

SEPTEMBER 24-30, 2023 | VOL. 15 NO. 38

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 **SCAN ME**

* Per the direction and discretion of the Managing Editor

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SPECIAL
PULLOUT!



IRON
COUNTY

today

'UNIVERSITY PRIDE



PHOTOS ON PAGE 3

COREY BAUMGARTNER

SUU inducts 1973 graduates into “50-year Club” during homecoming

by Ruth Scovill

FOR IRON COUNTY TODAY

This year at homecoming, SUU welcomed the graduates of the class of 1973 into the “50-year Club.” Caytee Wankier, SUU Alumni President, served as emcee for the evening’s events. SUU’s Opus singers performed a delightful medley called Irving Berlin: A Century of Song.

Kent and Cherie Meyers and their family were honored with the SUU Legacy award. This is a new award that recognizes the ongoing contributions

SUU community. All of the Meyers’ five children are graduates of SUU, as well as 12 of their 22 grandchildren, with more to follow.

Jared Garlick received the Young Alumnus Award. Jared was raised on a ranch in Fairview Utah where his life experiences created his interests in art and medicine. At SUU, he organized and led six service missions to Mexico with pre-med and pre-dental students during school breaks. He also volunteered at the Cedar City Intermountain HealthCare Hospital and at the Utah Summer Games. His studies helped him to blend his

taught family and consumer science. She served in the Department of Arts and Dance including service in the Arts Administration Program, and she served as a member of the Emeriti Board. She is known for her kindness and understanding. Don has served as Alumni President, a member of the Board of Trustees, and as an advisor for the Leavitt Center for Politics and Service. He has taught as an adjunct instructor of communication and business. As a Cedar City Council member, he helped bring the Aviation Program to SUU. They have six children who all attended SUU, seventeen grandchildren and 4, soon to be 5, great-grandchildren.

Steven O Laing received the Outstanding Alumnus Award Steve Laing came to Cedar City from Cache Valley to play basketball in 1973. He was named the top basketball player. He received the College of Education’s Testimony Award. After graduating in 1976, he was hired at Cedar High School to create a program to help prevent dropouts. He married Debbie DeMille, who was a cheerleader, homecoming court member, and taught dance. They have 5 children and 17 grandchildren. Steve taught math and coached at Cedar High, eventually becoming the assistant principal and then principal. He has provided exemplary service in education to the state of Utah. Steve recognized a number of faculty members at the SUSC who were influential in his development as an educator.

President Mindy Benson was the final speaker of the evening. She reported that SUU has over 285 new faculty and staff members on campus this year. Half of the faculty and staff at SUU has been hired in the last 5 years. This shows the rapid growth at SUU. She emphasized that it was important to maintain the history and culture of SUU. SUU is People-centric, Purpose Driven, and Place Empowered. She also emphasized the importance of maintaining the special culture of SUU and the student experience that SUU has become known for.

Speaking of the future of education, President Benson talked about the cultural changes in Gen-Z’s attitudes towards education. Only 51 percent of this age group are interested in obtaining a 4 year degree—a loss of 20 percent in two years. The university will change to keep up with that and hopes that the alumni will continue to send their children and grandchildren to SUU. The freshman class currently has about 600 legacy students (children and grandchildren of previous students).

President Benson also emphasized the importance of each individual in the fabric of the SUU community. Each person—past and present—plays an important role in the tapestry of T-Bird Nation.



COREY BAUMGARTNER

Kent and Cherie Meyers were honored to receive the SUU Legacy Award during this year's homecoming events.

that a family has made to SUU. Kent graduated from SUU in 1953. He played football, basketball and track while he was attending school, as well as participating in music and drama. After they married, both Kent and Cherie were involved in school activities together. While at SUU, Meyers became the wing commander in the school Air Force ROTC unit. He then served in the Korean War. After serving, he and Cherie returned to Cedar where he taught in the local schools. In 1959, he became a professor in the SUU education department, where he taught until 1990, inspiring many future teachers. After his retirement, Kent and Cherie continued to be actively involved in the

interests in art and medicine, which would be foundational for his future studies in plastic surgery. His travels to Guatemala, using his medical skills to help children with cleft lips, and other deformities has been a highlight of his career.

Don and Jacque Marchant received the Distinguished Service Award. They met and were married while attending SUU. Jacque supported Don as he campaigned and was elected as Student Body President. Every year to this day, Don helps to cook pancakes for the Homecoming Breakfast. Together they served as the volunteer coordinators for the Utah Summer Games. Jacque has served on the University Board of Trustees. She also



PHOTOS BY COREY BAUMGARTNER

opinion

FROM THE EDITOR

Autumnal Equinox

That's just a fancy way of saying, "It's getting darker and colder outside!" However, it's also going to get a bit more beautiful, too—at least in places where the lingering leaves give us one more brilliant display of color before they fall and disappear into winter's embrace.

What does the fall season mean to you? For many it probably involves food, football and fun. For others it means road-trips up the mountain to enjoy the beautiful color-changing scenery. For artists and photographers (yes, they can be the same people) it's a great time to not only explore, but attempt to capture the picturesque landscape with brush, lens and even pen.

However you define fall, even if it is getting colder and darker sooner, I hope you will enjoy this unique season in nature and if you get a great picture, painting, or poem, I hope you'll share them with us.



COREY BAUMGARTNER
MANAGING EDITOR

Letters to the Editor

Submit your letter to the Editor on our website at www.ironcountytoday.com, or by emailing it to news@ironcountytoday.com. All letters must be brief (generally under 300 words in length), list the writer's name, city and telephone number (phone number will not be printed). Iron County Today reserves the right to edit all letters for length or content.

WORD OF THE WEEK

GROAK

To look on silently—like a dog—at people while they are eating.

The question is, does this adorable doggy goggling work on you?



QUOTE OF THE WEEK

"The greatest mistake you can make is to be continually fearing that you'll make one."

Elbert Hubbard

TO THE EDITOR

No more Iron County Today...again?

Recently, I heard some alarming and disheartening news from someone whose information I find very credible. He informed me that we as a community are not fully supporting the resurrected Iron County Today. Of the thousands of people who receive the newspaper in the mail each week, less than 100 have a monthly subscription. And 3 of those were in the small gathering I recently attended.

Do you remember the weeping and wailing that went on when the demise of the paper was reported less than six months ago? People stopped me in the grocery store, at church, in waiting rooms, all with the similar refrain: "What are we going to do without our newspaper? How will we know what's going on? What about the obituaries and celebrations? This is terrible for our community!"

And the relief was equally shrill a few weeks later when it was announced that the paper would be back. "Oh, what a relief. I am so happy. This is wonderful news!"

The newspaper is now owned by

local investors and they are not getting an adequate return on their investment. And with this resurrection of our beloved tabloid came the call to action and personal investment from readers to make a donation and also subscribe to the newspaper—\$15 a month—to help ensure that the Iron County Today would not only be alive, but thrive. However, it seems the majority of our community are not willing (or haven't yet) put our money where our hearts are.

Why should these angels lose money, which is the current case? If the newspaper disappears again, it will be our fault! Which, I feel like those long-suffering journalists on NPR or PBS, are having to beg their audiences for funds every 6 months. So, how do we explain ourselves? Is this laissez-faire attitude born of deference or indifference? Please, please, you must mind me on this.

If you've been waiting for the right moment, it is here and now. How do you do it? Go to www.ironcountytoday.com and look for the banner at the top that says, "Click Here". It will offer you 4 ways in which readers can be loyal to our beloved rag. Please help us keep this much needed newspaper thriving in our community.

see **SUPPORT** » 5



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Senator Lee takes on monument overreach

from Senator Mike Lee Press Office

FOR IRON COUNTY TODAY

WASHINGTON — Sen. Mike Lee (R-UT), alongside Sens. Jim Risch (R-ID), Dan Sullivan (R-AK), Ted Cruz (R-TX), and Mitt Romney (R-UT), introduced legislation to reform the Antiquities Act of 1906 to ensure more transparent and accountable designations of national monuments. Reps. Mariannette Miller-Meeks, M.D. (R-IA 1st District) and John Curtis (R-UT 3rd District) introduced companion legislation in the House of Representatives.

Since its inception, the Antiquities Act has been a tool to protect archaeological resources on public lands. Over the years, however, there have been instances where the Act's broad language has been used to unilaterally designate vast amounts of public land as national monuments without sufficient public input or Congressional oversight.

"The text of the Antiquities Act was clear – to protect significant archaeological and historic sites, but to do so with discretion and to ensure that the designated area was confined to the smallest size necessary for their protection," Sen. Lee said. "Regrettably, we have seen designations that far exceed this directive, impacting millions of acres and the lives of many in the West. My bill aspires to bring clarity and accountability to this process, honoring both our historic legacy and the voices of affected communities."

"We must preserve the use of federal lands for responsible recreational, agricultural and energy use," said Rep. Miller-Meeks, M.D. "For years the Obama and Biden administrations used the Antiquities Act to institutionalize massive executive overreach, seizing acres and acres of land without consequence. In some congressional districts, almost 80% of rural land is set aside as public or federal land. The Congressional Oversight of the Antiquities Act would curb executive over-

SUPPORT

« CONTINUED FROM PAGE 4

Personally, I subscribe for \$15.00 a month—a bargain—with my credit card. I believe you can afford that to help stay informed on so many great local events, sports, obituaries, and read informing editorials, view fantastic photos and inspiring columns from Corey, Weslie, Edy, Ruth, May and me, to name a few!

The next time I see you, I want you to assure me that you just forgot but are now a happy subscriber. I will be so happy!

Mary Anne Andersen

"This legislation will ensure proper accountability and sustainability of our shared lands."

Rep. John Curtis (R-UT 3rd District)

reach and require the administration to consult Congress before making rash decisions about our federal lands."

"It is abundantly clear Congress must prevent more abuses by the Antiquities Act that go against the will of impacted communities," said Rep. John Curtis. "There is no question we can protect our public lands, but that should only be done with broad buy-in and collaboration. This legislation will ensure proper accountability and sustainability of our shared lands."

The bill highlights instances like the designation of the Grand-Staircase-Escalante National Monument under President Clinton and the Bears Ears National Monument under President Obama. Both monuments cover millions of acres. Most recently, President Biden's establishment of a 917,600-acre monument in northern Arizona further underscores the necessity for reform.

Beyond the conservation implications, the

broad designations have had real-world economic consequences for local communities. Ranching, farming, mining, and timber harvesting – all vital economic drivers for western communities – are often disrupted or halted entirely due to land-use restrictions.

Sen. Lee's bill has received endorsements by the American Farm Bureau Foundation, National Cattlemen's Beef Association, Public Lands Council, American Forest Resource Council, and Federal Forest Resource Coalition.



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IRON COUNTY FORECAST

MOSTLY SUNNY SKIES AND BREEZY AHEAD OF CHANGES. THIS WEEKEND WILL BRING POTENTIAL OF SHOWERS AS TEMPERATURES COOL DOWN IN A BIG WAY BY SUNDAY. EARLY NEXT WEEK LOOKS CALMER AS TEMPERATURES SLOWLY MODERATE THROUGH THE MIDDLE OF THE WEEK.

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



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Mostly Sunny 78°/49° PRECIP: 0% WINDS: S 15-20	Mostly Sunny 75°/50° PRECIP: 10% WINDS: S 15-20	Slight Chance 67°/39° PRECIP: 20% WINDS: S 20-25	Slight Chance 60°/33° PRECIP: 20% WINDS: SSW 10-15	Partly Cloudy 63°/35° PRECIP: 10% WINDS: SSW 10-15	Mostly Sunny 66°/37° PRECIP: 0% WINDS: WNW 10-15	Mostly Sunny 68°/38° PRECIP: 0% WINDS: WNW 10-15

Cedar Chest Quilt Guild honors hometown heroes

by P.J. Sylvester

FOR IRON COUNTY TODAY

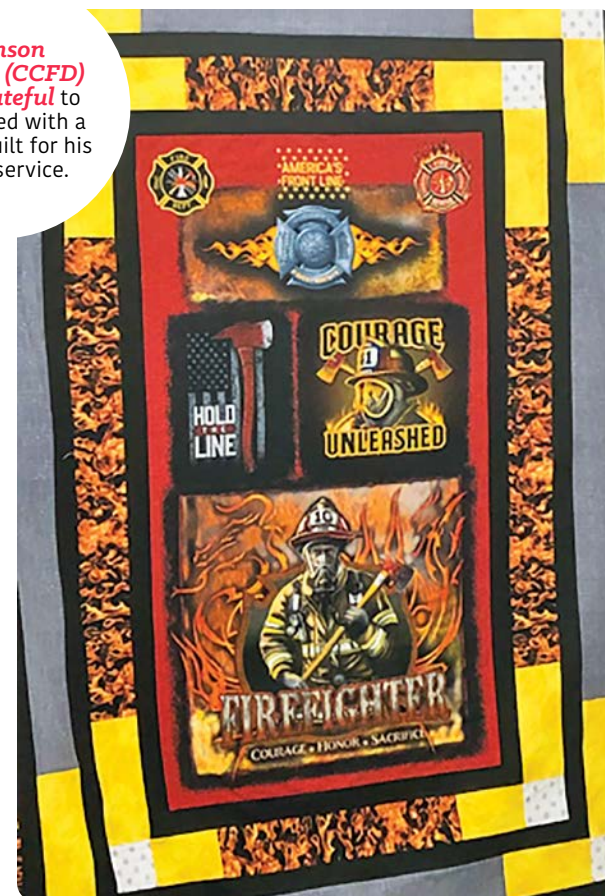
On September 14th, the Cedar Chest Quilt Guild presented special quilts to our hometown hero firefighters.

Bronson Warren is the Volunteer North Fire Station Captain and Engineer. He joined the CCFD as a volunteer fireman in 2011. His father-in-law, Jon was a big influence in his decision. He is employed full time as a diesel mechanic and heavy duty tow truck operator at Color County Diesel. Bronson and his wife Shantel have two children Tenley and Kash

Logan Washburn was called to away to St. George for fire duty and was not able to attend. He joined the CCFD in 2018. He and his wife Kelly have two sons Kegan and Kai. They own and operate High Mountain CrossFit. His quilt was personally delivered to him.



Bronson Warren (CCFD) was grateful to be honored with a special quilt for his heroic service.



PHOTOS BY LAURA ANZALONE

Power in Pink-Iron County announces 2023 Walk, 5K

from Donna Law

FOR IRON COUNTY TODAY

On Saturday, October 21, join with other members from Cedar City and Iron County to support local women dealing with breast cancer. This is the 11th year of the Power in Pink-Iron County Walk and 5K which will begin at 8:30 a.m. at Cedar City West Canyon Park, 151 S 400 E.

Early bird registration is \$25 until October 1, with registration thereafter at \$35. Registration and information are available at powerin-pink-ironcounty.com where you can also make tax deductible donations if you are unable to participate on the day of the event. Registration on the day of the event begins at 8 a.m. All participants will receive an event shirt, swag bag, and event medal. Prizes will be awarded to the community and SUU team with the most participants.

Started in 2013 by four young breast cancer survivors, this annual event helps meet the needs of local women rather than sending proceeds to national organizations. "We are so pleased that for 11 years now we have been able to raise funds from this event and provide assistance to ladies in our



COREY BAUMGARTNER

area that need help getting through the challenges of cancer treatment," said Robyn Brown, one of the organization's founders. "We find this an important time to recognize and cheer survivors and remember those who have lost their lives to this horrible disease."

Cedar City Councilman R. Scott Phillips will be the Master of Ceremonies. DMK Entertainment will be providing the music. During the walk, names and photos of women who have dealt with breast cancer line the trail. The Pink team invites all who have someone they would like to honor and remember to send names and photos of loved ones to powerinpinkcedarcity@gmail.com.

Ernie's Stores is again the generous lead sponsor for this year's event. Additional sponsors confirmed at the time of release include: Cedar City Rotary Club, Jennie Hendricks-CENTURY 21 Prestige Realty, SUU, Lovene and Donn Jersey, the Freier Family, Smith's, Women's Health and Midwifery, and the employees of the Iron County School District.

