

NOVEMBER 19-25, 2023 | VOL. 15 NO. 46

IRON
COUNTY

today

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NEWSPAPER
INSIDE!

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SCAN ME

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sports

Axe returns home
as T-Birds top
Trailblazers in
rivalry game



IRON COUNTY

today

DANCING *for* CHANGE



STORY IN SHOWCASE

Local entities working to utilize water rights in nearby basins

from Central Iron County Water Conservancy District

FOR IRON COUNTY TODAY

Water Rights in the state of Utah are organized by basins. In Cedar Valley, the primary source of water currently comes from basins 73 & 81. Basin 73 covers the northern part which includes Cedar City & Enoch, and Basin 81 includes Kanarraville in the southern portion of the valley.

Groundwater levels in Basin 73 are declining and the Utah Division of Water Rights adopted a groundwater management plan for the basin in 2021 that will reduce groundwater rights of local municipalities by 75%.

Paul Monroe, Central Iron County Water Conservancy District General Manager, said the District also owns water rights in basins 71 & 14.

"We are working to diversify water resources by utilizing our water rights in other basins," said Monroe. "The District and other local entities have several projects in the works to source water from those additional areas."

Recently the District completed a waterline along Iron Springs Road as part of a partnership with BZI Steel to deliver water to one of their industrial facilities. More importantly, this waterline extended the District's water system into Basin 71, west of Cedar Valley.

The next step for the District is to drill a well in Basin 71 so it can utilize water in that area with water rights that it has owned for several years. The District is currently working with experts and scientists to identify a precise location for the well in that basin.

"Securing additional water supplies from other basins in conjunction with our water conservation and recycle measures will enable us to deliver a sustainable water supply to support our thriving community and help our Cedar Valley aquifer recover after decades of over pumping," said Andy McCrea, District Board Member and hydrologist.

Additionally, Cedar City Corporation just recently made a large purchase of water rights in



(Top) Water pipes in front of Innova Tech manufacturing facility: CICWCD partnered with BZI Steel to install a waterline along Iron Springs Road. (Bottom) Waterline being installed along Iron Springs Road to access water from Basin 71.



PHOTOS COURTESY CICWCD

"The District and other local entities have several projects in the works to source water from those additional areas."

Paul Monroe, CICWCD

Basin 71 so it can utilize water from the Iron Springs area, or Beryl/ Escalante Valley, in the near future.

"This is an infusion from another basin, and I am extremely grateful for the opportunity that sprang up suddenly and that we were able to capitalize on quickly with the [Cedar City] council's support," said Cedar City Mayor Garth Green in the city's November newsletter.

The District is also in the planning and development stages to develop

its water rights in Pine Valley, or Basin 14, that is northwest of Cedar City. The Pine Valley Water Supply Project is currently in the environmental process with the Bureau of Land Management to ensure that the project is environmentally sound and can provide a sustainable source of water for residents of Cedar Valley for generations to come.

Learn more about the District's water supply projects at <https://cicwcd.org/projects>.

Utah AG, Division of Consumer Protection sues insulin manufacturers

from Richard Piatt

DEPUTY CHIEF OF STAFF

ST. GEORGE — The Utah Attorney General and the Utah Department of Commerce's Division of Consumer Protection (Division) filed a lawsuit today against insulin manufacturers Eli Lilly, Novo, Nordisk, and Sanofi as well as pharmacy benefits managers (PBM) CVS Caremark, Express Scripts and OptumRx for their involvement in an insulin pricing scheme that has harmed hundreds of thousands of Utah diabetics and their families.

"Access to affordable insulin is, literally, a life-or-death issue. But insulin makers and PBMs value billions in profits over the lives and well-being of Utahns. The markups and margins on insulin are unconscionable," explained Utah Attorney General Sean D. Reyes. "Unrestrained greed cannot be allowed to direct our healthcare outcomes. This is one of the most egregious cases of avarice and inhumanity I have ever seen. It not only violates the law, but is morally repugnant too."

Though the cost of producing diabetes drugs has decreased over time, the lawsuit alleges manufacturers

and PBMs worked together to inflate the reported price of these medications up to 1,000 percent over the last decade. PBMs used their significant leverage in the pharmaceutical pricing chain to raise profits instead of lowering prices for consumers. Manufacturer defendants allegedly raised the reported prices of diabetes medication only to deceptively refund a significant portion back to PBMs through rebates, discounts, credits, and administration fees.

