezvous?

Next, I went to "Seeing Right Through You," chose the \$600 clue, and found the Daily Double in the round. Sitting at minus-1,200, players are allowed to wager as much as the maximum dollar value on the board – in this case, \$1,000. That's what I did.

The clue: "The subtitle to this H.G. Wells novel is 'A Grotesque Romance.'" I couldn't come up with What is the Invisible Man? So I was at minus-2,200.

But as Ken clearly said, there was a lot of time to make up the deficit. I would get out of the red before the Jeopardy round ended, including a

couple of very nice gets in the Eagles category as part of a run of three right responses in a row.

On the \$1,000 clue in Eagles: "The Emus" was right there for this "directional" university in Ypsilanti, but it soars proudly as the Eagles."

What is Eastern Michigan University? That was right, and I was out of the red for the first time in the game.

Unfortunately, my momentum was slowed by the first commercial break. Next came individual interviews, and I related my joys and challenges of raising a deaf dog.

As it turned out, I had nothing on Alex and his story. He skipped his graduation from medical school so he could play the game. When you have a once-in-a-lifetime shot at something like Jeopardy, you grab it without a second thought.

As we returned to the game, I would pick up three more right responses in the round and finish with \$800. It meant I would pick first in Double Jeopardy, and my buzzer speed seemed to disappear.

I missed the \$2,000 clue in "Only One Consonant" that put me back in the red early, and I couldn't get in on the buzzer again until the final two clues of the game in Country Singers in Country Songs.

I had no problem buzzing in on both and the money was more than enough to get me out of the hole and

into Final Jeopardy with a reasonably good total of \$2,400.

The Final Jeopardy clue wasn't easy – I missed the wording, didn't have the right response of "what is horses?" and finished in third place, winning \$1,000 and an unofficial bronze medal.

In total, I tried getting in on the buzzer 16 times in Double Jeopardy. I was first on exactly three of the clues. Ouch.

"I will always and forever be known as a Jeopardy contestant, and that's more than enough reason to be grateful for the achievement."

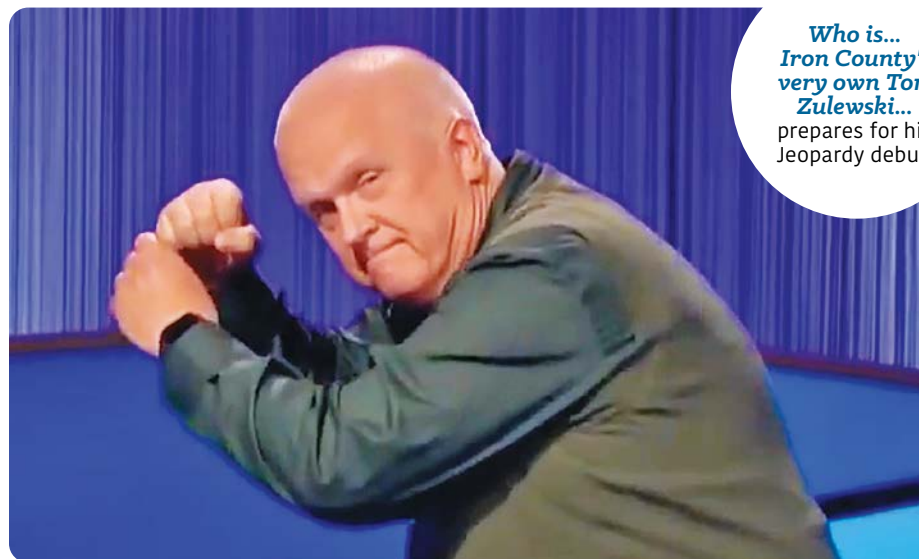
For the game, I was able to give nine correct responses – four easier clues on top of the board, four harder ones toward the bottom and one near the middle after a miss by Raquel.

And then, the wait for the show to be put on TV began. There were more than enough times I didn't want to let anyone see what I did, at least with a public gathering. It was hard, but what's harder about Jeopardy is being able to be in that moment on the stage. The odds of being chosen as one of around 400 people to play on a show that's a game show institution are ridiculously long.

More than 100,000 take the first of the required tests every year.

I didn't win in the literal sense, but what I won was something far more valuable. Knowledge matters, and I landed on a show that allowed me to celebrate it, along with all the friends I made on tape day and elsewhere through social media.