For more information, visit powerinpink-iron-county.com, email powerinpinkcedarcity@gmail.com or follow the event on the Power in Pink-Iron County Facebook and Instagram pages.

Southern Utah University

National award-winning SUU students at FBLA competition

by Mary Jessop

FOR IRON COUNTY TODAY

Students from the Leavitt School of Business competed at the 2023 National FBLA Competition in Atlanta, Georgia. SUU students took home multiple national titles. With over 800 college students and educators

- » Tommy Rowe
1st Foundations of Accounting
- » Dani Nikolashin
1st Business Law, 8th Help Desk
- » Alexis McIff & Addison Garrison
2nd Marketing Analysis & Decision Making
- » Tommy Rowe, Ben Shafer, Cody Dirks

but another really important part of the conference was networking. We were able to network with other business students and business professionals from across the country. It was fun to meet other people and learn about different organizations.”

The Future Business Leaders of America competition is an opportunity for students to use the knowledge that they have learned through the entirety of their college

career. FBLA aspires to help students prepare for a successful career after graduation. Students who join FBLA gain knowledge in leadership, business principles, and technical skills.

In preparation for this event, McIff said that she took a project management class last year at SUU and got a certification called Certified Associate in Project Management. That class and certification helped her prepare for the competition at nationals.



COURTESY SUU

(L to R) Two SUU students, Alexis McIff and Addison Garrison, holding trophy from FBLA competition.

from across the country, students competed for cash prizes in 40+ competitive events in a four-day time period. SUU students won over \$1,200 in total prizes in the following categories: Foundations of Accounting, Business Law, Marketing Analytics & Decision Making, Economics Analysis & Decision Making, Project Management, Help Desk, Public Speaking, Marketing Concepts, and Organizational Behavior & Leadership. In addition to the competitions, students participated in learning workshops, networked with alumni, and met with potential employers.

We are proud of everyone who participated in this event, and highlight the participants who came home with awards.

- 3rd Economic Analysis & Decision Making
- » Alexis McIff
3rd Project Management
- » Makayla Wilkey
3rd Help Desk, 6th Public Speaking
- » Addison Garrison
6th Marketing Concepts
- » Makell Olsen
9th Organizational Behavior & Leadership

McIff, 2023 SUU graduate and current MBA student won 3rd place in project management and 2nd in Marketing Analytics & Decision Making in collaboration with another student Addison Garrison.

“I had a great time at the national collegiate FBLA conference,” said McIff. “We had the opportunity to participate in business competitions,

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Town Hall Meetings to be held on 2023 Bond Proposition

(7-8pm) @ Parowan High Auditorium (50 W 100 N, Parowan). Iron County School District administrators and Board of Education will answer questions about the 2023 Bond Proposition and its projects. INFO: Visit bit.ly/ICSDBond23

- » Sept. 28 (7-8pm) @ Parowan High Auditorium (50 W 100 N, Parowan)
- » Oct. 3 (6-7pm) @ Canyon View Middle School Auditorium (1865 N Main, Cedar)
- » Oct. 16 (6-7pm) @ Cedar Middle School Gym (2215 Royal Hunte Dr., Cedar)
- » Oct. 2 and Oct. 10 on Facebook Live (5:30-6pm)

Zions Bank Cedar City marks 150-year milestone with community celebration

from Kallee Feuz

ASST. V.P. COMMUNICATIONS, ZIONS BANK

In October 1873, at the height of one of the worst banking crises in U.S. history, a pioneer savings bank opened in the Utah Territory. Earlier that year, pioneer leader Brigham Young had become concerned about a financial crisis spreading across the nation and gathered a group of prominent citizens to organize a savings bank.

Over the next 150 years, Zion's Savings Bank and Trust Company, its name eventually shortened to Zions Bank, would go on to serve the financial needs of businesses and individuals across the Intermountain West. Zions Bank began operating in Cedar City in 1981.

Commemorating Zions Bank's 150th anniversary, the Cedar City branch will host a community celebration on Monday, Oct. 2, from 12

p.m. to 2 p.m. The public is invited to drop by the branch, located at 3 South Main, for complimentary refreshments, giveaways and the opportunity to visit with members of the community.

"We're proud to be part of Zions Bank's 150-year legacy of local banking and celebrate this important milestone with the Cedar City community," said Josh Hunt, manager of the Cedar City branch. "It's really a celebration of our entire community working together to enhance the quality of life and strengthen our business environment."

Over the past 150 years, Zions Bank has played a pivotal role in the economic development of the Intermountain West. In the late 19th century, financial assistance from Zions Bank helped launch railroad, mining, and power companies that developed the region.

In 1960, The Church of Jesus Christ of Latter-day Saints sold majority control of Zions First National Bank to Keystone Insurance and Investment Company, which later became Zions Bancorporation. Following the sale, the bank underwent a period of rapid expansion, broadening its geographic reach across Utah and into Idaho. In 2014, Zions opened its branch in Jackson, Wyo.

Among Zions Bank's enduring operating principles has been a focus on building strong ties to the communities within its geographically diverse footprint. Each year, the bank contributes to hundreds of individual organizations through donations and sponsorships. Employees also take part in company-wide giving and service initiatives. Over the past three decades, Zions Bank employees have painted and fixed up 1,287 homes for older adults, people with disabilities, and veterans during the annual Paint-a-Thon service project. And since 2002, employees have volunteered in schools to teach more than 230,000 K-12 students their financial ABCs.

While continuing its legacy of local decision-making and community investment, Zions Bank is also

pioneering technological advancements in the banking industry. The company recently completed a 10-year project to overhaul all its core processing systems — the largest technology transformation in its history. Additional information is available at www.zionsbank.com.

Official Final Municipal Primary Election Results

CEDAR CITY, UTAH
SEPTEMBER 5, 2023

- » Registered Voters - Total 15,957
- » Ballots Cast - Total 5,067
- » Voter Turnout - Total 31.75%

Cedar City Council

» W. Tyler Melling	2,712	21.04%
» Robert S. Cox	2,453	19.03
» Carter Wilkey	1,922	14.91%
» Brittany Fisher	1,769	13.73%
» Mark Mumford	1,725	13.38%
» Kathy Long	1,324	10.27%
» Sara Ridgel	983	7.63%

PAROWAN CITY, UTAH
SEPTEMBER 5, 2023

- » Registered Voters - Total 1,879
- » Ballots Cast - Total 1,044
- » Voter Turnout - Total 55.56%

Parowan City Council

» John Dean	463	15.95%
» David M. Burton Sr.	418	14.40%
» Jim Shurtleff	415	14.30%
» Jessica L Smith	361	12.44%
» David M Harris	357	12.30%
» Matthew Gale	318	10.96%
» Vickie L. Hicks	182	6.27%
» Larraine Evans Clayton	147	5.07%
» Ronald V. Clayton	128	4.41%
» Debra Slotboom	113	3.89

IRON COUNTY, UTAH
SEPTEMBER 5, 2023

- » Registered Voters Republican 18,985
- » Ballots Cast - Republican 7,705
- » Voter Turnout - Republican 40.58%

Rep U. S. House District 2

» Celeste Maloy	3,993	52.46%
» Bruce R Hough	2,225	29.23
» Becky Edwards	1,393	.30%

CEDAR CITY COUNCIL

by JR Importante

FOR IRON COUNTY TODAY

I-15 Site Drainage Improvement (Phase Two)

Facing challenges with damaged storm drain and unexpected concrete work in the parking lot. The council worried about budget and schedule delays and wanted to address these problems efficiently.

Personnel Policy Change

The proposed amendment sought to exempt the Economic Development Director from the requirement to live within city limits, aiming to provide flexibility in hiring candidates who could contribute to the city's economic development efforts without residing within its boundaries.

Culinary Water System

While the city permits a portion of water rights in surface shares, there are infrastructure limitations. The importance of future plans to optimize surface shares in the culinary water system was emphasized.

Water Revenue Bonds

Cedar City is considering issuing up to \$15 million in water revenue bonds, with a public hearing scheduled for October 18th to gather input on the impact of these bonds on water rights acquisition and construction projects in the private sector. The resolution's scope is intentionally broad, covering various water-related improvements beyond just water rights acquisition. This flexibility in funding options allows for adjustments based on the chosen financial strategy. Cedar City is carefully assessing its options to responsibly acquire water rights and continue developing its water infrastructure.

Two critical factors for this bond issuance are coverage ratios and cash reserves. The coverage ratio, which measures the proportion of revenue covering debt payments after expenses, is crucial for determining interest rates. Cedar City aims to maintain a coverage ratio above the legal requirement of 1.25 times, with the current estimate at 1.5 times. This could potentially improve bond ratings and reduce interest costs slightly. However, the success of the bond issuance will also depend on market conditions and investor interest. The city plans to engage with investors nationally, emphasizing transparency and striving to secure the best available rates.

Healthy lifestyle the best way to combat childhood obesity

by Lisa Larson

INTERMOUNTAIN HEALTH

When it comes to raising children, there are so many things demanding parents' attention. However, the increasing cases of children struggling with obesity is bringing the issue of health and nutrition to the forefront of many discussions — something many health-care providers hope will shine a light on the far-reaching impact of this particular problem.

According to Ben Hermansen, a registered dietitian with Intermountain based in southern Utah, some of the latest data suggests the prevalence of pediatric obesity is 19.3 percent in the United States, or roughly 14.4 million adolescents and children.

If the numbers aren't enough to raise a red flag, the potential risks associated with childhood obesity may be enough to sound the alarm. Children and adolescents with obesity are at risk for a host of short- and long-term physiological and even psychological consequences, including cardiovascular disease, Type 2 Diabetes, fatty liver disease and sleep apnea, as well as increased stress, depressive symptoms, and low self-esteem, according to a January 2023 article published by the American Academy of Pediatrics.

In his experience as a registered dietitian, Hermansen has seen a wide range of these kinds of cases, and he said it's important for people to recognize the cause is not always as cut and dry as people tend to assume.

"I think there is a tendency to sum up the issue of childhood obesity as a matter of poor food choices and inactivity," Hermansen said. "In reality, obesity has been shown to stem from a wide variety of mechanisms... including genetic factors, environmental-gene interactions, socioeconomic status, chemical exposure, evolutionary physiology, gut-microbiome disruptors, and epigenetic modifications."

In other words, it's a complex issue

that requires more from parents and healthcare providers than simply limiting a child's food intake.

"This is a sensitive issue, especially among children and adolescents," Hermansen said. "The way that practitioners approach the subject with families can make all the difference."

Rather than focusing strictly on weight and body mass index numbers, Hermansen said he typically finds it more effective to discuss how each family can cultivate a healthier lifestyle within the family dynamic.

"Research shows that interventions are most successful when the entire family is on board and involved with making healthier choices," Hermansen said. "It's never too late to start making healthy changes."

This emphasis on "healthy lifestyle" can help to avoid some of the pitfalls that may arise if a parent or healthcare provider tries to implement a rigid diet plan for a child or adolescent.

According to American Academy of Pediatrics research shared by Hermansen, adolescents who "diet" are five times as likely to develop an eating disorder, thus exacerbating the problem.

"For this reason, it's

prudent to ensure interventions involving children do not include plan elements that result in restriction, exclusion, isolation, obsession, or practices that label foods 'good' or 'bad,'" Hermansen said.

Even with all the complexities of this issue, one of the biggest influences for how a child views their body, and how well they take care of it, often comes down to the behavior they see modeled by the adults in their lives.

"Are there times when we as parents criticize our bodies or make comments about someone else's? Do we over-praise a drop in clothing size? Are we perpetually looking for the next fad diet in hopes that it will magically solve our problems?" Hermansen said. "Working to overcome these attitudes and behaviors can make a positive difference for us as well as our children."



COURTESY PHOTO
Ben Hermansen,
registered dietitian
with Intermountain
based in southern Utah.

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showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

SCREEN TIME

INTERNATIONAL FILMMAKERS MAKE PLANS FOR RED ROCK FILM FEST

by **Matt Marxteyn**

RED ROCK FILM FESTIVAL DIRECTOR

With four events going on at the same time at the Frontier Homestead in October, filmmakers from around the world will know where to go: Cedar City's own State Park and Museum. In addition to the Ghost Tours, the venue will host outdoor screenings, independent films and seminars with filmmakers at the Red Rock Film

Festival and the smaller Utah Film Market plus a new vendor event called The M.A.R.S. Bazaar.

The M.A.R.S. Bazaar is a movie genre themed expo with costumes, fan art, food trucks, and other themed props and gear. Being the 17th year of the Red Rock Film Festival, the first 17 attendees from each day from October 10-14 that use their advance passes or buy tickets will receive one of three types of Bazaar Bucks to spend at

the different booths at the show.

Passes and the Progressive Ticket Package have been on sale since June and this week individual tickets have just opened to the public. Pass and Package buyers already have been reserving their shows such as for the feature films Brendan Hall's "Out There: A National Parks Story" where the director will be available for a Q&A after the show and also may be able to answer some questions about

the proposed civilian flight around the moon in SpaceX. Randy Martin's "Karen Carpenter: Starving for Perfection" is another well talked about film as well as Paul Willerton's "Flandrien" at the Utah Film Market about the past, present, and future of cycling and local culture in Belgium and The Tour of Flanders.

Oregon director Willerton said, "From the time I was single digits

see **FILM FEST** » 11



PHOTOS COURTESY RRF



JOSEPH ROBERTS

'Anything can be art'

SCULPTOR SPEAKS AT SUU EVENT

by Christina Schweiss

FOR IRON COUNTY TODAY

Artist Cordell Taylor was the Eccles APEX guest lecturer in collaboration with SUMA on September 21. Taylor is a sculptor who has works of art all around the world. He currently has a piece entitled "Phoenix" outside of SUMA.

Taylor opened his presentation by saying, "every day is a creative endeavor."

Speaking to a crowd of students, Taylor also encouraged them to meet other people. "Those people will help take your career further. You never want to pass up an opportunity if you can."

Taylor explained that "as an artist, you have to believe in yourself. The hardest part about being an artist is keeping self-confidence."

Then, speaking to the artists in the crowd, Taylor declared that "as an artist, do whatever you can to make new work and keep progressing."

Taylor shared his artistic pieces by showing the audience his Instagram.

He explained "what I like about Instagram is that it's an immediate thing for me. In a way it's keeping myself motivated."

A way to stay motivated is by creating pieces out of steel, wood, rocks, and even shipping pallets. Taylor explained that "the fun part about being an artist is that you can be exploratory."

After showing a piece inspired by the World Trade Center, which Taylor created out of car radiators, he said, "artists try to approach things from different mediums."

Taylor's "artworks" are very Earth toned. He declared, "artists like me are becoming extinct because everyone wants something flashy."

To keep up with everything Taylor creates, follow him on Instagram @cordelltaylorssculpture.

For a complete schedule of upcoming speakers, visit <https://www.suu.edu/apex/> and tune in to the APEX radio hour on Thunder 91.1 every Thursday at 3 pm to learn more about the featured lecturer.

FILM FEST

« CONTINUED FROM PAGE 10

in age, Utah was a destination for me and my family. Specifically, the areas around Cedar City eventually played a big part in my development as a cyclist and filmmaker.

The Festival hosts a variety of shows from Hervé Freiburger's family-friendly ultra creepy "Before Nightfall" ("Avant la Nuit") from France to Chris Capel's dark comedy about LDS Missionary encounters "Fishers of Men" to a dive into Jeff Hilliard's Rock-n-Roll life style in a new music video. Hilliard is a Second City alumni and has collaborated with Jeordie

White, a.k.a Twigg Ramirez, bassist of Marilyn Manson, Nine Inch Nails, A Perfect Circle; D.H. Peligro, drummer of The Dead Kennedy's; Rod Castro, guitarist, Beyoncé, and Bobby Brown.