This alleged scheme created an environment where patients were forced to pay artificially high prices for life-saving medications while PBMs and manufacturers reaped record profits. Patients with diabetes have collectively been overcharged millions of dollars a year for medication that is expensive only because the defendants know they can extract money from patients who would die without it.

"This pricing scheme is not only appalling, it's also unlawful," said Margaret Woolley Busse, Executive Director of the Utah Department of Commerce. "We'll do everything in our

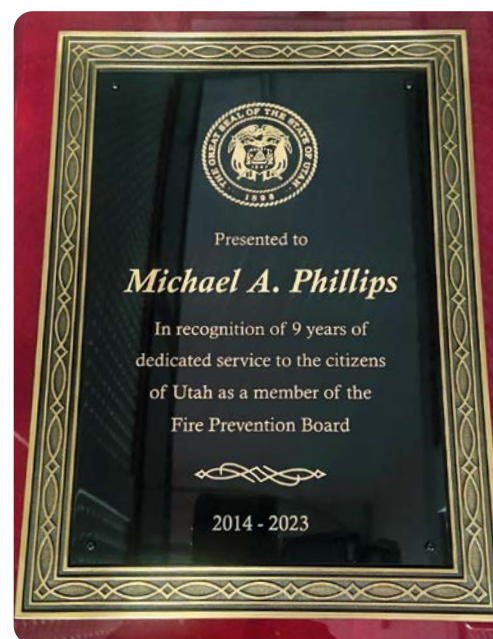
see **INSULIN** » 7

Cedar City Fire Chief recognized for service on State Fire Prevention Board

by Gabrielle Costello

CEDAR CITY PUBLIC INFORMATION OFFICER

After completing a nine-year term on the State of Utah Fire Prevention Board, Cedar City Fire Chief Mike Phillips was



COURTESY PHOTO

The award presented to Chief Phillips is a testament to himself and his team at the Cedar City Fire Department.

recognized on Tuesday, November 7th, by Utah State Fire Marshal, Ted Black, for his outstanding service and unwavering dedication to the residents of Utah.

"Chief Phillips served faithfully on the

"I can't say enough good things about the way he served, and I wanted to be sure I was able to be in attendance to award him."

Fire Marshal Ted Black

board," shared Fire Marshal Ted Black. "He represented not only Cedar City, but the fire service exceptionally well. I can't say enough good things about the way he served, and I wanted to be sure I was able to be in attendance to award him."

Serving on the State's Fire Prevention Board is usually limited to a four-year term, with an option to renew one time for a total of eight years. However, due to the pandemic in 2020, Fire Marshal Black expressed his gratitude for Chief Phillips' decision to continue for one more year even with so much unknown.

According to the Fire Marshal, the Fire Prevention Board functions behind the scenes but does have rule-making authority, affecting state residents, fire departments, and more. Chief Phillips was also recognized at the November 8th Cedar City Council Meeting, where council and city staff thanked him for his dedication to the community.

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opinion

FROM THE EDITOR

Thank you

I know that with this being a weekly newspaper, many of you won't read these words until after the Thanksgiving meal is devoured (I hope you saved me some cheesecake), the football games are finished (I hope your team won), and your afternoon naps have recharged you for the ride home (I hope you returned safely).

That being said, and I can speak for all of us here at Iron County Today, we are grateful for you. We are grateful for every reader, contributor and advertiser. We're grateful for the printers, packers, stackers, investors and deliverers. We wouldn't be here without each of you.



COREY BAUMGARTNER
MANAGING EDITOR

Personally speaking, I am grateful for my supportive family and friends. I am grateful for my ICT team. I don't use the word staff, but their encouragement is like a staff to help steady and sustain me during the storms and challenges

inherent with leading a local newspaper.

I am also grateful to each of you who have entrusted me with the responsibility to ensure your time and money are well invested in this newspaper. I may not know you, or recognize you as readily as you do me when we cross paths out there on your side of the newspaper, but I am grateful for your words, thoughts, prayers and however else you support me, our team, and this newspaper.

We do what we do for you. Not perfectly, but we'll keep improving and doing our best.

Happy Thanksgiving!