I will always and forever be known as a Jeopardy contestant, and that's more than enough reason to be grateful for the achievement.



Who is...
Iron County's
very own Tom
Zulewski...
prepares for his
Jeopardy debut.

PHOTO COURTESY JEOPARDY PRODUCTIONS

Follow game-show nerd Tom Zulewski on Twitter @TommyZee81 or email tominator19@yahoo.com.

SUU Men's Basketball acquire two new assistants

by Parker Haynie

ASST. DIRECTOR, SUU ATHLETIC COMM.

CEDAR CITY — Men's Basketball head coach Rob Jeter adds two more assistants to his staff. Solon Ellis will be joining as a graduate assistant, and Tennessee Owens as a

finish in the conference tournament. Before coaching, Ellis played three years of collegiate basketball in Canada.

Owens comes to SUU by way of Albuquerque Prep School where he served as Head Coach of their Post-Grad Program that saw 10 players receive college scholarships.



COURTESY SUU

(L to R) Solon Ellis and Tennessee Owens will join Coach Rob Jeter on the SUU men's basketball coaching staff this season.

special assistant.

Solon Ellis was a GA for coach Jeter at Western Illinois and will continue in that role with the Thunderbirds.

Ellis was an assistant coach at Keyano College in 2021-22 and helped the team to an undefeated regular season, and second-place

He also served as an Assistant Coach for their national roster that contains multiple Division I players. In his time at Albuquerque Prep, he oversaw all player development, handled the majority of opponent scouting, and had a hand in operations. Owens played college basketball for New Mexico State University.

Athletes' well-deserved selection demonstrates their commitment to excellence and dedication to their team's success.

As the 2023 season approaches, fans eagerly anticipate witnessing the remarkable talents of the Southern Utah Athletes on the field in this first season of UAC football. The coaching staff and the entire Southern Utah community are excited to support and cheer on their exceptional players throughout the upcoming season.

ALL-UAC

« CONTINUED FROM PAGE 22

as a leader and playmaker. His skill set and dedication to the game have proven him to be a vital asset to the team's success and he will look to break several program records this fall.

The UAC All-Conference Team is a highly competitive group, and the Southern Utah

TOM'S SPORTS TRIVIA

It's all about the news of the week as the calendar creeps toward August. High-school football teams have reported for practice as of July 25, and NFL training camps are in full swing as well. Watch out for the post moves and please remember...no wagering!

1. Student journalists at Northwestern broke a very big story when what head football coach – who had been in the role since 2006 – was fired July 10 over allegations of hazing within the program?
2. New Zealand is one of the host countries for the 2023 Women's World Cup, and it made a big splash in the opening game by knocking off which country for its first win in tournament history?
3. He's been the talk of a lot of trade rumors, but which L.A. Angels player has hit 35 home runs as of July 20 and is on pace to challenge the American League home run record set by Aaron Judge one year ago?
4. The Baltimore Orioles moved into first place in the American League East on July 19 by percentage points over the Tampa Bay Rays. Since 2000, how many times have the Orioles won a division title?
5. Which N.Y. Giants running back admitted "I may have to sit out" the 2023 season because of a stalemate with the team over a long-term contract?
6. With a new head coach in place, what AFC West team was asked to reduce crowd sizes at its training camp?
7. For the third time, the NBA will be playing a regular-season game in Paris. Name the teams that will be involved in the matchup that will be played in January.
8. He's been thinking about retirement for a while, but

who won his third race of the NASCAR Cup Series season July 17 at New Hampshire and leads the points standings heading to this week's race at Pocono?

9. A rarity happened in the first round at the Open Championship when amateur Christo Lamprecht found himself in a three-way tie for the lead at 5-under par. According to reports, how tall is Lamprecht?
10. What soccer legend has officially joined Inter Miami of MLS and made his debut July 21 against Cruz Azul?
11. The United States has won the last two Women's World Cup titles. Who stole the thunder and beat the U.S. on penalty kicks to win the crown in 2011?
12. In which Australian city will the championship game of the Women's World Cup be held?