Passes and individual tickets can be purchased at the door; but if you want it reserve that red carpet premiere in advance, it's best to order them online at redrockfilmfestival.eventive.org/passes/buy or one film at a time at redrockfilmfestival.eventive.org/films.

The Festivals run October 10-15 at the Frontier Homestead at 635 N. Main in Cedar. Prepare for multi-day celebrations 1-11 pm indoors and outdoors, so bring layers of clothing.

VENDORS APPLY AT
REDROCKFILMFESTIVAL.COM

PHOTO: PHIL 1618

The
M.A.R.S. Bazaar

PEDDLERS • FOOD WAGONS • CINEMA
FAN ART • COSTUMES • GEAR

OCTOBER 10-14, 1-9 PM
FRONTIER HOMESTEAD
635 N. MAIN, CEDAR CITY, UTAH

Ophelia Events Cedar City BRIAN HEAD RED ROCK FILM FESTIVAL Digital Pigeon

'C' CHANGE

Cedar Reds light up iconic C on Cedar Mountain

by May Hunter

FOR IRON COUNTY TODAY

Cedar High seniors brought lights to the C on Cedar Mountain for the first time, during Cedar High School's homecoming football game, on Friday night, September 22, 2023. The Cedar Reds beat the Pine View Panthers 28 to 15.

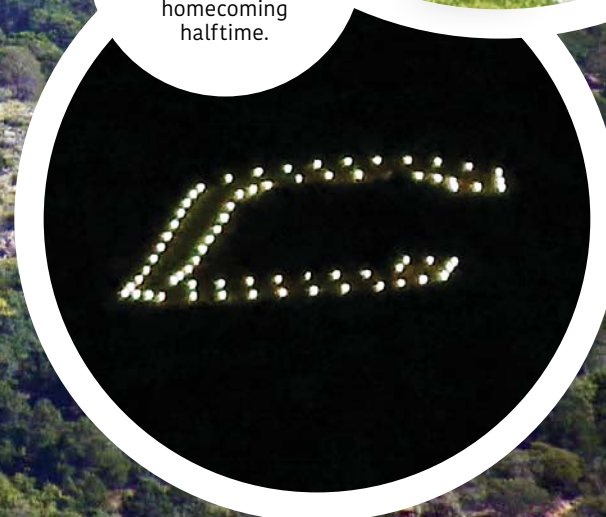
While the electrified C is a symbol for Cedar High and the city, Cedar High assistant principal Eric Fieldsted shared some history about Cedar's beloved letter. He explained that Branch Agriculture College became College of Southern Utah in 1953 and six years later (1959) the "A" on Cedar Mountain was changed to a "C." Cedar High School has been maintaining it ever since.

The project to run electricity to the "C" on Cedar Mountain was something Koden Lunt (quarterback for the Cedar Reds) wanted to do for his football captain service project his senior year. During Saturday's homecoming game, Life Flight and a SUU Helicopter flew in four of the



CHS Principal Terri Sanders joins Koden Lunt on the field to light up the C during homecoming halftime.

MAY HUNTER



see 'C' CHANGE » 13

COREY BAUMGARTNER

'C' CHANGE

« CONTINUED FROM PAGE 12

VIPs to the center of the football field to deliver the game ball, which was handed to Koden at mid field. During halftime, he joined Cedar High Principal Terri Sanders on the field and those in attendance counted down from 10 and the C was illuminated.

From financial donations (the majority being



MAY HUNTER

Along with a cement foundation, power was installed to the C to make sure it can always be lit.

raised in only a few days), to contributions from experts, the project went off without a hitch. And it took a lot of experts with a lot of expertise to make this happen, including the BLM, Rocky Mountain Power, Dirt Works, Bradshaw Electric, Gleave Concrete, and a lot of personal time to light the "C". It's a big change from how they used to light the "C"—by burning a lot of wood with kerosene and oil, to keep it bright on homecoming night.

Now, it's a new chapter in history for the "C" that so many love. Being lit with color-changing LED bulbs, Koden is in hopes the school and community will start many new traditions such as lighting it red when a team has a home game/match game win. Of course, the homecoming tradition of the senior class whitewashing it will always be continued.

Speaking of his inspiring project, Koden shared, "I decided I wanted to do something for my high school as well as the community. We live in a great community full of the best people. The excitement and willingness to help pull this project together was something I'll never forget."

schools

CVHS Celebrates Homecoming

by *Harmony Lopez*

FOR IRON COUNTY TODAY

The students at CVHS enjoyed a great Homecoming week with daily "dress ups" and nightly activities. When asked about Homecoming week, Student Body President, Jocelyn Arnold, said, "Homecoming week couldn't have been more perfect! It was truly "enchanted" and had lots of student involvement at all of the activities. Shoutout to our senior class officers Jared Sowards, Rachel Arnold, Loralie Pierce, and Skyler Cooper for all of their hard work.

Here's the wrap up: Monday the Falcons held their first community chalk fun run. This one mile loop ended with music and chalk at the finish line. Participants donated canned food items which went to the Falcon Pantry. On Tuesday, CVHS students enjoyed the drive-in movie, High School Musical 3. They enjoyed a great evening and cash donations also went to the Falcon Pantry.

Wednesday brought the traditional powderpuff game between the junior girls and senior girls. The seniors started out strong, scoring a touchdown in the first play. However, juniors caught up fast with three touchdowns. The game ended with the victorious Juniors, 20-14.

On Thursday evening, an old tradition was rediscovered, "Mr. CVHS." Falcon men strutted their stuff on the red carpet competing for the title in the talent, formal wear, and interview competitions. The winner was Senior, Sam Despain. Jared Sowards was runner up and Lincoln Rushton earned the "People's Choice" Award.

Friday marked the tailgate and the football game. CVHS clubs and organizations provided booths for CVHS students

NEWS FROM THE NEST

and community members to enjoy. Live music and food trucks were on hand as well. During halftime, CVHS honored its Alumni. M'Kala Robinson Lancaster and Raoul Ochoa represented the classes of 2018 and 2003 at the 50-yard line followed by fireworks. The Falcons dominated the game, earning their victory with a score of 49-7.

On Saturday evening

members of the CVHS Student Body "boogied" with DJ Boogie Man atop the Cedar City Parking Garage. Students went crazy with his tunes. Everyone had a blast.

This year's 2023 Homecoming Court had many amazing candidates which made it a close run. Second attendants were Nikki Allen and Andrew Berwick. First attendants were Lara Sorenson and Lincoln Rushton. The CVHS Homecoming queen was Averi Pace and Hunter Woolsey was crowned CVHS Homecoming King. Congratulations!



COURTESY HARMONY LOPEZ

CV's Homecoming Queen Averi Pace and King Hunter Woolsey were officially crowned during halftime.

schools

IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

from Braylie Tullis

IRON COUNTY SCHOOL DISTRICT

Fiddlers Elementary

The 4th grade won our recent Penny Wars competition fundraiser, and the school was able to raise \$1,137.41. Your generous donations help the PTA keep running all our awesome programs like reading calendars and incentives, Dr. Seuss Week, and Walk & Roll to school day (which is coming up on October 4!).

Don't forget about SEP week October 2-6. Teachers will be reaching out to schedule a time to meet with parents about their students. The bell schedule will be M-Th 8:50 am - 2:30 pm and Friday is early-out at 1:30 pm. Follow the Fiddlers Canyon Elementary PTA page on Facebook for updates, reminders, and school highlights.

Iron Springs Elementary

Iron Springs Elementary PTA held our Annual School Carnival last Friday and it was a huge success. There were smiles all around as parents and children enjoyed a fun filled evening! Children and parents were entertained with bounce houses, games, a candy cannon and a Silent Auction all while enjoying yummy food from The Corn Dog Company, Gordito's Tacos, smoothies from Jamba Juice, snow cones from Tiki Shake and cotton candy from Soda Nerd.



We want to share a heartfelt thank you to our amazing PTA and volunteers for all the time and effort that went into carrying out such a large event. Funds raised from the Carnival are used to fund the programs that PTA oversees including the Thanksgiving Baskets, Maturation Program, Dudes and Donuts, Dudettes and Donuts, Breakfast with Buddies, Teacher Appreciation Day and Reflections.

Three Peaks Elementary

Three Peaks Elementary will be holding Fall SEP conferences October 2-6. Please watch for a date and time invitation from your child's teacher. These conferences are a wonderful time to discuss your child and how they

are doing academically and socially at school. Please come with any questions or concerns you may have regarding your student. M-Th dismissal time is 2:30 pm and Friday is early-out dismissal at 1:30 pm.

4th grade students had the opportunity to have the Museum on the Move visit their classrooms last week. They learned about Structure and Function in Utah's Plants and Animals which corresponded with the Utah Science Core Strand 4.1-Organisms functioning in their environment. Students explored the structures and constructed an explanation on the functions of animal skulls, plant seeds, insect wings, and more. We are very grateful for these types of opportunities for our students.



The annual move-a-thon will be held on September 29. This is a fun and active fundraiser that helps the students exercise with their friends and earn money for important PTA projects for school needs. Please consider donating to this cause by contacting 3peakspta@gmail.com.

Enoch Elementary

Enoch's students created puzzle pieces in art class. Each piece was decorated to represent each student, their hobbies and favorite things. The pieces were assembled to create a masterpiece. The display stretches down the lunch hall, with a sign stating that "Each of us is an important unique piece of the puzzle!"

5th graders explored weathering and erosion this week. In Mrs. Meachum's class students experimented with sand, wind, water, and more to discover the causes and effects of weathering and erosion. They also made predictions and tested whether or not they could change the rate of erosion. This Fall, 5th grade classes will study landforms around Southern Utah, to see their science lessons happening in the real world.



COURTESY GATEWAY PREPARATORY ACADEMY

'Museum On The Move' visits Gateway

by Claire Carnesecca & Kaidry Bronson

FOR IRON COUNTY TODAY

The Museum On the Move presented different animal species, plants, and insects for us to investigate. They first taught us to observe and record. Second, they taught us to answer questions on a sheet of paper that asks us a question about their habitat and species. Third, they taught us how to ask questions about what we wanted to learn more about. We also explored new animals, plants, birds, and insects from Utah.

Later, we were able to look at different species of plants and animals. We looked at fossils of mammals and birds and we also got to look at insects, fish, and plants. We even used a microscope to look closer at smaller, more detailed insects such as bees, wasps, moths, butterflies and beetles. It was cool to see the details of each of the different insects.

Afterwards, they told us the names of all the plants, animals, insects, and fish fossils. The bones were harder to identify; especially the mammal skulls. For example, it was explained that the smallest one was a bobcat, but the skull did not look like a bobcat.

It was super awesome of the Museum personnel visiting us and taking an hour of our time for a fun activity to learn more about science. We had a great experience both learning and observing.

For more information on Museum on the Move, visit <https://nhmu.utah.edu/educators/museum-on-move>

schools

National Walk & Roll to School Day Oct. 4

by Gabrielle Costello

CEDAR CITY PUBLIC
INFORMATION OFFICER

On the morning of Wednesday, October 4th, most elementary school students in the Iron County School District can expect to high-five a police officer or elected official as they walk into school, participate in “walking school buses”, and receive safety education and materials regarding safe routes to school including proper use of the crosswalks and bike lanes. As one of very few Utah school districts participating, Iron County is excited to kick off its inaugural year in the national program!

This educational event is an effort to raise awareness about active transportation, build healthier habits, promote safety and safe school routes, and strengthen community relations. It will be held at various Iron County elementary schools on Wednesday, October 4th, from 8:00 a.m. until the school bell rings (around 8:55 a.m.). Tables will be set up at the main entrance of every school to greet kids, along with various “walking school busses” walking in together.

Each school will have its own program of events before school starts, dependent on their needs. Every school will also have a police officer assigned, and various elected officials, with firefighters at North and East Elementary.

Cedar High celebrates homecoming

by Tsadakah Wilberg

FOR IRON COUNTY TODAY

It was Homecoming week at Cedar High School from the 18th to the 23rd. Many of the activities are long-held traditions that the graduating class of 2024 remembers participating in. Now it was their year to shine. From exciting to full of school spirit, the activities united Cedar High and began the class of 2024's senior experience.

The kickoff for the activities was the Powder Puff game where girls showed off their football skills.

potential royalty. All decked out in formal suits and swirling dresses, the court helped give the students the full Homecoming experience.

The next night was Spirit Night, where the different classes gathered to compete in a series of contests ranging from spelling bees to crab soccer, and involving volunteers from each grade. Although the juniors gave them a run for their money, the seniors won the night. After the

past and present, to see.

The Homecoming parade started the activities on the 22nd of September. Different school clubs and organizations joined the band and marched through the streets around Cedar High School. The Homecoming game against Pine View started with a ball drop from a helicopter to the excitement of the students watching. The game went well for Cedar and ended 28 to 15. It was during halftime



TSADAKAH WILBERG

Cedar's homecoming week was full of activities and contests to help inspire school spirit and camaraderie.

Senior and Junior girls volunteered to practice, coached by Cedar High's football players, and played each other in a lighthearted game. For most of the game, the Junior team was winning but the seniors made a quick comeback, tying with the juniors right before the fourth quarter ended. This took them into overtime and the senior girls won the game and the trophy.

Tuesday was the homecoming assembly, announcing this year's homecoming court. A video was played and introductions were written to help the school get to know their

games, Principal Sanders had the students link arms and perform a school cheer to remind them that they are one united school.

Thursday, after school, the class of 2024 climbed into buses and went to whitewash the C on the mountain. A seniors-only activity, white-washing the C is a Homecoming tradition, but this year it was a little bit different. The rocks that made up the C were covered in concrete and lights were put around the C's borders. After an afternoon of work, the C is now more visible day and night for all Cedar High students,

that Zachary Simmons was voted Homecoming King and RaeLee Johnson was voted Homecoming Queen.

Finally, the Dance, on the 23rd, was a huge success. Many students came and celebrated their Homecoming and the year ahead of them. The dance's theme was “See the Light” referring to the popular song from Disney's Tangled. During some of the songs, sparks would shoot from up high, lighting up the night and dance floor.

Homecoming was a week to remember and to remind us all that we're proud to be Reds!

calendar

THURS, SEPT 28

NEIGHBOR 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.

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.

ROBINSON FAMILY PUMPKIN PATCH (M-F 3-8pm, Sat 9am-8pm) @ Robinson Family Pumpkin Patch (1450 W Industrial Rd, Cedar). \$1 per person, FREE Hay Rides & Petting Zoo, \$3 pumpkin launching, \$2 corn pit, \$1 maze, \$3 horse rides. Until October 29. INFO: 435-691-5014.



JUDD PUMPKIN PATCH (M-F 5-7PM), SAT 9am-7pm) @ Judd Pumpkin Patch (314 E 270 N, Paragonah). Open until October 29. NO entrance fee. Free farm Animal Zoo. Wagon Rides \$3 per person, Barrel Train Rides \$2 per person. (3yrs. And younger free). INFO: 435-477-9783.

TOWN HALL MEETINGS – (7-8PM) @ Parowan High Auditorium (50 W 100 N, Parowan). Iron County School District administrators and Board of Education will answer questions about the 2023 Bond Proposition and its projects. INFO: Visit bit.ly/ICSDbond23

FRI, SEPT 29

CONFUCIUS DAY

NATIVE GOODS MARKETPLACE (10-2PM) @ Utah Paiute Housing Authority parking lot (565 N 100 E, Cedar). Final farmers market event of season. Buy goods, food, handmade items.

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) @ VARIOUS locations along Main and University Blvd. FREE. Visit with artists, see beautiful art pieces made using a variety of mediums. INFO: Facebook: /CedarCityWalks or /CedarCityArts.

SAT, SEPT 30

PET TRICKS 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.

BREAKFAST ON THE FARM (8:30-11AM) @ Red Acre Farm (2322 W 4375 N, Cedar City). Come enjoy the farm, hear the roosters crow, feed the animals, and eat a real farm breakfast fresh and hot off the grill! INFO: (435) 865-6792 or Facebook /RedAcreFarmCSA/.