WORD OF THE WEEK

CALIGINOUS

[kuh-lij-uh-nuhs] Dark, Gloomy, especially in reference to environment.

As the winter days become more caliginous, even ominous, may we never lose our gratefulness.



If you want a more vibrant community, bet on small business

Mahatma Gandhi once said, "The best way to find yourself is to lose yourself in the service of others." I would add this is very true of your local community. I read a report entitled, "Where Our Jobs Come From." The author, Don Macke of the Center of Rural Entrepreneurship, made some observations every small or mid-sized community across the country should take to heart. Here are some numbers to think about:

- 1) Between 2006-16, 48 million net new jobs were created. This is a whopping 31% increase in jobs over this roughly ten-year period.
- 2) Stage 1 and 2 businesses (business from 1-99 employees) accounted for 95% of those 48 million jobs.

- 3) Stage 3 businesses (businesses from 100-499 employees) created 2.6 million jobs or the other 5%.

- 4) Stage 4 businesses (500+ employees) lost a million jobs in that same timeframe.

While we don't have studies showing the past 6-7 years, it is safe to say, those numbers are still very relevant. It is

true figures can at times present a false narrative. The above figures create a very compelling argument for hopping aboard the small business and entrepreneurship bandwagon. Statistics and reality tell us placing all our eggs in the basket of only courting large or medium manufacturing type businesses are going against great odds. That quest is fraught with a high

percentage of failure. There are over 10,000 communities across the country courting larger businesses. The odds of success are between 1% and 2% on the high side. Those communities getting lucky in this courtship casino are usually advanced in their pursuit of infrastructure, quality of life building, and transforming their communities

in other areas as well. For most, the odds are better to take the city coffers and invest in lottery tickets. Additionally, communities depending on this type of employer are setting themselves up to experience great loss when these businesses leave due to better offers, better



JOHN A. NEWBY
COLUMNIST

QUOTE OF THE WEEK

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

Brian Tracy

IRON COUNTY today

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

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

IronCountyToday.com

ADMINISTRATION

Esther Hailstone
OFFICE MANAGER

officemanager@
ironcountytoday.com
435.701.9981

EDITORIAL

Corey Baumgartner
MANAGING EDITOR

news@ironcountytoday.com
435.701.9982

Tom Zulewski
SPORTS REPORTER

tominator19@yahoo.com

ADVERTISING

Patti Bostick

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

Craig Cardon

SALES REPRESENTATIVE
craig@ironcountytoday.com
435.701.9998
(c) 435.592.3194

LAYOUT/DESIGN

Devin Christ

CREATIVE DIRECTOR
design@ironcountytoday.com
435.701.9984

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opinion

PBM reforms would strengthen competition among health insurers

by Peter J. Pitts

FOR IRON COUNTY TODAY

Congress is poised to crack down on the drug-industry middlemen responsible for inflating the price of medicines. Pending bipartisan legislation in the House and the Senate would rein in these “pharmacy benefit managers” and strengthen competition among health insurers. The big winners will be patients, who could save billions of dollars at the pharmacy.

PBMs act as brokers, negotiating with drug manufacturers on behalf of insurance companies. They decide which drugs each health plan covers, and at what price. This decision-making power gives them considerable bargaining leverage, which they use to extract discounts from drug makers in exchange for steering patients towards one drug company's product.

In theory, these negotiations ought to result in lower spending

for patients. But it hasn't worked out that way – because PBMs take a cut of the drug's total price, they have an incentive to steer patients towards more expensive drugs, even when cheaper ones are equally effective.

Meanwhile, the discrepancy between the list price of a drug and what insurers actually pay provides an excellent opportunity for insurance companies to bilk their customers at the pharmacy counter. They do so by basing coinsurance payments on the list price, rather than the discounted price.

For example, a PBM may negotiate the price of a drug listed at \$400 down to \$200. Say the insurance company the PBM is working for requires patients to pay 20% of the drug's cost in coinsurance. The insurer then charges patients \$80 out-of-pocket -- 20% of the original price -- instead of \$40, or 20% of the discounted price. Patients don't have a clue about the discounted

price because those negotiations are conducted in secret. But insurers win by paying less and billing patients more.

Total PBM profits increased to \$28 billion in 2019. That's not bad for pushing paper around.