LAST WEEK'S ANSWERS

1. Royal Liverpool, located in Hoylake. Rory McIlroy was the winner of that 2014 Open Championship.
2. Padraig Harrington won the Open in 2007 and 2008. He pulled off his repeat after Tiger Woods did the same in 2005 and 2006.
3. St. Andrews.
4. Branden Grace of South Africa shot his 62 in the third round of the 2017 Open. He finished in a tie for sixth.
5. Zach Johnson beat Marc Leishman and Louis Oosthuizen at St. Andrews after finishing regulation at 15-under par.
6. Nicklaus was runner-up at the Open seven times.
7. Cameron Smith of Australia won the Open in 2022.
8. The Claret Jug.
9. Lawrie was 10 strokes off the lead of Van de Velde after three rounds.
10. The record for lowest score in relation to par at the Open is 20-under, held by Cameron Smith (2022) and Henrik Stenson (2016).
11. Tom Watson won the Open five times between 1975 and 1983.
12. Links course.

SUU Women's Basketball welcomes new coaches

by Regan Hunsaker

ASSISTANT AD, SUU SPORTS INFORMATION

CEDAR CITY — The Southern Utah University Women's Basketball program is pleased to announce the addition of Kayla Anderson and Rebecca Bourgeois (Cardenas) to its coaching staff. Both Anderson and Bourgeois bring a wealth of experience and passion for the game, and their unique talents are expected to contribute significantly to the team's success in the upcoming season.

Coach Tracy Mason said, "Becca is one of the greatest players in program history. She is an extremely hard worker and she understands the expectations of the coaching staff because she's lived it. She will be such a great resource for our student-athletes. Becca shares the same competitive spirit as the rest of this staff and I know she's going to be an amazing fit." Speaking of Anderson, she added, "Kayla has the most infectious personality. She is someone you just love to be around. She has a real gift for the game and wants to coach. Kayla comes with great experience in the WAC, she knows what it takes to be successful, and she's going to be a tremendous addition to the program."

Rebecca Bourgeois joins the Southern Utah coaching staff as Director of Basketball Operations after a successful collegiate career as a player and spending some time professionally overseas. T-Bird fans will recognize the legendary player who spent four years in Cedar City as a starter. Having earned the title of Big Sky Defensive Player of the Year and numerous other accolades during her time at Southern Utah, Bourgeois is well-acquainted with the Thunderbird's program and brings an unmatched level of expertise to the team.

After an illustrious senior campaign where she led the Big Sky Conference in scoring and earned First Team honors, Bourgeois finished her college career as Southern Utah's all-time leader in steals with an impressive 301 steals and second all-time in assists with 494. Her on-court achievements and leadership qualities are sure to inspire and guide the aspiring players on the



(L to R) Kayla Anderson and Rebecca Bourgeois (Cardenas) will join Coach Tracy Mason on the SUU women's basketball coaching staff this season.

COURTESY SUU

"Becca shares the same competitive spirit as the rest of this staff and I know she's going to be an amazing fit....[Kayla] knows what it takes to be successful, and she's going to be a tremendous addition to the program."

Coach Tracy Mason

team to new heights.

Kayla Anderson, a standout player during her time at Utah Valley, has been named as a graduate assistant coach for the Thunderbirds. While her

senior season was cut significantly due to injury in her junior season in 2021-22, Anderson exhibited exceptional skills on the court, starting in 23 games and averaging 3.4 points, 3.2 rebounds, and 2.4 assists per game. Her highlight moment came when she achieved her first career double-double, recording 17 points and 10 rebounds in an impressive win over Utah Tech. Anderson's consistent performance earned her a spot on the Academic All-WAC Team for the second time, reflecting her dedication both on and off the court.

As former players who have excelled both on the court and in the classroom, Anderson and Bourgeois embody the values of Southern Utah University and are eager to pass on their knowledge to the next generation of student-athletes.

The Southern Utah Women's Basketball team anticipates an exciting and promising season ahead. With the addition of Rebecca Bourgeois and Kayla Anderson to the coaching staff the Thunderbirds will look to defend their WAC Conference Championship in the 2023-24 season.