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

FESTIVAL CITY MARKET (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 (NOON-2PM, 40-MIN sessions) @ St. Jude's Episcopal Church (70 N 200 W, Cedar City). Walk the largest indoor labyrinth in Utah! Replica of the Chartres Cathedral's labyrinth in France. This meditative practice has been used for centuries. Join us regardless of faith, or experience. Facilitators present. Open rain or shine. INFO/Reservations please call Anne 702-539-3400.

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

OPEN MIC (7-9PM) @ FRONTIER HOMESTEAD State Park (635 N Main, Cedar). Join us for this family friendly event every 4th Saturday.

SUN, OCT 1

POETRY DAY

A GOOD POET IS SOMEONE WHO MANAGES, in a lifetime of standing out in thunderstorms, to be struck by lightning 5 or 6 times. – Randall Jarrell

MON, OCT 2

CUSTODIAN DAY

WE LEARNED ABOUT GRATITUDE AND humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect. Michelle Obama

TUES, OCT 3

TECHIES 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.

CANYON CREEK SERVICES GALA: "AN Enchanted Night" (6pm doors open) @ Heritage Center Theater (105 N 100 E, Cedar). Tickets online @ canyoncreekservices.org/. Proceeds allow Canyon Creek Services the ability to provide essential and life-saving services and emergency shelter to survivors of domestic violence, sexual assault. Entertainment, hors d'oeuvres, drinks, silent auction.

COMPASSIONATE FRIENDS GRIEF GROUP (7-8:30pm, 1st Tues) @ Cedar City Library (303 N 100 E). Everyone 18+ who are a bereaved parent, grandparent, sibling, and/or professional person (those from funeral homes, chaplains, pastors, doctors, nurses, mental health workers, police, etc.) who are sensitive to the needs of the bereaved are encouraged to attend.

WED, OCT 4

GOLF LOVERS DAY

YOUTH SERVICE LEAGUE (YSL) MEETING (1st Wed, 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.



FESTIVAL CITY MARKET (4-8PM THRU OCT 4) @ (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. INFO: festivalcityfarmersmarket@gmail.com.

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. INFO: 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 INFO: CEDARCITYP- ickleball435@gmail.com. On Facebook at "Cedar City Pickleball League and Tournaments". All ages and skill levels!

THURS, OCT 5

TEACHERS DAY

BIBLE STUDY (1-3PM) @ CEDAR CITY PUBLIC Library (303 N 100 E). 8wk study of Romans 12-16. Wayne Barber leads attendees to live righteously and discover truth through observation, interpretation, application. Workbooks \$18. INFO/Reg 435-267-2234, 435-238-3078, www.precept.org.

SAT, OCT 7

PUMPKIN FESTIVAL (10-4PM) @ DIAMOND Z Arena (11 S Cross Hollow Dr, Cedar). \$5 per child. Face painting, pumpkin patch, activities, trick-or-treating, nail painting, cupcake decorating, food, much more. INFO: 435-586-4484 or cedarcitychamber.org/pumpkin-festival.

TUES, OCT 10

17TH RED ROCK FILM FESTIVAL (10TH-15TH, 1-11pm) @ Frontier Homestead (635 N Main, Cedar). An artist retreat for independent film, movie premiers, and parties. Passes available at: redrockfilmfestival.eventive.org. Volunteers needed!

M.A.R.S BAZAAR (10TH - 14TH, 1-9PM) @ Frontier Homestead (635 N Main, Cedar). Vendor Expo for Costumes, cinema, props, food trucks, vintage peddlers and gear.

*Want your
event on our
calendar?*

There is no charge for calendar items. Your submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 479 N 100 W, #1, Cedar City, Utah 84721. The deadline is Friday at noon. The calendar is not to be used for advertising. Items will be printed at our discretion.

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 Thurs, 5:30 pm • City Hall, 900 E Midvalley Rd • (435) 586-1119

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child Abuse

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

DAR – Bald Eagle Chapter

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

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

(435) 635-3603 • www.utahaa.org. Helpline: John (702) 802-1332, Kara (702) 232-6829 KCCB 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 Sunday Spiritual • Sun, 11 am

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

Al-Anon

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

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

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

Hope for Today (Family Groups)

Thurs, 6 pm • (435) 559-3333

Alzheimer's/Dementia

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

ARP—Addiction Recovery

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

Caregivers

3rd Thurs, 5:45-7 pm • 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.

Embrace Grace

Tues, 5:30pm • Unmarried, pregnant? Don't be alone. Safe, non-judgmental. Free baby stuff at baby shower for you! Childcare available with heads up. 407-719-8595 or Threshing-FloorLife>Resources>Embrace Grace.

Grief Support Group

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

Helproom

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

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

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

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

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

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

Porn Addiction Recovery

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

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

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

Southern Utah Veterans Assoc.

1st Thurs, 7 pm • Westview Christian Center, 2624 W Hwy 56, Cedar. INFO: Chuck Waddell 907-252-1365.

Southwest Parkinson's Alliance

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

Widows Ministry

2nd Sat, 11-1 pm • New Journey-Widow's Ministry @ Sonrise 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 @3 pm. Free for Seniors @ Our House Assisted Living (995 S Regency Rd, Cedar). INFO: 435-867-0055.

Book Club

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

Boy Scout Troop 1848

5th-17 yrs • Thurs 6:30 pm • Old School Library, upstairs, west door, 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 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

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

O.A.R.S. Young Adult Group

Tues 6-8 pm • Johnson Center (59 N 100 W Cedar). Open, authentic, relevant dinner group (ages 18-30). Spiritual conversations, support, curious questioning, community service. Text 541-579-1554, pastorschuyler@gmail.com or Insta: [oars_young_adults](https://www.instagram.com/oars_young_adults)

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.

PB&J Therapy Groups

These two groups teach skills for different areas of life by utilizing recreational activities and engaging in other forms of expressing emotions. INFO: 435-267-4212. College: forms.gle/SmGytgCfvQ1tS2pB7 Adolescent: forms.gle/BZiePVW63pR6Zd8k9

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. ZOQM Mtg ID: 841 6308 8990, PV: health, Info: Kristi Sharp (435) 986-2564, ksharp@swuhealth.org

Youth Group

Wed, 6:30-8 pm • Ages 12-18. Meal, games & Bible Study. @ Sonrise 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 435-701-9982 or email news@ironcountytoday.com

family

Oh no, not Paw Patrol!

Since the beginning of this column I have made a conscious effort to avoid major political topics. There have been many opportunities for me to write about family-based issues that have become hot news items, but I have always wanted this to be a fun, contention-free piece.

dren to issues that should be taught (or not) by parents in the home.

It shouldn't come as a surprise to know that my family is very traditional. That said, we live in a free country, and the ability to make decisions about gender is entirely up to an individual. I won't get into those decisions, but when my children have been watching a clean and family friendly series for years, you can imagine my frustration by the recent changes.

It's obvious that the world we live in cannot be trusted with our tenderly impressionable

power to our TV can bring instant images of same-sex kissing into our home in the form of a computer generated movie suggestion.

Of course, there is troubling material involving opposite sex couples. Morality seems to be a thing of the past, and the new normal is not something I'm willing to expose my kids to.

That said, I am not going to eliminate Paw Patrol and Disney classics from their lives. We have many of these episodes on DVD and will continue to watch and adore them.

One of my kids sleeps with a blanket every night that has Paw

Patrol characters on it. She will continue to sleep with that blanket. However, we will not be seeing the new Paw Patrol movie in theaters, as we had originally planned for and anticipated. We will not be streaming new episodes and we will not be promoting these companies in the future.

I know some will read this and consider my opinion to be exclusive and biased, but that is my right just as others have the right to their inclusiveness. Television and streaming services can go ahead with their propaganda and immorality, but they can count the Stratton's out.

mom's CORNER(ED)

by **Weslie Stratton**

CONTRIBUTOR



However, Nickelodeon recently ruffled some major mama feathers by introducing a nonbinary character to an absolutely adored TV series: Paw Patrol. This specific character is featured in the spin-off series Rubble and Crew, but that makes little difference to a mother who has toddlers basing their make-believe play around the adventurous pups in this show.

This issue is hardly new, as Disney and other child-targeted companies have embraced the exposure of chil-

children. So, what is a mom to do about the entertainment factor that my kids treasure like a treat? My family has enforced a DVD only rule. Our kids are only permitted to watch DVDs that have been viewed and approved by myself or my husband.

This may sound extreme and inconvenient when you can literally stream children's shows with voice activated technology, but have you ever stopped to watch the ads that have found their way into these shows? Even the act of turning on the

Free Family Search Center classes offered in Iron County

from Family Search Center

FOR IRON COUNTY TODAY

These free classes will be taught on Thursdays at 10:00 A.M. and then again at 6:00 P.M. The same lesson will be taught twice on the designated day. Please join us at the Family Search Center (95 N 2125 W Cedar City). We also teach free Family Tree classes each Tuesday at 6:00 pm. This is a way to build your family tree online. The following topics may also

be taught upon request: U.S. Military Records, Immigration, Naturalization Records, DNA and Genealogy, and The Genealogical Proof Standard.

- » September 28 Bible, Church, and Cemetery Records
- » October 5 Obituaries and Newspapers
- » October 12 Catherine
- » October 19 Probate
- » October 19 Land Records
- » October 26 Pre 1850 Research



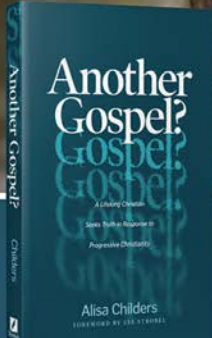
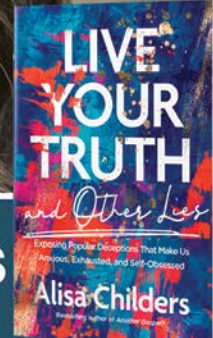
Alisa Childers
Author/Speaker

October 5, 2023
Iron Springs Adventure Resort
www.ironspringsutah.com

6:30 pm - Sandwiches Provided
7:00 pm - Presentation

For more information: 

www.alisachilders.com - youtube.com/alisachilders - facebook.com/alisachilders
instagram.com/alisachilders

history

Building the old Iron County Hospital

by Jay M. Jones

FOR IRON COUNTY TODAY

Janet Burton Seegmiller, in the book "A History of Iron County: Community Above Self" devotes a chapter to the development of medical care in the county. She relates some of the experiences encountered by Dr. George W. Middleton, the first doctor in Cedar City with a scientific medical education.

Dr. Middleton later wrote of his experience in starting practice in Cedar City:

"All the older people predicted dire failure for the young doctor. They had seen a whole generation come and go without the aid of a physician, and they could not imagine that conditions would sustain a lucrative practice. Yet in less than a year these same people were advising me to engage a partner for fear I would be run to death."

The doctor did run hard. He was the driving force for Cedar City to develop a culinary water system, which led to a dramatic reduction of cases of typhoid fever. He served as mayor of Cedar City. He traveled far and wide making house calls to treat patients in need.

In an editorial published 15 May 1903 in the Iron County Record:

"It is becoming more and more apparent every day that it is only a question of time when a hospital will have to be built in our city, or Dr. Middleton will have to move away to some community where such a convenience can be obtained. Mr. Middleton has been so successful in his practice of the science of surgery, that he is put to his wits end to serve the many afflicted people who come from all parts to avail themselves to his skill in this line."

A large home on 300 West, across

from the college, was adapted as much as possible to serve as a hospital for several years, but this was not a long-term solution. In a few years, Dr. Middleton did move to Salt Lake City, partly due to a desire to practice in a better hospital.

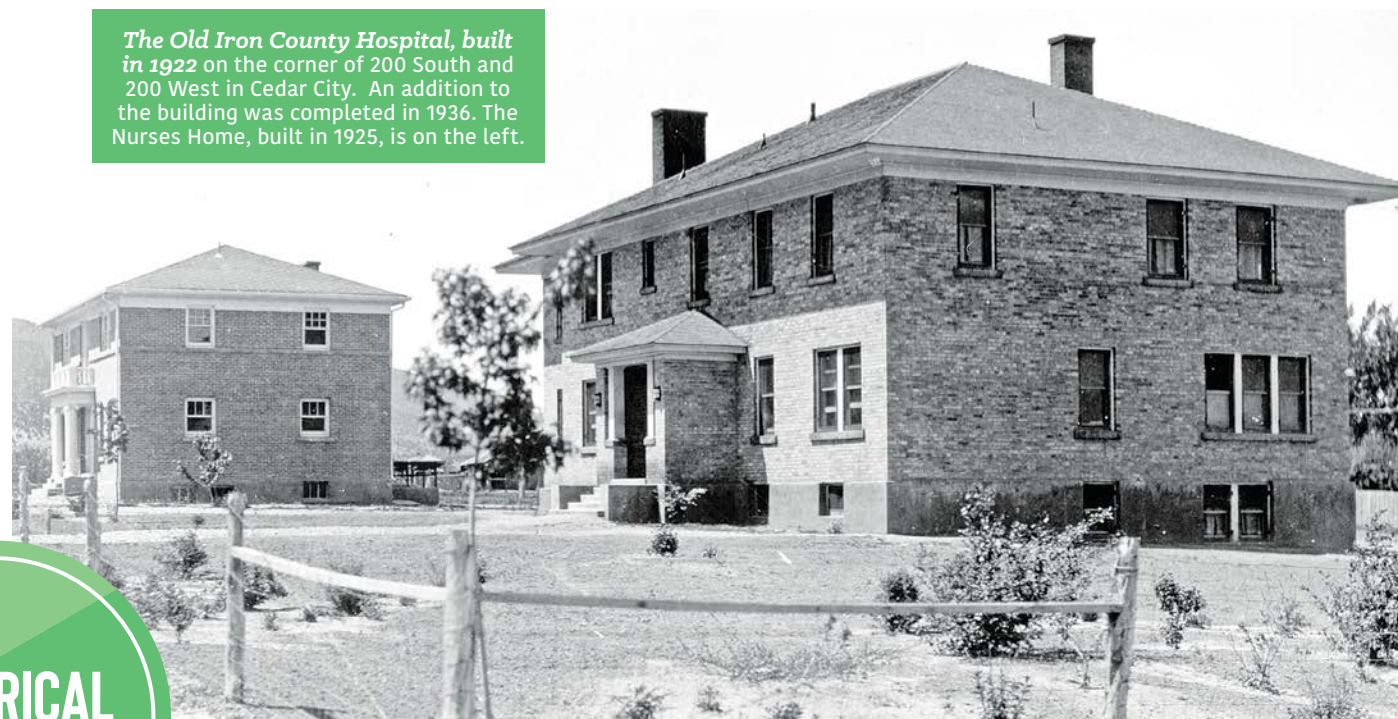
Some citizens of Cedar City remembered that lesson when a

Dr. Jacob Bergstrom, after finishing his internship, began practice in Cedar City in partnership with Dr. Macfarlane.

A letter to the editor of the Iron County Record on 9 May 1919 stated: "With due respect to our county practitioners, we still maintain that hospital care for the sick is woefully

"Middleton and Allen aggregation of physicians and surgeons at Salt Lake City. . . Dr. Macfarlane has won the confidence and respect of the people of the south and has built up a splendid practice here. His decision to leave us will be sincerely regretted, but if his best interests prompt the move, we believe that we should

The Old Iron County Hospital, built in 1922 on the corner of 200 South and 200 West in Cedar City. An addition to the building was completed in 1936. The Nurses Home, built in 1925, is on the left.



R.D. ADAMS, SUU SPECIAL COLLECTIONS

HISTORICAL
THREADS

similar situation arose several years later.

Also from the Iron County History: "Menzie's

J. Macfarlane of St. George was first a student and then a very popular science teacher at the Branch Normal School. He enrolled at Jefferson College of Medicine in Philadelphia, graduating in 1913. After a brief internship at St. Marks Hospital in Salt Lake City, he established his medical practice in Cedar City in November 1913."