If an American wants to change providers to escape a particularly predatory pharmacy benefit manager, good luck. Just six PBM companies control 96% of the prescription medication market. Currently, it's virtually impossible for smaller, independent PBMs to compete with the massive insurance-owned PBMs.

Congress must step in to rectify this anti-competitive situation. By ending the consolidation of the PBM market and allowing smaller PBMs to compete, Congress will be ensuring that prices come down and Americans will have more options for affordable and high-quality health care.

Shifting PBM compensation structure to remove the incentive to prefer expensive drugs will lower costs for patients, employers, and the government. Any discount secured by a PBM should be passed along to patients at the pharmacy.

Plenty is at stake if Congress fails to hold PBMs accountable. The cost of healthcare will continue to climb, and patients will get sicker. In some cases, they will forgo taking their medications as prescribed, adding billions of dollars in avoidable expenses.

Preserving the critical market features of our healthcare system and lowering costs for patients are not opposing goals. Increasing competition by breaking up and regulating PBMs will accomplish both.

Peter Pitts is a former associate commissioner of the Food and Drug Administration and President of the Center for Medicine in the Public Interest.

TO THE EDITOR

WOW! Amazing show

On Sat, Nov 17, my wife and I went to the Canyon View's drama department's performance of Les Misérables school edition. What an incredible performance. We were very impressed with the talents of the young men and women in the cast. Several of these performers' voices showed that this is not the end of their vocal careers. I would not be surprised to see some of these young adults continuing into the performing arts as professionals and perhaps performing in New York, London or Paris. Bravo to all! If you missed the 5 performances by these very talented students, you definitely missed seeing some of Cedar City's great talent.

Dale Rood, Cedar City

SMALL

« CONTINUED FROM PAGE 4

tax incentives, offshoring, moving, or even shutdown.

Don Macke also indicates over the next generation, between a third and half of all workers will be self-employed and/or part of this new gig economy which will be highly outsourced and entrepreneurial in nature. This was before COVID-19, which has only sped up this transition. Knowing these statistics should determine how your community proceeds in building their infrastructure, downtowns, and commercial zones.

Imagine your community right now with a third or half of the workforce self-employed. How would you plan differently for the future knowing this today? Would you be subsidizing new commercial space such as malls or large developments

which may become albatrosses of the future? Instead, would you be thinking about high-speed fiber, Wi-Fi locations, and smaller office suites? These could be entrepreneur or innovation suites where multiple businesses or the self-employed might be able to locate with minimal space needs sharing the essential office services needed. Forward thinking city leaders might consider providing financial or tax incentives for this up-and-coming workforce that drives them to your community.

The future is rapidly approaching. The signs of the current glut of big boxes, malls, and chains have been showing chinks in their armor for years. Communities clinging to the traditional revitalization strategies are destined for a disappointing future. Communities fortunate to have large employers are blessed. Treat them well as this adds balance in your community. Communities seeking to find their way in this

challenging economic climate, the numbers are over-whelming telling you small and medium sized business development is the path to take.

America was built on the backs of small business. Small business has always been the road map to sustainable community success. Communities with the innovative mentality and attitude of the entrepreneurial spirit can survive while other communities that rely on manufacturing and big companies may wither on the vine with each economic blow or recession. The future of your community and future generations rest in the hands of the decisions and efforts you make today!

John Newby, Pineville, MO. is a nationally recognized Publisher, a Community, Chamber, Business & Media consultant, and speaker. He can be reached at: info@Truly-Localllc.com.

Trust Lands staff receives third award in four years

from Marla Kennedy

FOR IRON COUNTY TODAY

SALT LAKE CITY — The Utah Society for Range Management has named Slate Stewart its 2023 Range Manager of the Year. This is the third time a Trust Lands Administration (TLA) Range Manager has been bestowed an award from the prestigious group.

“Slate is widely known as one of the hardest workers around,” said Ron Torgerson, Assistant Managing Director for the Trust Lands Administration’s Surface group. “Slate is very passionate about agriculture and rangelands, and his ability to manage the complex nature of rangelands and grazing permits is remarkable,” Torgerson continued.

Stewart is the third Trust Lands employee to receive an award from the group within the last four years. In 2021, Scott Chamberlain was named Utah’s Range Manager of the Year. In 2020, Ethan Hallows was named Utah’s Outstanding Young Range Professional of the Year.