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DOG AGILITY CLASSES BEGIN TUESDAY, 8-15-23 AND EVERY Tuesday for 8 weeks from 6pm - 8pm. This is a great way to exercise and bond with your dog. A portion of all proceeds help local animal shelters and benefit the dog park. #BUILDTHEDOGPARK Contact: Amy Chrisman 435-531-1469

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SUMMONS

The Order of the Court is stated below:

Dated: July 12, 2023 12:28:00 PM
/s/ AMANDA MCMILLAN
District Court Clerk

Justin W. Wayment (7011)
Christian Jones (15873)
WAYMENT & JONES LAW
Attorneys for Plaintiffs
51 East 400 North, Bldg. #1
P.O. Box 1808
Cedar City, UT 84721-1808
Telephone: (435) 586-3300
Fax: (435) 586-4288
Email: jwayment@waymentandjoneslaw.com Email:
cjones@waymentandjoneslaw.com

IN THE FIFTH JUDICIAL DISTRICT COURT IN AND FOR
IRON COUNTY, STATE OF UTAH

CEDAR POINT HOLDINGS LLC, SERIES 60 W

Plaintiffs,

v.

THE HEIRS AND DEVISEES OF HERBERT P. HAIGHT,
DECEASED and JOHN DOES I-X,

Defendants.

SUMMONS FOR PUBLICATION

Case No. 230500104
Judge Matthew L. Bell

THE STATE OF UTAH TO DEFENDANTS:

The above-entitled Court has entered an Order

granting Plaintiffs the right to serve Defendants, The Heirs and Devisees of Herbert P. Haight, by Publication. You are thereafter hereby summoned and required to file an answer in writing to a Complaint on file with the clerk of the above-entitled Court, located at 40 N 100 E, Cedar City, UT 84720. You are also required to file an Answer with the Court and serve upon, or mail to, Plaintiffs attorney, a copy of said Answer within twenty-one (21) days after the service of the Summons upon you if you reside within the State of Utah, or thirty (30) days after the service of Summons upon you if you reside outside the State of Utah.

If you fail so to do, judgment by default will be taken against you for the relief demanded in said Complaint, which has been filed with the Clerk of said Court.

Please be advised that this action seeks to quiet title to certain property identified in Plaintiffs Complaint, Exhibits A and B, which is located in Iron County, Utah, and once quieted, the land shall be titled solely in the name of Cedar Point Holdings, LLC Series 60 W, a Utah Limited Liability Company, to the exclusion of all parties.

A copy of the Complaint in this action has been deposited with the Clerk of the Iron County District Court, with a description of the Real Property, and can be picked up by anyone claiming an interest in the above matter at no charge.

DATED this 7th day of July, 2023.

WAYMENT & JONES LAW
/s/ Justin W. Wayment
JUSTIN W. WAYMENT
Attorney for Plaintiff

Published July 20, 27 & August 3, 2023
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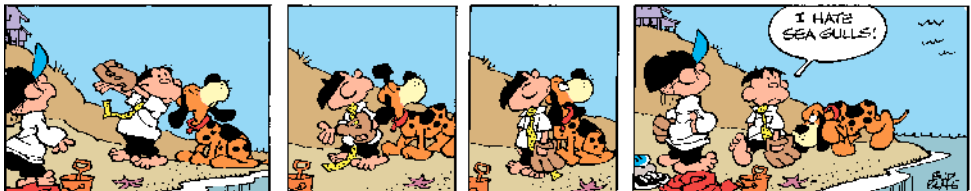
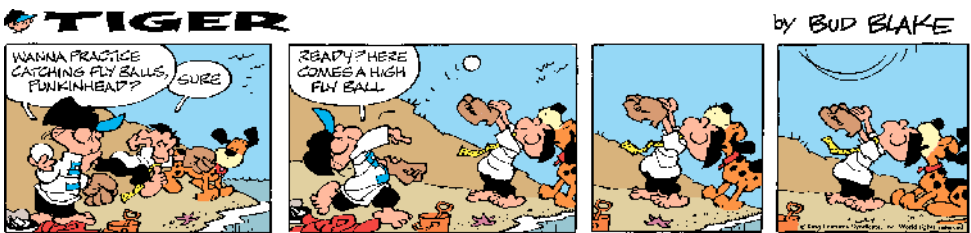
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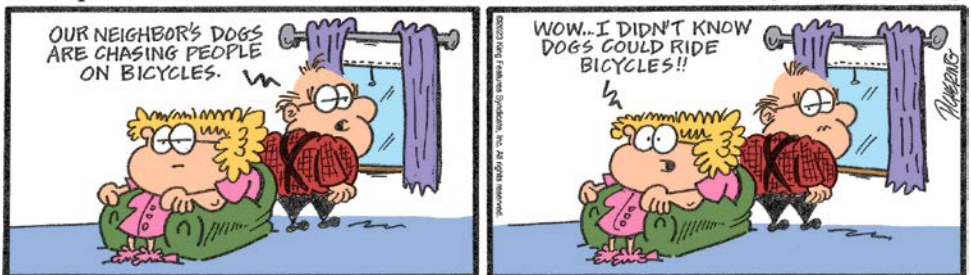
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The Spats



Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

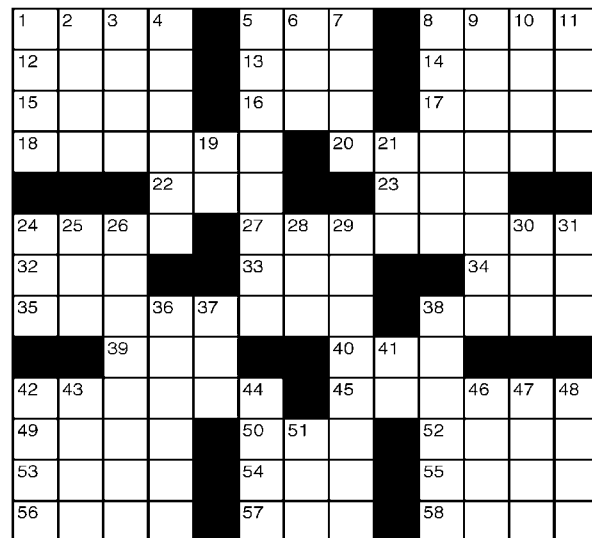
Differences: 1. Hair is longer. 2. Vase is added. 3. Apron is removed. 4. Arm is raised. 5. Initials are missing. 6. Bush is taller.

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King Crossword

ACROSS

- Satan's purchase
- Chest protector
- Ski lift type
- Old U.S. gas brand
- Piercing tool
- Hindu royal
- Pub potables
- King, in Cannes
- Choir voice
- New
- Pal of Pooh
- Stephen of "Still Crazy"
- Hobbyist's abbr.
- Mineral-hardness scale name
- Tot's train
- Rock's Brian
- Science room
- Klutz
- Folks from Indiana
- Garrison
- Flop
- Ostrich's kin
- Exhibited ennui
- In a way
- "Metamorphoses" poet
- Hosp. hook-ups
- Carry on



- Ms. Rowlands
- Golf prop
- Like some vaccines
- Gross
- Last letter in London
- Mr. Disney
- Jima
- Radar dot
- Dire
- Hype
- Pot starter
- Laugh-a-minute
- Concerning
- Altar vow
- "I'm not impressed"
- Music's Yoko
- Snooker
- Guffaw syllable
- Fanatical
- Rowing need
- Frequently
- Half the weekend
- Chemical suffix
- Groove
- Kansas City's st.
- Quotable
- Berra
- Opposite of "sans"
- Bubblehead
- O'Hara estate
- Cameo shape
- Fedora fabric
- Victory sign

DOWN

- Line of fashion?
- Capital on a fjord
- Secondhand
- Also-rans
- Clinging crustacean

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- THEATER: Which group composed the rock opera "Tommy"?
- GEOGRAPHY: In which country is Mount Everest located?
- LITERATURE: Which novel contains the line, "Big Brother is watching you"?
- HISTORY: Who was the second president of the United States?
- WEATHER: What is a cloud shaped like a flying saucer called?
- TELEVISION: Which TV comedy features a character named Opie Taylor?
- MOVIES: What is the name of Argus Filch's cat in the "Harry Potter" series?
- MATH: What is the only even prime number?
- MEDICAL: What is the common name for the ailment called dysphonia?
- ANIMAL KINGDOM: How many stages are in a butterfly's life cycle?

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

Answer

Weekly SUDOKU

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

Solution time: 25 mins.

Answers

King Crossword

1. The Who. 2. Nepal. 3. "1984" by George Orwell. 4. John Adams. 5. A lenticular cloud. 6. "The Andy Griffith Show." 7. Mrs. Norris. 8. Two. 9. Hoarseness. 10. Four (egg, larva, pupa and adult).

Trivia Test Answerst

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