During the Spanish Flu pandemic, Dr. Macfarlane and other doctors and nurses provided heroic service in minimizing the effects of the disease in the local area. In January 1919

"With due respect to our county practitioners, we still maintain that hospital care for the sick is woefully wanting...A small and well planned and regulated hospital will not only be a pride but a god-send to the community."

Letter to the editor, Iron County Record, May 9, 1919

wanting. . . A small and well planned and regulated hospital will not only be a pride but a god-send to the community."

Two weeks later the paper announced that Dr. Macfarlane had accepted a position with the

unite in giving the doctor and family a rousing farewell."

On 13 June 1919 two announcements were made in the Iron County Record. First, Dr. Bergstrom

see **HOSPITAL** » 23

history

African American churches inspire, impact Utah's culture (Part 8)

by Edy Meredith

FOR IRON COUNTY TODAY

The African Methodist Episcopal Church was originally born of racial discrimination following the American Revolution when African Americans struggled to worship freely. The Bible to many was a story of freedom shown by God setting the Israelites free from slavery in Egypt. The AME Church embodied that to provide Christians of African descent their own place to worship the God of Liberty and Freedom. While its organization grew out of the Free African Society (FAS) which Richard Allen, Absalom Jones, and others established in 1787, the FAS continued to grow and evolve as circumstances changed following the Civil War and the development of Jim Crow laws throughout the U.S.

African Americans who lived in Utah (as slave and free) participated in the worship of the God of Freedom together by establishing two major churches in the Salt Lake area: 1) Trinity African Methodist Episcopal Church, and 2) Calvary Baptist Church. This was a time when the church was a staple, and everybody went to church for gospel singing and Bible teaching. Gospel music is a universal language with nothing better than spiritual, Christ-centered vocal and instrument sounds. Even today the Salt Lake City Mass Choir performs.

Established in 1909, the choir sings weekly at 11 AM. (facebook.com/SLCMassChoir/) Its mission statement is to create a culture of unity among the evangelical Christian Churches of Utah by communicating the gospel message through musical expression. In African churches singing led to the development of many popular African American singers and is rooted in the conversion of enslaved Africans to Christianity. The music relied on handclapping and foot-stomping as rhythmic accompaniment to preaching. Three African American churches have contributed

to Utah's impactful culture.

1) As of 2023 Trinity African Methodist Episcopal Church (AME Church) has been in existence formally for at least 136 years, established before Utah officially became a state with a history of 54 plus pastors serving the community. It has a proud past but an uncertain future because of population changes. The church is currently at 239 East 600 South in Salt Lake City. The Church is about community, and it is the oldest ethnic minority church in Utah. Recently, there were two incidents of vandalism at the Salt Lake City AME church that are being investigated by the Salt Lake City PD as possible bias/hate crimes. Embury Chapel is another AME church in Ogden at 274 30th St. and welcomes visitors. The congregation follows Biblical Christianity in its teachings and recently had its 115th anniversary. See its website and read about it on: facebook.com/EmbryChapelUtah/

2) Calvary Baptist Church is located at 1090 S. State St. in Salt Lake City. Its website is located at: calvaryslc.com. It advertises itself as promoting The Christian Family Value System with its foundation from Psalm 127: "Except the Lord build the house, they labor in vain that build it."

Utah continues to honor its African American citizens who have given so much to the community. Recently Salt Lake City renamed a street in honor of Pastor France Davis, Calvary Baptist Church leader for over 45 years and civil right legend. Retired but still active in his congregation, he has been an influencer for his faith and for Utah's Civil Rights efforts. Please read more about Reverend France Davis to appreciate his contributions to Utah and to civil rights at: community.utah.gov/reverendfrancedavis/. He marched for voting rights from Selma to Montgomery with Dr. King in 1965 resulting in the Voting Rights Act of 1965 which outlawed discriminatory voting practices. He says that there is more to be done in the struggle for equal rights.

finances

ASK RUSTY: SOCIAL SECURITY

Will opening a joint account affect my disabled father's SSI?

Dear Rusty: I live in Michigan and my senior disabled father lives in rural Kentucky. His income is part Social Security and part disability. I talked to a local credit union near his home and explained I would like to open a joint account. They said as long as he comes in with his ID it's possible. My question is - will adding money to our joint account affect his SSI and disability?

Signed: Caring Daughter

Dear Caring Daughter: First, I need to clarify that there are two types of disability programs administered by the Social Security Administration - Social Security Disability Insurance (SSDI), and Supplemental Security Income (SSI). The acronym "SSI" normally refers to "Supplemental Security Income" which is a benefit for disabled senior adults (and children) who have very little income and very few assets. "SSI" is not Social Security income; rather it is a general benefit program jointly administered by the Social Security Administration and the State in which your father lives. In contrast, Social Security Disability (SSDI) benefits are earned from working and are not affected by the recipient's assets, as are "SSI" benefits.

From what you've written, I assume that your father may have a small Social Security retirement benefit (because he has reached his full retirement age and SSDI isn't available after full retirement age), and he is also receiving Supplemental Security Income

(SSI) disability benefits. If this is the case, although your father's Social Security retirement benefit would not be affected by opening a joint account at the credit union, his Supplemental Security Income (SSI) disability benefit likely will be. As co-owner of the joint account your assets would count towards your father's "SSI" asset limit, and your assets, as well as any "in kind" assistance you otherwise provide, would likely put your father over the SSI income/asset eligibility limit and result in his SSI benefits being terminated.

So, although the credit union may be willing to open a joint account for you and your father, I'm afraid that would result in your father losing his SSI (Supplemental Security Income) benefits, leaving him with only his small Social Security retirement benefit. You may wish to review the SSI eligibility information at this link: www.ssa.gov/ssi/eligibility or you

could contact the Social Security Administration and ask to speak with someone experienced with Supplemental Security Income matters. Since your father lives in Kentucky, you might also contact that state's human services agency to discuss your options for providing remote assistance to your father without jeopardizing his Supplemental Security Income (SSI) benefit: www.chfs.ky.gov/Pages/contact.aspx.



RUSSELL GLOOR
SOCIAL SECURITY
ADVISOR

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 at ssadviser@amacfoundation.org.

Becoming a Positional Leader

LEADERSHIP 101.32

We've all heard the familiar phrase that "leaders lead from the front." This seems to be sound counsel as leading from the front often implies taking charge and being proactive. Yet, the definition of "front" can be misplaced and misunderstood.

In today's workplace, office, homes, etc. leaders must learn to

the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com

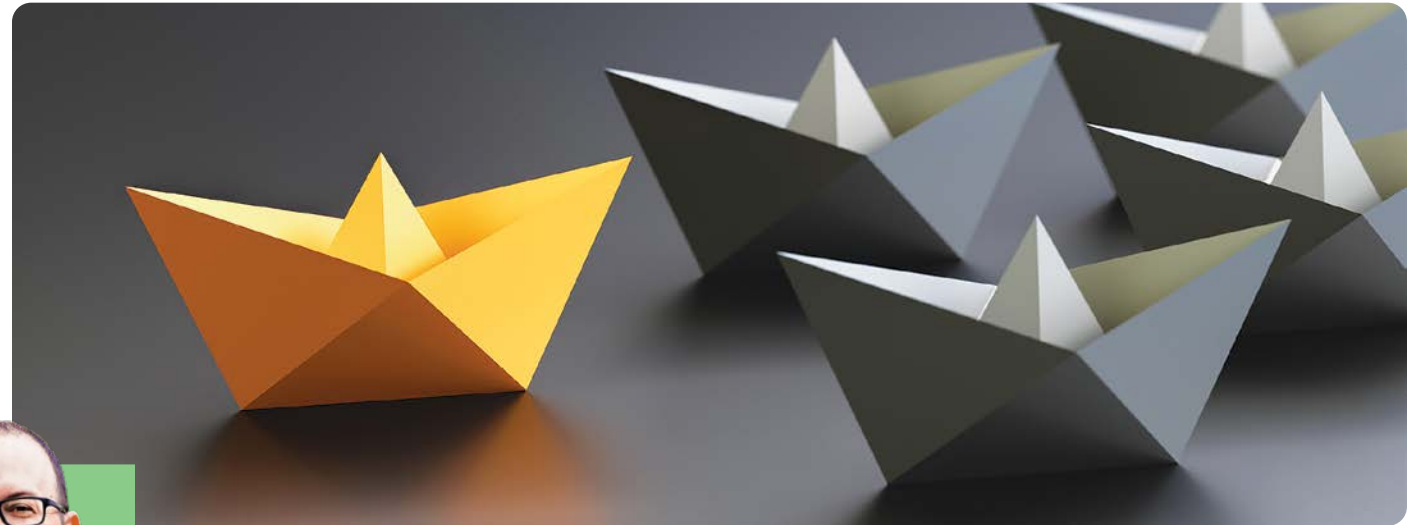


lead according to need. They're willing to prioritize the position of their people and their needs that need navigating. This focus creates both motivating visibility while also improving viability. Yes, we all need that boost of motivation that comes from seeing our leaders fearlessly on the front lines.

However, great leaders also know how to lead the battle from beside and behind their personnel. They know that a personal and in person "pat on the back" can be more effective than an email. They also know that sometimes being side-by-side in the trenches with the troops is more motivating than a memo.

To be an effective positional leader is not just about providing visibility (from the front, or front

"...make time to visit the trenches. You may discover that you not only improve morale, but also increase the leadership capabilities of those you lead."



SHUTTERSTOCK

office), but investing the time necessary (in the trenches) to understand (as to improve more than improv)

both the viability of the position and the capability of the person in it. This cannot always be done as effectively or efficiently from the front lines and requires a different position.

Where are you leading from today? Is that because it's the most comfortable place, or because it's the most effective place? Perhaps it's both, but it's important enough to verify so you can have more confidence in your competence as the leader that others trust and rely on—not based on your position (title) but because of your position (involvement) in the vital aspects of the business.

As you make time to learn and lead from different positions in your organization, you will understand your people and products better. You will also be able to recognize how to improve and help them become even better within and without the workplace. This is not always easy, or convenient. Nevertheless, as the leader of any group, the more you invest, all becomes the best.

Where would you like to lead from more effectively? Perhaps you're already skilled at both the front lined and behind the scenes? How are you one-on-one, or under the gun? Do your people know they can count on you when the chips are down? Both general visibility and personal invest-

ing will not only reveal your location, but help improve your relations with the troops.

Today, if you're leading from the front, make time to visit the trenches. You may discover that you not only improve morale, but also increase the leadership capabilities of those

you lead. Remember that no matter where you lead, and no matter your flexibility of being a multi-positional leader, how you lead will always be more important than where. If your people feel important and empowered, then you are leading where and how it's needed the most.

SUU SOUTHERN
UTAH
UNIVERSITY

GRACE A. TANNER LECTURE IN HUMAN VALUES

11:30 A.M. | OCTOBER 5, 2023 | GILBERT GREAT HALL, HUNTER ALUMNI CENTER
"WHAT LOOKS LIKE BRAVERY: LOSS, RESILIENCE, AND THE SURVIVAL TOOLKIT"



Laurel Braitman, PhD

BESTSELLING AUTHOR

DIRECTOR, WRITING & STORYTELLING, STANFORD SCHOOL OF MEDICINE

A.P.E.X. Speaker Series

obituaries

LaFawn Crosby Robinson



LaFawn Crosby Robinson, beloved wife of Mark Applegate Robinson, passed peacefully from this mortal existence on September 22, 2023, at the wonderful age of 98 years old. LaFawn was born January 15, 1925, in Enoch, Utah. She is a daughter, wife, mother, sister, grandmother, great-grandmother and great-great-grandmother, and a friend to all—many of whom she helped with compassionate nursing skill.

She lived in Enoch, Utah until age 17 and a short time in Pima, Arizona.

At 17 years old, after the death of her mother, she faked her age and became an Army Nurse Cadet a few months early and became a Registered Nurse after 4 years. In her last year at the University of Utah, she married the love of her life Mark when he came home at the end of WW2 as a wounded veteran. Their marriage was sealed for eternity in the St. George Temple on the 14th of April 1962. She served on a base in Wyoming and then Mark and LaFawn settled in Cedar City, Utah. LaFawn

was a Nurse at Iron County Hospitals for the next 35 years including several years as a surgery supervisor and then as the Iron County School District Nurse, healing students and teachers and wiping noses for 12 years.

LaFawn was a dedicated member of the Church of Jesus Christ of Latter-day Saints, serving in many callings including extraction specialist, librarian, Relief Society Presidency and wife of the Bishop "Mother of the Ward". She served a mission with her husband in Ghana, Africa and England, and missions as Employment specialists and also volunteered with the Daughters of Utah Pioneers.

LaFawn and Mark loved to spend time together—always at the mountain cabin, square dancing, trailer gang trips, and going for rides. They also made trips to Hawaii, Alaska, England, the Holy Lands, and church history sites.

She is preceded in passing by her Parents Eliza Catherine Gibson Crosby and Clarence Crosby, her husband Mark and sister Norma, 4 younger siblings (George David, Evyone, Elizabeth, Etta) who lived only hours or days, and her daughter-in-law Peggy. LaFawn is survived by her Daughter Tamala Lynn Robinson Bird (Morris Edward, "Ted"), Oldest Son Rick Mark Robinson (Nanci), Son's Randy Jay Robinson (Debra) and Greg Arthur Robinson (Tamera). As well as her 23 grandchildren, 71 great-grandchildren, and 11 great-great-grandchildren.

A granddaughter said it this way: "I can only imagine the reunion in heaven this morning between my Grandma and Grandpa. When my grandparents were dating and Grandpa went away to war, he was shot and came home fragile and weak. My Grandma was so excited to see him when he came home, she jumped into his arms and nearly made him fall. I'm sure today's greeting was even more special."

Funeral Services will be held on Saturday September 30th, 12:30 pm at the Church of Jesus Christ of Latter-day Saints - 4th Ward Building (500 West 400 North, Cedar City). Viewings will be held on Friday September 29th from 6pm to 8pm and Saturday, prior to the funeral from 11:00 am to noon. Interment will be in the Enoch Cemetery under the direction of Southern Utah Mortuary. Livestream of the services may be viewed, and online condolences may be left at www.mortuary.org.

The family appreciates the Cedar City Hospital Nurses, med tech and doctors for the tender care in the last week of Mom's life.

Ronald Brown



Ron Passed away Sept 16, 2023, surrounded by family. Ron was born October 10, 1941, in Ventura, California to Omer Brown Jr. and Kathryn Virginis Scoles Brown. He was the second of 7 children. Ron married Sharon Anne Nuner. Together they had Ronald Junior Brown, Cindy May (Steve) Lambert, Donald Ray Brown (Rena).

After moving to Utah Ron married Shelly Dawn Lewis together, they had Jesse Lee

(Heather) Brown, Mark Heston (Heidi) Brown, Kyle Greyson Brown, Amanda Kay (Mark) Mackert, Skyler James (Shante) Brown, Erica Christine (Morgan) Crews, Zachary Rockwell (Kelsey) Brown, Colton Lewis (Penney) Brown, Clarissa Cheyenne (Jared) Allred.

Ron's pride and joy were his kids, grandkids and great-grandkids. He always lit up when he had family around. He was a father to more than just his kids and would put just about anyone in need under his wing. His home away from home was anywhere outdoors. He was excited anytime he got the chance to go fishing, hunting or just camping with good company. He always had a good story to tell.

Mufflers and Radiators were Ron's trademark. He installed, Managed, and owned a shop where he was an expert putting just the right muffler on. Over 60 years in the business he was great at. During his years he taught many of the muffler trade he excelled in. Ron's testimony in the gospel of Jesus Christ was always strong. He held many positions and callings.

Ron was preceded by his parents, sons Kyle Greyson and Ronald Junior Brown. Granddaughter Dixie Saige Mackert. Brother Jerry James Brown. Sister Dianna Mae Etchison.