“This is a great honor, and I really look up to the previous recipients of this award. I’m appreciative of those who nominated and supported me,” said Stewart.

Stewart is a fifth-generation rancher whose family still operates farmland in southeast Utah. Stewart



COURTESY PHOTO

(L to R) Penny Stewart, Slate Stewart, and Ethan Hallows.

is known as a leader and advocate for responsible grazing and agriculture practices across the state.

“Having Slate on our team is an honor. We have the best of the best at Trust Lands, and the work our range

managers are able to accomplish is critical to the stewardship of Trust Lands in Utah,” said Michelle McConkie, TLA’s director. “These guys come to work here, and I’m proud to say they stay here for years. And it’s

“This is a great honor, and I really look up to the previous recipients of this award. I’m appreciative of those who nominated and supported me”

Slate Stewart

not because the job is easy. It’s one of the hardest jobs around. They work for Trust Lands because they love the land and want to see it maintained for decades to come.”

The Trust Lands Administration manages 3.3 million acres of Trust Lands in Utah. Trust lands are not public lands. Trust Lands were allocated by Congress specifically to generate revenue to support designated state institutions. The beneficiaries of trust land revenue include public schools, hospitals, teaching colleges, universities, and reservoirs. The Trust Lands Administration is constitutionally mandated to manage the lands and revenues generated from them in the most profitable manner possible for the current beneficiaries and preserve trust assets for future beneficiaries.



Lands Providing a Bright Future

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

Learn more at TrustLands.Utah.gov

Iron & Beaver school districts received over

\$2.2 MILLION

in funding this year from revenue generated on Trust Lands.

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



Sen. Lee reintroduces SCREEN Act to protect children from online pornography

WASHINGTON — Senator Mike Lee (R-UT) introduced the Shielding Children's Retinas from Egregious Exposure on the Net (SCREEN) Act, a step toward safeguarding minors from the pervasive threat of online pornographic content. Representative Mary Miller (R-IL) spearheads the companion bill in the House of Representatives.

Despite Congress's ongoing efforts over the past three decades to shield children from online pornography, prior legislative measures have been challenged and overturned by the Supreme Court on the grounds of not meeting the least-restrictive-means test. Nonetheless, the Court acknowledged the government's compelling interest to protect children.

Advancements in technology since the Supreme Court last addressed this matter reveal a stark reality: traditional methods like blocking and filtering software have fallen short, leaving an alarming 80% of teenagers exposed to online pornography. The repercussions on minors are profound, contributing to a spectrum of psychological issues, unhealthy sexual behaviors, and broader societal harms.

Senator Lee's SCREEN Act is a necessary evolution of the law, aligning technological

progress with the government's duty to protect children. The Act mandates commercial pornographic websites to implement robust age verification technologies, providing a pragmatic and narrowly tailored solution to a complex problem.

Of the bill, Senator Mike Lee said, "It is time for our laws to catch up with technology. We must ensure that as the internet grows and changes, the safety of children is not left behind. The SCREEN Act addresses the urgent need to protect minors from exposure to online pornography and stop those who profit from stealing the innocence of America's youth."

Of the bill, Representative Mary Miller said, "As a mother of seven and grandmother to 20, I am committed to defending parental rights. I am proud to join Senator Mike Lee in introducing the SCREEN Act to the House, providing parents with more control over their children's online access and protecting our kids from exposure to pornography. I urge my colleagues in the House to act swiftly in adopting the SCREEN Act to protect American children."

The bill has also garnered support from the National Center on Sexual Exploitation, Culture Reframed, National Decency Coalition, Enough Is Enough, and Envoc.

"The SCREEN Act addresses the urgent need to protect minors from exposure to online pornography and stop those who profit from stealing the innocence of America's youth."

Sen. Mike Lee

INSULIN

« CONTINUED FROM PAGE 3

power to hold these companies accountable for their unconscionable actions and for the damage they have caused to Utahns who rely on insulin for survival."

Presently, 200,000 Utahns, approximately eight percent of the adult population, suffer from diabetes, and an additional 700,000 have pre-diabetes. The complaint alleges the total estimated cost after diabetes diagnosis to be \$1.7 billion per

year just in Utah; one in every four dollars in healthcare is spent caring for diabetes patients.

This excessive price of insulin and the prevalence of the disease have historically led to dangerous patient practices. In Utah, some patients have reported rationing or underdosing insulin, injecting expired insulin, and even reusing needles. If you've been affected by insulin costs, the Division of Consumer Protection is inviting you to share your experience at dcp.utah.gov/insulin. Your input will be shared with the Division and might be used in this legal action.

IRON COUNTY GOVERNMENT RECAPS

Cedar City Council Nov. 15, 2023

by Iron County Today Staff

IRON COUNTY TODAY

Cedar City's 172nd Birthday

Councilman R. Scott Phillips thanked the community for participating in the 3-day 172nd birthday celebration for Cedar City from November 11-13. Events included a livestock heritage festival and sheep parade down Main Street. Phillips also promoted the expanded Christmas lighting ceremony happening on November 25. New additions this year include train and carriage rides, a Christmas market, and a live nativity.

UDOT Technical Study

The council considered applying for a technical study grant from UDOT to look at developing an underpass at I-15 and frontage roads leading north towards Enoch. Cedar City would co-sponsor the application along with Enoch and Iron County. The city's portion of the match would be around \$2,500 out of the estimated \$100,000 study cost. Improving this transportation corridor would benefit both cities.

Happy Factory Lane

The council took up a request to add "Happy Factory Lane" to the street name 2175 West, where the popular local nonprofit is located. The Planning Commission gave a positive recommendation, noting the Happy Factory's significant community impact. There was discussion about setting precedent for private entities and adhering to city policies. But most council members supported it due to the unique nonprofit status and community benefit.

Flooding Mitigation Projects

A proposal is in place for Cedar City to join Iron County as a co-sponsor of an NRCS grant application to fund flooding mitigation projects in lower Coal

Creek Canyon. Jason Dodds from NRCS explained that frequent flooding in the canyon has caused extensive damage. The sediment carried in floodwaters is a main issue, filling up debris basins within a year. The proposal is to divert some peak flood flows into existing gravel pits which could provide sediment storage for 100+ years. The project would maintain irrigation flows and some groundwater recharge. The total 100-year flood capacity would be over 5,500 cubic feet per second (cfs). The council decided to place the NRCS funding co-sponsorship on the consent agenda.

Water Master Plan

An engineer from Hansen, Allen & Luce summarized the 200-page plan which hadn't been updated since 2008. He reported that conservation efforts have reduced Cedar City's average daily residential water usage to 190 gallons per capita, below the state's standard of 250 gpcpd. However, modeling shows that peak summer water demand will exceed capacity of the city's sources within 2 years as the population grows. The plan identifies a current water rights deficit and lists \$125 million in recommended projects over 10 years, with the bulk tied to developing new groundwater sources. Ongoing efforts include working with the Central Iron County Water Conservancy District on regional water importation projects and continued emphasis on conservation programs.

Irrigation With Treated Wastewater

The council debated whether or not to cancel an agreement allowing irrigation use of treated wastewater effluent from the city's plant. Canceling the contract after giving notice this month would allow the city to pursue options for conveying effluent via pipeline up 2300 West. This could facilitate projects to better utilize the water. It was noted the current contract has been in place since the mid-1990s with 10-year renewal terms. The city committed to provide a written description to continue discussions before making a decision in two weeks.

public & health

Chemo patient credits “cooling cap” at Cedar City’s cancer center with helping save her hair

from Becki Bronson

CEDAR CITY HOSPITAL

Sheri Wiseman lives in Milford with her husband, and has four children, and three grandchildren “that are much better than children!” she laughed. She’s an office manager at a mine, and is diligent about getting her yearly mammogram, despite having no real markers that would indicate a higher risk of cancer. “I did genetic testing, and it didn’t indicate anything,” said Sheri. “I don’t have a family history of cancer either.”

The mobile mammography unit, based out of Garfield Memorial Hospital, makes it easy for those in remote areas, like Milford, to get their routine screening. “I love the Garfield mobile mammo unit!” Sheri said, “It makes it really easy to get my yearly mammogram. I get my screening and then just schedule the next one for the next year when I leave.”