Ron is survived by Sisters Gail Bittle and Linda (John) Moore, Brother Jim Tindle, Sharon, Cindy, Donald, Shelly, Jesse, Mark, Amanda, Skyler, Erica, Zachary, Colton, Clarissa. 36 grandchildren, 7 great-grandchildren.

Funeral services will be held on Sat, September 30th at noon at The Church of Jesus Christ of Latter-day Saints church located at 40 E Midvalley Rd, Enoch, UT 84721, with a graveside afterwards at the Cedar City Cemetery 685 N Main, Cedar City, UT 84721. Bring your favorite ammo shell or cartridge to bury with him in tribute for his love of guns.

Susan Mitchell Adams



Our beloved Wife, Mother, Grandmother, Sister and Friend, Susan Mitchell Adams, passed away peacefully on September 18, 2023, at her home surrounded by family. She was born February 17, 1949, in Cedar City, Utah to Carlyle Benson and Kathleen Stones Mitchell. She married Jay Slack Adams on February 5, 1967, in Las Vegas, Nevada. Their marriage was later solemnized in the St. George Temple on April 11, 1985. They were blessed with four

daughters and two sons.

She grew up in Cedar City and graduated from Cedar High School. Throughout her life she held many positions in the medical field which she excelled at and enjoyed.

She was a lifetime member of the Church of Jesus Christ of Latter-day Saints. She held several church positions, among them was her role as a camp director, where she positively impacted numerous young women, including her own daughters. Her final calling was as a youth Sunday school teacher, a role she cherished deeply. She was very dedicated to her church callings all the way up until she was no longer physically able to attend church.

She enjoyed spending time on the mountain at the family cabin with her beloved husband, kids and grandkids. Her family was her greatest treasure.

She is survived by her loving husband, Jay Adams, her children Amy (Tyler) Garfield, Darin (Tera) Adams, Wade (Angie) Adams, Lisa (Randy) Clove, Amber (Tom) Iverson, Jayme (Kurt) Peterson, 26 grandchildren, 8 great-grandchildren, her sister Carla (Ken) Fullerton and her sister-in-law Carla H. Mitchell. She is preceded in death by her parents Carlyle and Kathleen Mitchell, her brother Blair Mitchell, and her sister Lynda Green.

The family would like to thank Bailey Coombs and all the staff at Zion's Way Homecare and Hospice for their loving care and support.

Funeral services were held Saturday September 23, 2023, at 11:00 am at the Church of Jesus Christ of Latter-day Saints located at 520 South 1100 West Cedar City, Utah. Visitation was held Friday, September 22, 2023, from 6:00-8:00 pm and Saturday from 9:00-10:30 am at the same location. Interment was at the Cedar City Cemetery, under the direction of Southern Utah Mortuary. Livestream of the services were viewed, and online condolences may be left at www.mortuary.org.

Want to submit an obituary?

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

VISIT US AT IRONCOUNTYTODAY.COM

HOSPITAL

« CONTINUED FROM PAGE 19

recruited Dr. Sundwall of Fairview, Utah, a college classmate, to become a partner in the practice that Dr. Macfarlane was leaving. Second, Dr. H. H. Wilkinson of Hurricane and Dr. Samuel J. Russell, an experienced and prosperous physician in Chicago, announced their plans to start practicing in Cedar City.

In the meantime, several citizens did not want to give Dr. Macfarlane a rousing farewell. They convinced him to change his mind and stay in Cedar City. Part of the bargain was for the citizens to push for a county hospital. When Dr. Macfarlane announced his change of plans, the plans of the doctors Sundwall, Wilkinson and Russell all changed as well. They decided not to come to Cedar City after all.

In an 18 July 1919 editorial titled “County Hospital Next Need”:

“Possibly the most urgent requirement of this county now (excepting only better roads) is a county hospital.”

After signatures were gathered to prompt action from the county commissioners, a bond election was set for 10 April 1920. Two separate issues were up for consideration: a \$125,000 bond for road improvements and a \$25,000 bond for the county hospital.

Both bonds were successful. The road improvement bond passed 487-61. The hospital bond passed 344-195. Parowan and Paragonah provided significant opposition to having the hospital built in Cedar City. Local architect Randall L. Jones drew up the plans for the hospital. Land was donated by Lehi W. Jones, one of the lobbyists persuading Dr. Macfarlane to stay. The winning construction bid was by Chester A. Kemp of St. George.

At the dedication of the building on 22 October 1922 it was stated that the county taxpayers had done their share by passing the bond, and now friends of the hospital were needed to buy equipment. Donations totaling \$15,000 were collected.

Next came a nurses home to the south of the hospital, built with donations, starting with a \$1,000 contribution by Mrs. Katherine G. Bell and land donations by John S. Woodbury and Uriah T. Jones. It was completed in 1925. The 1940 census shows twelve women living in the home: five nurses employed at the hospital, three women training as nurses, one “kitchen helper”, one “house keeper”, and two listed as “helper”.

The hospital kept busy and a needed addition adjoining the north end of the building was started on 1 November 1935 under the direction of Moroni Perry. This addition – more than doubling the size of the building – was completed in 1936. It was funded by the Works Progress Administration, one of the programs of the New Deal.

L. W. Macfarlane provides the following story in the book “Dr. Mac: the Man, his Land, and his People”:

One Saturday afternoon Dr. Mac was performing an operation in the hospital.

“A stranger appeared at the door of the operating room, announced that he was a doctor, and asked if he might come in to watch the operation. Hardly looking up from his work, the doctor [Macfarlane] instructed one of the nurses to get sterile apparel for the visitor, and soon, properly clad, he came into the operating room and watched the operation.”

At the conclusion of the operation, the visitor introduced himself. “I am Doctor Will Mayo of the Mayo Clinic,” he said. “I am out here seeing your beautiful country with two of my colleagues, Doctor Balfour and Doctor Henderson. They have gone to service our car, and while they are doing that, I decided to come to the hospital and see what sort of a shop a country doctor might keep, and see what sort of surgery was being done.”

He then summarized: “If every community like Cedar City would build such a hospital they could prevent the loss of well-trained doctors to the city.”

That afternoon, Dr. Mac went home to tell his wife Kate this almost unbelievable story.

faith

Sounds of silence

One of the best ways to block out the noise and chaos of world is to get in your car and crank up the tunes. No, not like those cars that drive past your house at 3am. And if you can't go for a drive, putting on headphones to create some silence works great, too.

Music, podcasts, audio books, etc. can also be great motivators on long commutes and especially when you're stuck in traffic. Of course, what you listen to is as important, perhaps much more so, than what you're trying to block out, but that's a

choose to see or hear their silent (or audible) cries for help, they are still absolutely there.

Yes, it may seem easier to help when we can see the specific needs/hurts of others, or familiar scenarios when we know for sure how to help. However, while it may be easy to take a casserole to console someone after a funeral, or a meal to someone who's sick, would it not be as easy and meaningful to take a meal (or companionship) to someone who is depressed, or lonely?

Today, learn to listen to the silence and hear hidden hurts. As you learn to listen, you won't need to wait until they call, or provide a list of needs. The Lord will help you know what to say and do, even if it's just being there in the moment. Showing up allows

you to better assess their needs and then truly help in ways that matter—especially in ways they cannot see because they're blinded by barricades. When you recognize the need, don't hesitate to make a difference, or fear to interfere. Because when you bless someone which God places in your path, you're not interfering with His work, you're interfering with the devil's work and there's no greater labor of love than that.



column for another time.

Even with the best music, we must be careful to still pray and pay attention to opportunities around us. Sometimes noisy traffic can keep us from hearing those in need, even in our own homes. We can have our music turned up so loudly, or be too busy honking our own horns (complaining or congratulating) we don't see, let alone hear (and then help), the needs of others around us (James 1:19, 22).

Yes, the noise of the world seems everywhere and overwhelming. You need help not only tuning out the world, but tuning into the Spirit. It will not only guard you against noise, but also guide you to those who need your strength, friendship, fellowship and encouragement.

There's a difference between blocking out the bad and becoming blind to the good. Thus, it's imperative that we still keep our eyes, ears and hearts open to and listening for the needs of others around us. When we don't listen, we miss out on chances to change the world by making a difference in the lives of people around us. And whether we

VERSE OF THE WEEK

HEBREWS 10:24-25

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. No matter who and where you are, there is someone in your sphere of influence today that needs encouragement. Not compliments per se, but heartfelt compassion and personalized fortification.

Reds surprise Panthers

by Tom Zulewski

IRON COUNTY TODAY

Sometimes, it pays to defer being on offense to start a football game. It proved to be a big benefit for the Cedar Reds. Once Tredyn Elliott got started, his teammates made the plays on both sides of the ball and shut down the opposition to earn another win.

Elliott ran for two touchdowns and J.T. Jeter added a punt return for the first score of the night as Cedar beat the Pine View Panthers, 28-15, to celebrate Homecoming on Sept. 22. The Reds evened its record in Region 9 at 2-2 and improved to 3-4 overall.

After Cedar won the coin toss, Pine View got the football first, but had a punt blocked that got the Reds started from the Panther 25. Although an interception ended the initial possession, Elliott said that block got the momentum started for the team.

"It got our momentum shifted," Elliott said of the punt block. "We came out a little shallow, but it helped us carry the ball to the end zone.

Jeter's punt return inspired the defense further as they intercepted an Adam Moore pass on the Panthers' next possession. Later in the quarter, Pine View had good field position after a Cedar punt, but turned the ball over on downs. Elliott went to work and scored on a 54-yard run early in the second quarter to stretch the Reds' lead to 14-0.

Pine View responded less than a minute later and got on the board when David Beckstrand scored on a 5-yard run with 9:44 to play in the first half. Cedar had a last chance with time winding down, but Jacob Jenkins missed a 39-yard field goal try, and the Reds had a 14-7 lead at the break.

"Our defense stepped up against a very good Pine View offense," Cedar coach Josh Bennett said. "They stepped up and played well. We just have to be better in the red zone on offense."

The Reds got the football to start the second



Cedar

28



Pine View

15

Pine View	0	7	0	8	15
Cedar	7	7	7	7	28

Q1 - C - Jeter 59 punt return (Jenkins kick), 6:39

Q2 - C - Elliott 54 run (Jenkins kick), 10:40
PV - Beckstrand 5 run (Beckstrand kick), 9:44

Q3 - C - Elliott 5 run (Jenkins kick), 7:21

Q4 - C - Giles 11 run (Jenkins kick), 7:00
PV - Harris 5 pass from Moore (Jones pass from Moore), 2:05

COREY BAUMGARTNER

see REDS » 28

Cedar's J.T. Jeter returns a crucial punt for a touchdown to inspire the Reds onward to a homecoming victory.

TEMPLARS HAND FALCONS FIRST LOSS

by Tom Zulewski

IRON COUNTY TODAY

Maison Starkweather ran for four touchdowns and threw for three more scores, and the Manti Templars beat the Canyon View Falcons in a 61-40 shootout Sept. 22. The Falcons suffered its first loss of the season and fell to 1-1 in 3A South, 6-1 overall, while the Templars improved to 2-0 and 6-1.

Starkweather got Manti started with a 15-yard TD in the first quarter, but CV had an answer with an 11-yard touchdown pass by Jaxon Jensen and a 45-yard run from Lincoln Rushton. Manti was able to rebuild its lead to 21-12 when Starkweather found Hunter Stevens on an 11-yard TD, but Jensen led a two-minute drill that produced results when he hit

Bubba Ludlow on a 42-yard score with 42 seconds left to cut the lead to 21-19 at the break.

The third quarter belonged to the Templars thanks to a pair of 1-yard TD runs from Starkweather and an 8-yard TD pass to Stevens, but the fireworks took off in the fourth as both teams scored a trio of touchdowns. Jensen added two 40-yard touchdown passes — one to Traie Buhler and the other to Deegan Davies — and Davies threw a 65-yard score to Asher Groft with 3:52 to play in the game. Stevens finished

the scoring with a 23-yard run, and the Templars reached 60 points for the second straight week.

Next up, CV will host the Juab Wasps for Senior Night on Friday starting at 7 p.m. The Wasps beat North Sanpete, 35-17, last week and are 4-3 overall, 1-1 in 3A South.



Manti

61



Canyon View

40

Canyon View 6 13 0 21 - 40
Manti 14 7 19 21 - 61

Q1 - M - Stevens 10 run (Thomas kick), 9:19
M - Starkweather 15 run (Thomas kick), 7:53
CV - Jensen 11 touchdown pass (kick failed), 2:20

Q2 - CV - Rushton 45 run (run failed), 9:03
M - Stevens 11 pass from Starkweather (Thomas kick), 1:48
CV - Ludlow 42 pass from Jensen (Petty kick), :42

Q3 - M - Stevens 8 pass from Starkweather (run failed), 8:09
M - Starkweather 1 run (run failed), 4:53
M - Starkweather 1 run (Thomas kick), 1:25

Q4 - CV - Buhler 22 pass from Jensen (Petty kick), 11:38
M - Barton 20 pass from Starkweather (Thomas kick), 8:24
CV - Davies 40 pass from Jensen (Petty kick), 7:19
M - Starkweather 33 run (Thomas kick), 4:10
CV - Groft 80 pass from Davies (Petty kick), 3:52
M - Stevens 23 run (Thomas kick), 1:57

T-Birds beat Leathernecks in homecoming battle

by Regan Hunsaker

ASSISTANT AD, SUU SPORTS INFO.

CEDAR CITY — Under the bright lights of Eccles Coliseum Thunderbird fans witnessed an intense gridiron clash between the Western Illinois Leathernecks (WIU) and Southern Utah. The Homecoming game was

Graham's successful extra point, the Thunderbirds commanded a 10-0 lead at the end of the first quarter.

The second quarter witnessed a resurgence from the Leathernecks. Kicker Owen Valek displayed his accuracy with an impressive 49-yard field goal, putting WIU on the scoreboard. However, Southern

his second rushing touchdown of the game. The strong run gave the Thunderbirds a 24-17 lead at the end of the third quarter.

The final quarter belonged to the Thunderbirds as they continued to assert their dominance. Justin Miller orchestrated a 43-yard touchdown pass to Isaiah Wooden on a beautiful double move. Defensive back



The T-Birds celebrate homecoming and a slugfest victory over the Leathernecks, their rivals from W. Illinois.

COURTESY SUU

brimming with heart-stopping moments and electrifying plays. It was the Thunderbirds who emerged triumphant, sealing their victory with a resounding 37-17 final score.

As the game kicked off the Thunderbirds made their presence felt with a quick drive down the field. Tyler Graham delivered a 31-yard field goal, marking the game's first points. Shortly after, SUU quarterback Justin Miller connected with Zach Mitchell on a 10-yard touchdown pass, and with

Utah's Targhee Lambson responded with authority, scoring a powerful 2-yard rushing touchdown up the middle. The teams exchanged blows as Matt Morrissey of WIU found Jaylin Jackson for a 44-yard touchdown pass. Ludovick Choquette then added a 1-yard rushing touchdown for WIU, capping an eventful second quarter with the score tied at 17-17.

Southern Utah regained momentum in the third quarter. Targhee Lambson powered through WIU's defense with a for

Cody Coleman added an exclamation point with a 60-yard interception return for a touchdown. The game concluded with Southern Utah celebrating a commanding 37-17 victory.

The Thunderbirds will play another home game as they welcome Central Arkansas to Eccles Coliseum on Saturday, September 30, 2023. The game will mark the first United Athletic Conference contest for Southern Utah. Kickoff is set for 6:00 p.m. MT and the game will be broadcast on ESPN+.

Cowboys shut out Rams

by Tom Zulewski

IRON COUNTY TODAY

Griffen Bone and Drey Stubbs ran for two touchdowns apiece, and the Kanab Cowboys dominated on the way to a 48-0 road shutout over the Parowan Rams on Sept. 22 at Alma Richards Stadium. Bone scored both of his touchdowns in the first quarter from 11 and 3 yards, and the Cowboys led 20-0 at the half.