But in May, as Sheri was getting her screening, radiologist technician Emily Shakespeare pointed out an abnormality that she could see right away. “When I got in the gown, Emily said, “Is that a lump?” and I told her where she was pointing was where I had a mole removed some time ago. She said, “No, Sheri, I think it’s a lump, and I’m going to mark it so we’ll be absolutely sure to get a really good look at it, to be safe.”

And sure enough, it was Stage 2 cancer. “I credit Emily and the mobile clinic with saving my life,” said Sheri. “I go every year, and Emily knows me by name. She was going to make sure that I was safe, and it turns out, the cancer is an aggressive type that if I had not gone in to get screened, or it was ignored, it could have been devastating.”

As Sheri began her journey to beat the cancer, she met with Cedar City Hospital nurse navigator Cheryl Bellomo, who told her about something the cancer center had gotten that could be a help. “Cheryl said there’s an option to try to help keep as much of my hair as possible called a cooling cap,” said Sheri. “The



premise of it is that the cooling cap cools hair follicles so that it’s harder for the chemo to get in them and kill the follicle. It doesn’t work for everyone, and it works in part for some, but has potential to save up to 70 percent of someone’s hair.”

With the support of Sheri’s family, she decided to try it. “I was so grateful to have this option to try!” said Sheri. “I just feel like our hair is a big part of us and our identity. It’s hard to fight the cancer and be scared, but it’s also hard to lose a part of something that is really important to us, like the hair on our head.”

The cap is worn for 30 minutes before chemotherapy starts, and the chemo treatment itself lasts about 30 minutes depending on the patient. The cooling cap is worn throughout chemo, and then for another hour and a half after chemo ends, each time. A machine constantly pumps cold water through the blue tubing in the head cap to keep the water as cold as possible, and then an additional cap is worn over the top of the tubing to help keep the water cold.

For Sheri, it worked wonders. “I have only lost perhaps just 10 percent of my hair because of wearing this,” said Sheri. “The cold doesn’t hurt your head, it’s uncomfortable maybe for about 10 to 15 minutes, and then you don’t notice it. I joined a Facebook group of other patients trying it around the country to see how it works for them, and things that are helpful to know and do.”

Tom Giles, Cedar City Hospital Cancer Center manager, said, “When our team had heard about the cooling cap, we wanted to invest in this option to provide for our patients. It’s a pretty remarkable thing. It’s great to provide something that could be helpful to save our patient’s hair while they are receiving life-saving treatment to fight and beat cancer.”

Sheri said she has had so many, including her hometown of Milford, that have been incredible to rally around her and her family as she fights cancer. That includes Cedar’s cancer center. “I have to say the team at the Cedar City Hospital cancer center have been the best,” said Sheri. “They are most helpful, kind, cheerful, supportive group anywhere, and they really care about me and my success. Even when it comes to something like helping save my hair.”

PHOTOS COURTESY CC HOSPITAL

Two Leavitt Group interns receive scholarships from The Council Foundation

from Heather Pierce

FOR IRON COUNTY TODAY

In August of this year, The Council Foundation awarded \$395,000 in academic scholarships to 81 college students interested in pursuing careers in insurance brokerage. Each intern that was selected received between \$2,500 and \$5,000 toward their college education.

Dawson Balzotti and Matthew McCullough, two interns from Leavitt Group, one of the largest national brokerage firms in the United States, headquartered in Cedar City, Utah, were recipients of these scholarships.

Dawson has been an intern at Leavitt Group Enterprises for the past two years. He is currently attending Southern Utah University (SUU) in Cedar City and planning to graduate in the summer of 2024 with his bachelor's degree. After he finishes

"Thank you for the opportunity to win this scholarship it means a lot to me to have been considered in the process."

Dawson Balzotti

his undergrad, he plans to start SUU's master's program in accounting to continue building knowledge and skills in that area.

Dawson shared about receiving The Council Foundation scholarship, "Thank you for the opportunity to win this scholarship it means a lot to me to have been considered in the process."

Matthew has interned at Berrian Insurance Group, a Leavitt Group agency based in Englewood, CO, for the past two summers. He looks forward to earning his finance and real estate degrees from the University

of Colorado and beginning his career following graduation early next year.

"I'm honored to be selected as a recipient of The Council Foundation scholarship and grateful for the

valuable support that the CIAB provides to the commercial insurance industry," Matthew said.