Stubbs went to work in the third quarter, scoring on a 58-yard run and adding a 5-yard score later in the period for Kanab, who got a 27-yard fumble return for another touchdown as the game went to a running clock for most of the second half.

The Cowboys improved to 5-2 overall, 1-1 in 1A South, while the Rams lost its 13th straight game and fell to 0-7 on the season. Parowan will host the Beaver Beavers on Friday starting at 7 p.m.



Kanab

48



Parowan

0

Kanab	14	6	22	6	48
Parowan	0	0	0	0	0

Q1 - K - Bone 11 run (Utzig kick), 6:43
K - Bone 3 run (Utzig kick), 4:35

Q2 - K - Allen 28 run (kick failed), 9:32

Q3 - K - Stubbs 58 run (Stubbs run), 6:40
K - Stubbs 5 run (Utzig kick), 4:36
K - Orton 27 fumble return (Utzig kick), 2:37

Q4 - K - Kabonic 27 pass from Virostko (kick failed), 11:24

Connect.



on



PREP SCOREBOARD

SCORES

Region 9 Football

9/22 Cedar 28, Pine View 15
Snow Canyon 42, Hurricane 14
Dixie 27, Desert Hills 26
Crimson Cliffs 62, Stansbury 20

3A South Football

9/22 Manti 61, Canyon View 40
Richfield 51, Carbon 3
Juab 35, North Sanpete 17

1A South Football

9/22 Kanab 48, Parowan 0
Enterprise 29, Milford 13
Beaver 29, North Summit 2

Region 9 Girls Soccer

9/19 Desert Hills 6, Pine View 1
Snow Cyn. 2, Crimson Cliffs 1
Hurricane 3, Dixie 0

9/21 Snow Canyon 3, Cedar 2
Desert Hills 4, Hurricane 1
Crimson Cliffs 2, Dixie 1

Region 12 Girls Soccer

9/19 Cyn. View 3, North Sanpete 1
Carbon 4, Juab 0
Manti 10, Emery 0
Delta 4, Richfield 1

9/21 Canyon View 8, Juab 0
Delta 1, Carbon 1,
Rabbits win 4-3 on PKs
Manti 1, Richfield 0
North Sanpete 5, Emery 0

Region 18 Girls Soccer

9/19 Parowan 7, Grand 1
Beaver 8, San Juan 0
9/21 Parowan 6, Beaver 1
Millard 8, South Sevier 0

Region 9 Volleyball

9/19 Desert Hills 3, Cedar 2
Snow Cyn. 3, Crimson Cliffs 0
Dixie 3, Pine View 0
9/21 Cedar 3, Pine View 0
Hurricane 3, Snow Canyon 0
Desert Hills 3, Dixie 0

Region 12 Volleyball

9/19 Delta 3, Canyon View 2
Manti 3, Juab 0
Carbon 3, North Sanpete 0
Emery 3, Richfield 2
9/21 Canyon View 3, Richfield 2
Carbon 3, Juab 0
Manti 3, North Sanpete 0
Emery 3, Delta 1

Region 18 Volleyball

9/19 Parowan 3, Beaver 0
Panguitch 3, South Sevier 0
Enterprise 3, Millard 1
Kanab 3, Water Canyon 0
9/21 Parowan 3, Kanab 1
Enterprise 3, Beaver 0
Millard 3, South Sevier 0
Water Cyn. 3, Fredonia (AZ) 0

STANDINGS

RPI RANKINGS IN PARENTHESES

Region 9 Football

	REGION	OVERALL
Crimson Cliffs (2)	3-0	6-1
Dixie (13)	3-0	3-4
Snow Canyon (7)	2-1	5-2
Cedar (11)	2-2	3-4
Desert Hills (15)	1-2	2-4
Pine View (18)	1-3	3-4
Hurricane (24)	0-4	1-6

3A South Football

	REGION	OVERALL
Richfield (1)	2-0	7-0
Manti (2)	2-0	6-1
Canyon View (3)	1-1	6-1
Juab (6)	1-1	4-3
N. Sanpete (10)	0-2	1-6
Carbon (11)	0-2	1-6

1A South Football

	REGION	OVERALL
Enterprise (3)	1-0	7-0
Beaver (1)	1-0	6-1
Kanab (4)	1-1	5-2
Milford (7)	1-1	3-4
Parowan (10)	0-2	0-7

Region 9 Girls Soccer

	REGION	OVERALL
Crimson Cliffs (8)	9-1	11-3
Desert Hills (7)	9-2	12-4
Snow Canyon (11)	8-3	10-5
Cedar (19)	5-5	7-7
Dixie (22)	3-7	3-10
Hurricane (24)	1-9	3-10
Pine View (26)	1-9	1-12

Region 12 Girls Soccer

	REGION	OVERALL
Canyon View (3)	10-1	12-2
Manti (2)	9-2	11-2
Delta (4)	8-3	9-4
Carbon (7)	7-4	8-5
Richfield (8)	5-6	7-6
Juab (13)	3-8	3-10
N. Sanpete (12)	2-9	4-9
Emery (17)	0-11	0-13

Region 18 Girls Soccer

	REGION	OVERALL
Parowan (1)	7-0	10-2
Millard (4)	5-1	6-3
Grand (7)	3-3	3-3
Beaver (10)	4-4	5-7
S. Sevier (12)	1-6	3-8
San Juan (15)	0-5	0-6

Region 9 Volleyball

	REGION	OVERALL
Desert Hills (3)	7-0	15-4
Cedar (5)	6-1	13-3
Hurricane (6)	4-2	12-5
Snow Canyon (10)	4-3	9-6
Crimson Cliffs (17)	2-5	5-11
Dixie (21)	1-6	4-11
Pine View (25)	0-7	1-14

Region 12 Volleyball

	REGION	OVERALL
Carbon (1)	7-1	12-2
Emery (2)	6-2	16-2
Canyon View (3)	6-2	12-4
Manti (8)	5-3	13-9
Delta (7)	3-5	8-8
North Sanpete (12)	3-5	7-11
Richfield (13)	2-6	6-10
Juab (14)	0-8	7-12

Region 18 Volleyball

	REGION	OVERALL
Parowan (1)	5-0	8-0
Kanab (2)	6-1	13-4
Millard (6)	3-3	9-5
S. Sevier (8)	3-3	10-8
Enterprise (15)	3-3	6-11
Beaver (12)	1-5	5-6
Water Canyon (21)	0-6	2-6

SCHEDULE

Region 9 Football

9/29 Cedar at Dixie
Crimson Cliffs at Hurricane
Snow Canyon at Desert Hills

3A South Football

9/29 Juab at Canyon View
Richfield at Manti
North Sanpete at Carbon

1A South Football

9/29 Beaver at Parowan
Enterprise at Kanab
Milford at Delta

Region 9 Girls Soccer

9/26 Cedar at Crimson Cliffs
Snow Canyon at Hurricane
Pine View at Dixie

9/28 Cedar at Dixie
Crimson Cliffs at Desert Hills
Hurricane at Pine View

Region 12 Girls Soccer

9/26 Canyon View at Manti
Richfield at Carbon
Delta at North Sanpete
Juab at Emery

9/28 Delta at Canyon View
Carbon at Manti
Emery at Richfield
North Sanpete at Juab

Region 18 Girls Soccer

9/26 San Juan at South Sevier
Millard at Grand
9/28 San Juan at Millard
South Sevier at Grand

Warriors edge Reds, Falcons win twice

by Tom Zulewski

IRON COUNTY TODAY

Lilly Wittwer, Lottie Smith and Ashlee Harris all scored goals in the first half, and they proved to be just enough as the Snow Canyon Warriors held on for a 3-2 victory over the Cedar Reds on Sept. 21. SC improved to 8-3 in Region 9 and 10-5 overall, winning its seventh straight. Cedar fell to 5-5 and 7-7. Maddie Marriott and Jaden Hlebasko scored for Cedar in the final 40 minutes, but the rally fell one goal short.

The Reds will play its final two regular-season games on the road. They started with a game at Crimson Cliffs on Tuesday that was too late for press deadline, and they finish with a game at Dixie on Thursday night starting at 7:30 p.m.

Across town, the Canyon View Falcons kept its position on top of the Region 12 standings with another pair of wins last week. Erin Hallows scored in the second half to break a 1-1 tie as CV went

on to beat North Sanpete, 3-1 on Sept. 19. Hadlee Farrow added the goal later in the half that sealed the win.

Two days later, the Falcons scored four times in each half and shut out the Juab Wasps, 8-0 at home Sept. 21. Bethanee Vargas found the net twice, and six more players added a goal apiece as

CV improved to 10-1 in Region 12, 12-2 overall.

The Falcons played on the road at Manti in a first-place showdown Tuesday that was too late for press deadline, and they'll return home Thursday to play the Delta Rabbits starting at 4 p.m.



CV's Bethanee Vargas (R) and Emilee Winters (L) take powerful shots on goal in the Falcons victory over the Wasps.



Cedar's Kelsi Orton sets up a shot in a tough battle on the pitch for the Reds against the Warriors.



Cedar's Cambria Simper shows her skills as she leaps to save a shot on goal.

PHOTOS BY COREY BAUMGARTNER



PHOTOS BY DAVID MINEER SR.

The Rams continue to provide skills and thrills thanks in part to Bella Robinson (T) and Brentlee Mineer (B).



Rams sweep pair on pitch

by Tom Zulewski

IRON COUNTY TODAY

Deanna Gale scored twice, and the Parowan Rams girls soccer team broke the game open with six second-half goals in a 7-1 victory over the Grand Red Devils in Region 18 play Sept. 19. Matilee Sudweeks, Bella Robinson, Brentlee Mineer and Kinnin Lambert also scored for the Rams in the win.

On Sept. 21, the Rams scored three times in each half and pulled away to a 6-1 road win over the Beaver Beavers. Robinson had a hat trick as Parowan improved to 7-0 in Region 18, 10-2 overall with the No. 1 ranking in the RPI.

The Rams will be idle this week before finishing the regular season with a road game at Millard on Oct. 3 and returning home to play South Sevier on Oct. 5.

REDS

« CONTINUED FROM PAGE 24

half and made the most of it with a 78-yard drive that Elliott finished off with a 5-yard touchdown run to push the advantage to 21-7. They would add to the cushion in the fourth when Krue Giles scored on an 11-yard run with 7 minutes remaining.

Pine View (1-3, 3-4) broke through for one last score when quarterback Adam Moore hit Brock Harris on a 5-yard touchdown. When Moore connected with Quincy Jones on the 2-point conversion, it was 28-15 with

2:05 to play.

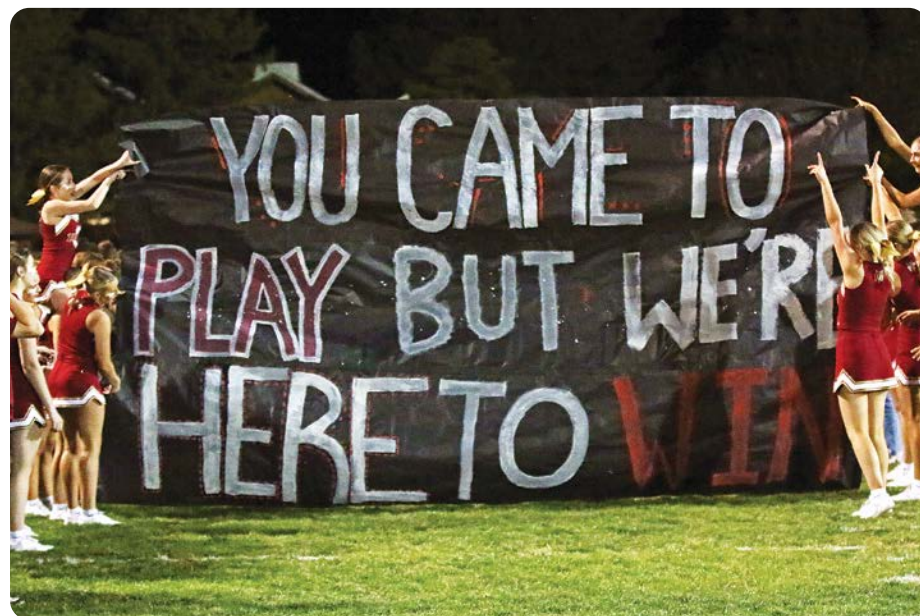
Cedar recovered the onside kick, but couldn't get a first down. Pine View's last shot ended with four straight incompletions, the last coming with 34 seconds to go and no timeouts. From there, the Reds ran out the remaining time and celebrated another victory.

Next up, Cedar will travel to face Dixie on Friday at Walt Brooks Stadium for a 7 p.m. kickoff. The Flyers have won three straight Region 9 games, the last two with fourth-quarter rallies for wins over Pine View (29-28) and Desert Hills (27-26).



PHOTOS BY COREY BAUMGARTNER

Win or lose, the Cedar Reds football team is carried by the crowd of supportive students in the stands and cheerleaders on the field.



Playoffs, homecoming and other notes

It's hard to believe, but we're already into the end of some of the fall sports schedule. The 4A girls soccer season is down to its final two games, Canyon View is holding on to the lead in Region 12 with three games remaining, and Parowan is No. 1 in 2A girls soccer.

Football is heading for the homestretch, and volleyball is in midseason form. When the dust finally settles, it'll all come down to what the math nerds and algorithms have to say for who plays who and where they'll play when all the brackets are released.

But since we're all naturally curious, here's how our brackets would look if the regular season ended today.

Let's get a major distinction out of the way first. In the 4A ranks, there are 26 teams for girls soccer, but only 24 advance to the playoffs. It's a definite departure from when the RPI first started.

When the brackets are formed, the top eight schools will receive a bye. Desert Hills and Crimson Cliffs hold the last two passes into the second round of the playoffs, and the teams will have a final showdown for the Region 9 title Thursday.

On the opposite side of the coin, the Hurricane Tigers are in at No. 24, and Pine View would be out at No. 26. Nothing will be certain until the final brackets are released, but the Panthers will host the Tigers in the regular-season finale, also on Thursday night.

Pine View's only win this season was over Hurricane on Sept. 5. The Tigers are 3-10 overall, but clearly not safe.

The opening round of the 4A playoffs happens Oct. 5, and Snow Canyon is the only Region 9 team that would host

a game. Cedar is at 19 and Dixie is at 21, and those two teams play each other this Thursday in the regular-season finale.

The second round happens Oct. 10.

On the 3A side, the official bracket has only the bottom

are no byes because there's a 16-team bracket. Their first round happens Oct. 11.

It may have taken a while, but Cedar has its own lights in place for the "C" on Cedar Mountain, and they were shown off at halftime of the Reds' 28-15

Homecoming win over the Pine View Panthers on Sept. 22. The project that made the lighting happen was spearheaded by Cedar senior line-backer Koden Lunt.

Regular white light bulbs were used on the "C," but plans are in the works to allow for lights that can be changed to different colors. Canyon View has had its own "CV" sign standing tall on a hillside east of the campus for several years.

If you had any Miami Dolphins player on your fantasy football team for Week 3, give yourself a big pat on the back. The Dolphins beat up the Denver Broncos, 70-20 on Sunday, the first time an NFL team hit the 70-point mark since 1966. Tua Tagovailoa threw for 309 yards with four touchdowns, and De'von Achane ran for 203 yards on 18 carries with two scores, including a 67-yarder in the fourth quarter that finished the spree and helped the team reach the milestone.

On the high-school front, Canyon View got an up-close look at how good Manti is after a 61-40 rout Sept. 22. The Templars have played football for more than 100 years and reached 60 points in a game three times, two coming the last two weeks.

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

RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY



four teams in the RPI at positions 15 through 18 playing an opening-round game Oct. 7. Everyone else, including Canyon View at No. 3, plays its first playoff game Oct. 11.

Here's another reason why the RPI isn't always the best way to determine playoff teams. Canyon View has the

"When the dust finally settles, it'll all come down to what the math nerds and algorithms have to say for who plays who and where they'll play..."

most wins of any of the schools in 3A (12-2) and they're ranked behind Ogden (10 wins) and Manti (11). It makes zero sense, but at least part of the matter was settled when the Falcons played at the Templars on Tuesday.

In 2A soccer, Parowan is on top of the RPI at 10-2, and there

TOM'S SPORTS TRIVIA

More general madness from the week highlights the dirty dozen. We go all over the place with pride and hope you've been paying attention to sports stuff everywhere you look. Please remember...no wagering!

1. As of Sept. 21, only two division titles have been clinched in Major League Baseball. Name the National League teams – one who earned its 11th straight trip to the playoffs and the other who has won its sixth straight NL East crown.

2. What two American League teams have already earned postseason berths? The pair are in a tight race for the AL East title.

3. The Chicago Bears have a growing list of issues that was capped when defensive coordinator Alan Williams resigned last week. What quarterback expressed frustration over how he was being coached before walking the comments back?

4. Pitcher J.C. Mejia was given a 162-game suspension for a second positive test for a performance-enhancing drug. What NL Central team does Mejia no longer play for?

5. The Colorado Buffaloes are off to a 3-0 start under new head coach Deion Sanders, but they faced a major test last week when they faced what Pac-12 foe, who has averaged 58 points per game, ranked second nationally?

6. Ranked No. 6 nationally, what Big Ten team has beaten the Notre Dame Fighting Irish five straight times heading into its Sept. 23 matchup in South Bend?

7. It's Italy's capital, but where is this year's Ryder Cup being held?

8. Only seven players in MLB history have hit 60 doubles in a season – the last one in 1936 – but what L.A. Dodgers first baseman had 56 through Sept. 20 and needed four more over the final 10 games to reach the milestone?

9. What SEC football team coached by Nick Saban fell out of the Top 10 in the AP poll for the first time since 2015?

10. What former Utah State AD, now working at Oregon State, called a promotion/relegation model similar to one used in international soccer "worthy of study?"

11. Shohei Ohtani hasn't played since Sept. 3, but he still leads the American League in home runs. Within two, how many did Ohtani hit in 2023?

12. Hello, friends...what CBS Sports broadcaster earned induction into the PGA of America Hall of Fame for the Class of 2023?

LAST WEEK'S ANSWERS

1. Aaron Rodgers.
2. Tua Tagovailoa.
3. David Montgomery.
4. 40.
5. Joe Burrow.
6. New Orleans Saints.
7. Wil Lutz.
8. Washington Commanders. The Cardinals duplicated the feat in Week 2 when they let a 28-7 lead get away at home and lost 31-28 to the New York Giants.
9. Jordan Love.
10. Matthew Stafford.
11. Philadelphia Eagles.
12. Jacksonville Jaguars. The Jaguars beat the Indianapolis Colts in Week 1, 31-21.

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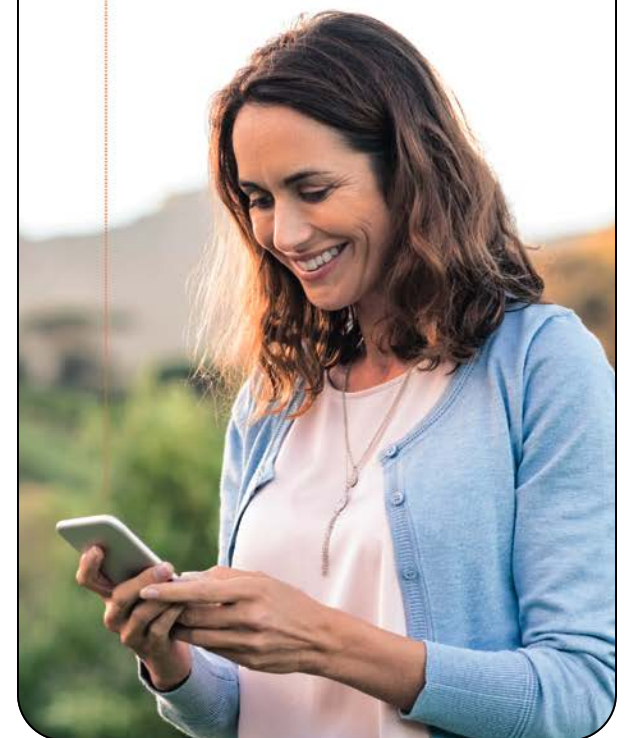
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legal notices

CERTIFICATION OF PETITION FOR ANNEXATION

I, Lindsay Hildebrand, the duly appointed Recorder for Enoch City, UT, hereby certify that I have reviewed the Petition for Annexation signed by Pidding, LLC.

To view the Petition for Annexation, legal descriptions and map please request the information from the Enoch City Office, 900 E. Midvalley Road, Enoch UT 84721 or call 435-586-1119. The Petition for Annexation was filed with this office on August 23, 2023. I find that the petition meets the requirements for annexation as provided by Utah State law, (subsections 10-2-403 (2), (3) and (4), U.C.A.) The Enoch City Council received the Certification of the Petition for Annexation on September 6, 2023. The City Council may grant this annexation unless a written protest to the annexation petition is filed with the Iron County Boundary Commission at P.O. Box 429, Parowan, UT 84761 and the Enoch City Recorder within 30 days after the notice of certification is received, which would be by October 4, 2023. The legislative body or governing board of an affected entity may legally protest this annexation by filing as instructed above.

Published September 14, 21 & 28, 2023
Iron County Today • #0527

LIEN STORAGE SALE

NOTICE IS HEREBY GIVEN, by Enoch Storage Rentals, that the rights, title and interest of the following storage occupant's personal property will be sold at public auction for non-payment of rent. Each unit's contents will be sold in bulk as a single transaction for CASH only on Saturday, Sep. 30, 2023 at 9 am at Enoch Storage located at 660 E 4930 N Enoch, UT 84721, 435-867-4655. A \$100 refundable cash performance deposit, per unit, is required of successful bidders. Successful bidders will be allowed 7 days to clean out the units.

#136 Sherry Gower; totes, boxes, artwork, furniture

#182 Bonnie Norton or Iren D. Leavitt; furniture, tv, mattress, totes

#491 Rebekah Concoy; bed frame, dresser, furn., boxes, space heater

OS 55 Beverley Isgrigg; 2008 Saturn Outlook, white, VIN 5GZER13718J220391

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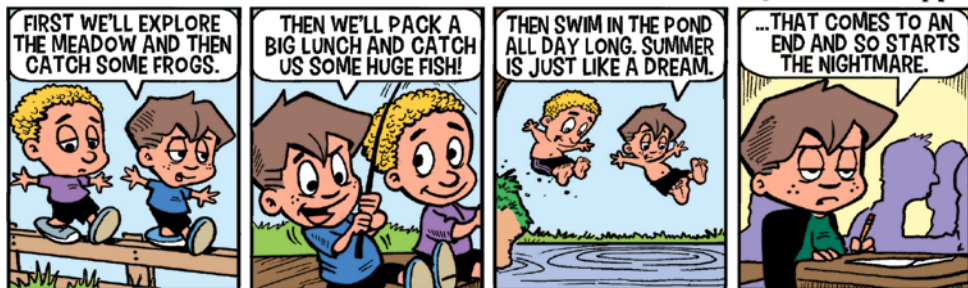


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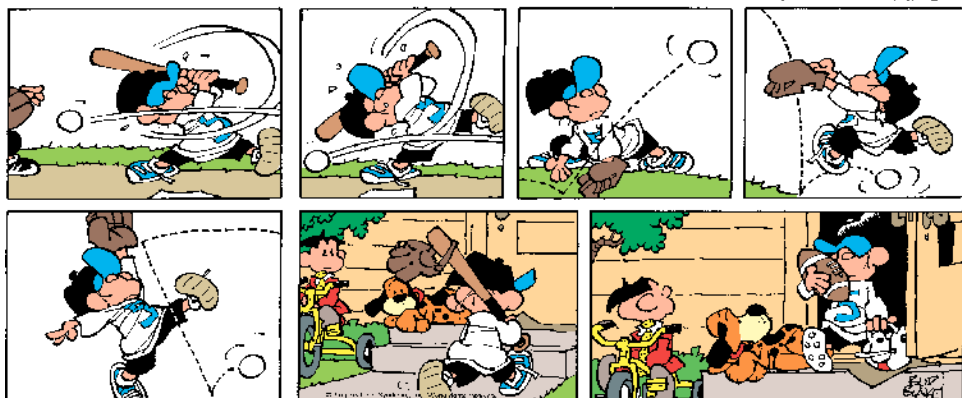
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by Dave T. Phipps

**TIGER**

by BUD BLAKE

**The Spats**

by Jeff Pickering

**Weekly SUDOKU**

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

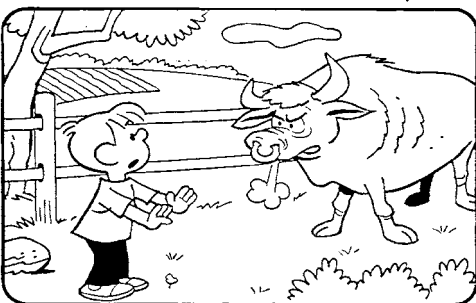
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cap is missing. 2. Arm is missing. 3. Football is missing. 4. Cloud is different. 5. Horn is smaller. 6. Bull's tail is missing.

King Crossword**ACROSS**

- 1 Filly's brother
5 Group of seals
8 Old U.S. gas brand
12 Sandwich cookie
13 Sailor's "yes"
14 "Pygmalion" writer
15 Nevada city
16 Tropical fruit
18 Nebraska river
20 Demons
21 Towel word
23 Bol. neighbor
24 Engages in make-believe
28 Tibia's place
31 PC key
32 Hotel offering
34 Bond rating
35 Brusque
37 Tormenting
39 Spanish gold
41 IRS agent
42 Rustic homes
45 TV type
49 Table protector
51 Inky stain
52 Italian wine region
53 Notable time
54 Booty
55 Slugger
56 Letter sealer

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
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24	25	26					27		28		29	30
31				32				33		34		
35			36		37				38			
		39		40		41						
42	43				44		45			46	47	48
49						50			51			
52					53				54			
55					56				57			

57 Like custard

compounds

Fleming

DOWN

- 1 Business abbr.
2 Hurler
3 Sultry Horne
4 Like some grins
5 Drink-to-go holder
6 Popeye's Olive
7 Hearing-impaired
8 Aromatic
- 9 Chinese city
10 Uttered
11 Has
17 Actress Long
19 Afternoon affairs
22 Long-legged shorebird
24 Chest muscle
25 Baton Rouge sch.
26 Circus gymnasts
27 Short-lived levy of 1765
29 Author
- 30 Pester
33 Alike (Fr.)
36 One of the Nixons
38 Powerless
40 Low digit
42 Bookkeepers (Abbr.)
43 To boot
44 Diving duck
46 Trudge
47 Synthesizer pioneer
48 ABA member
50 Notre Dame's Parseghian

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Trivia test by Fifi Rodriguez

- LITERATURE: What is the name of the clown in Stephen King's horror novel "It"?
- ASTRONOMY: How often does Halley's Comet appear in the Earth's sky?
- U.S. STATES: Which state has the most electoral votes in 2024?
- MOVIES: In "Jurassic Park," what kind of container is used to store stolen dinosaur embryos?
- ART: Which art movement is Salvador Dali associated with?
- AD SLOGANS: Which car manufacturer used the ad slogan "Quality is Job 1"?
- TELEVISION: Which TV show spawned the spinoff comedy/drama "Maude"?
- FOOD & DRINK: What is the main ingredient in falafel?
- GEOGRAPHY: What is the world's shortest river?
- ANIMAL KINGDOM: What are a crab's pincers called?

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

Answer

Weekly SUDOKU

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

Solution time: 22 mins.

Answers

King Crossword

1. Pennywise; 2. On average, every 76 years; 3. California (54); 4. A canister that looks like a Barbasol Shaving Cream can; 5. Surrealism; 6. Ford Motor Company; 7. "All in the Family"; 8. Chickpeas; 9. Roe River, Montana; 10. Chelae.

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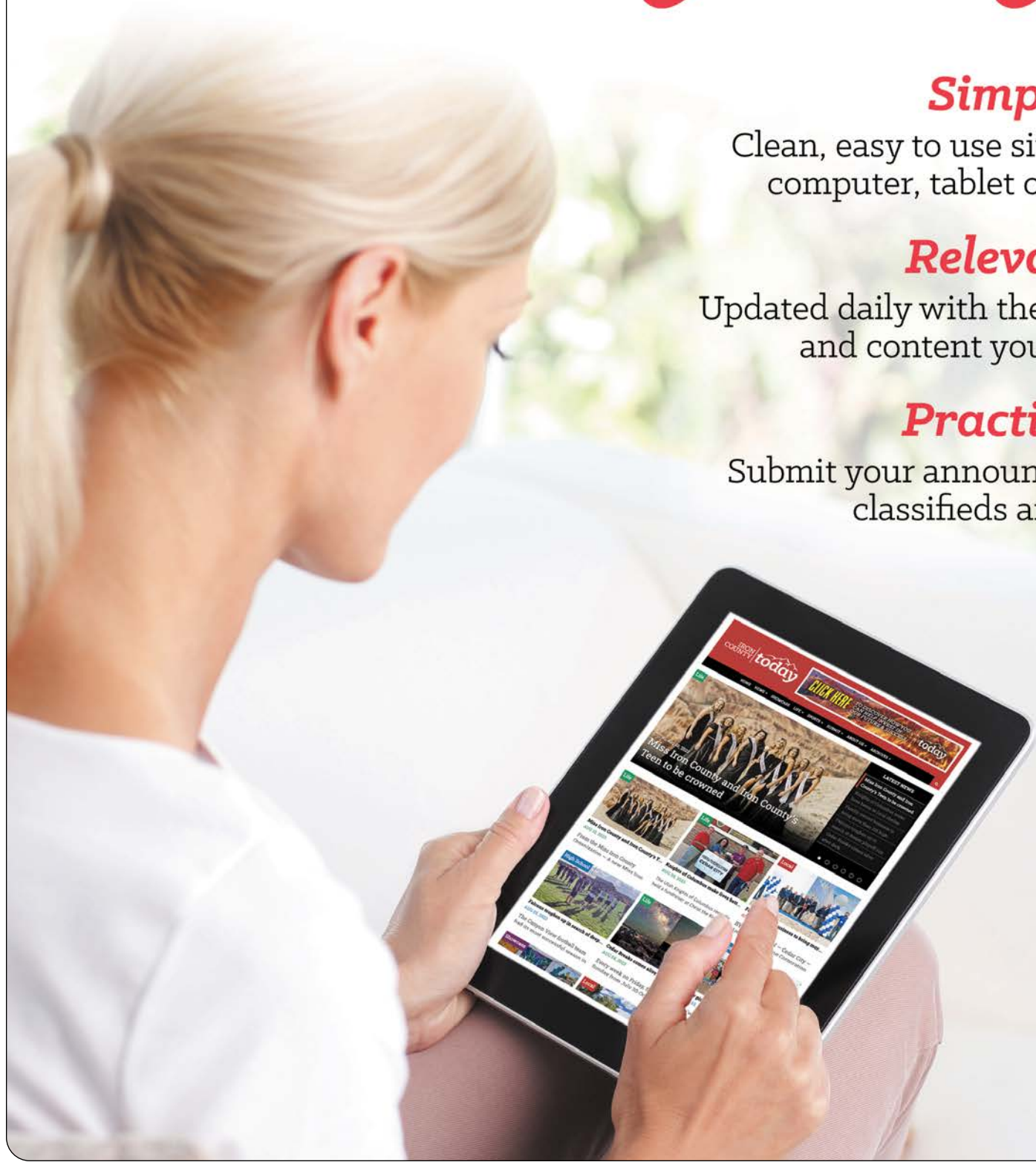
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