The mission of The Council Foundation is to bring fresh, diverse talent into the brokerage sector. The Foundation's scholarship program partners with leaders of internship programs at Council member firms, with the goal of eventually bringing these students on full-time, and/or retaining them in the commercial insurance brokerage sector.



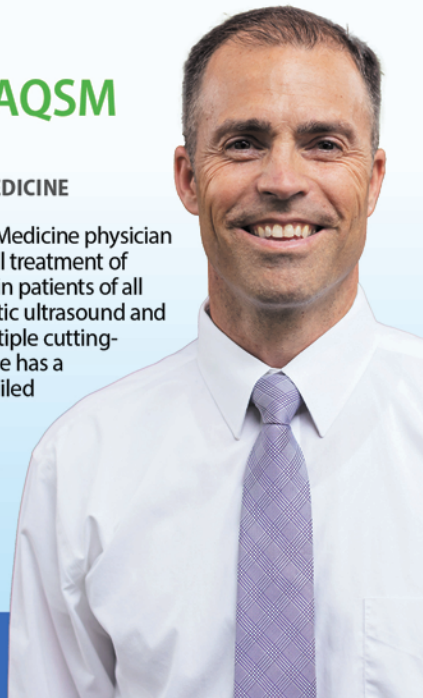
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Southern Utah University

Incarcerated individuals earn college credits through innovative partnership

by Nikki Koontz

SUU MARKETING COMMUNICATION

Southern Utah University is thrilled to announce its partnership with Hustle 2.0, a second-chance rehabilitation curriculum for incarcerated individuals. Hustle 2.0 is currently used in more than 500 jails and prisons across the US. Individuals

at SUU. "Specifically, Hustle 2.0 aspires to help incarcerated individuals to live happy and productive lives that are free from additional involvement in the justice system, while it is the mission of the business school to 'provide the knowledge and direction that forms a foundation for lifelong student success.' Both organizations provide guidance on ways to make a living in an ethical

real-life experiences, case studies, art and testimonials of people with experience in incarceration. Topics in the curriculum include employment readiness, well-being, trauma and healing, criminal thinking, an entrepreneurial mindset and recovering from addictive behaviors. Once these individuals achieve an 80% on The Preseason, and 1800+ points across

act the same as any other college credit—they are transferable between institutions, and apply to any SUU bachelor program—not just SUU's Speedway/BGS Program. The further good news for Mavericks is cost; should the Hustle 2.0 participants decide to seek a degree at SUU following their release, the university offers them a discounted price for



COURTESY SUU

Teachers and graduates from the Hustle 2.0 program celebrate their employments ready success.

need to complete the three Hustle 2.0 program modules, and following their release, would then be eligible to receive three SUU credits for having completed the program through SUU's School of Business and Community and Workforce Development.

"This partnership is possible because Hustle 2.0 and the Dixie L. Leavitt School of Business have overlapping goals," said Professor Tyler Stillman, Director of Entrepreneurship and Associate professor of Marketing

and socially constructive way."

The H2.0 program has three modules: The Preseason, The Hustle Guide: Book One and The Hustle Guide: Book Two. These three modules make up the entirety of the Hustle 2.0 curriculum, totaling over 1,266 pages in homework assignments, workbooks, case studies, journaling prompts and exercises. The curriculum addresses the needs of incarcerated individuals by providing evidence-based, trauma-informed concepts through

both The Hustle Guide: Book One and The Hustle Guide: Book Two, they are eligible to receive a certificate in Leadership and Management from Southern Utah University upon their qualified release from an institutional penal facility.

Along with the certificate, Mavericks—or those participants who graduate from the program—will receive three Continuing Education Units which can be used in any SUU bachelor's degree program as elective credit upon admission. The CEU's

their credit hours—only \$150 for all three. The university is committed to maintaining this price through 2027.

Hustle 2.0's mission is to maximize the potential of individuals whose lives are affected by incarceration. SUU is proud to partner with the Hustle 2.0 program to offer these individuals the opportunity to start anew after completing the rigorous program. Learn more about the program here (www.suu.edu/prodev/hustle) or contact Tyler Stillman, at tylerstillman@suu.edu.

Southern Utah University

SUU Professional Sales hosts annual competition

from Mary Amateis

FOR IRON COUNTY TODAY

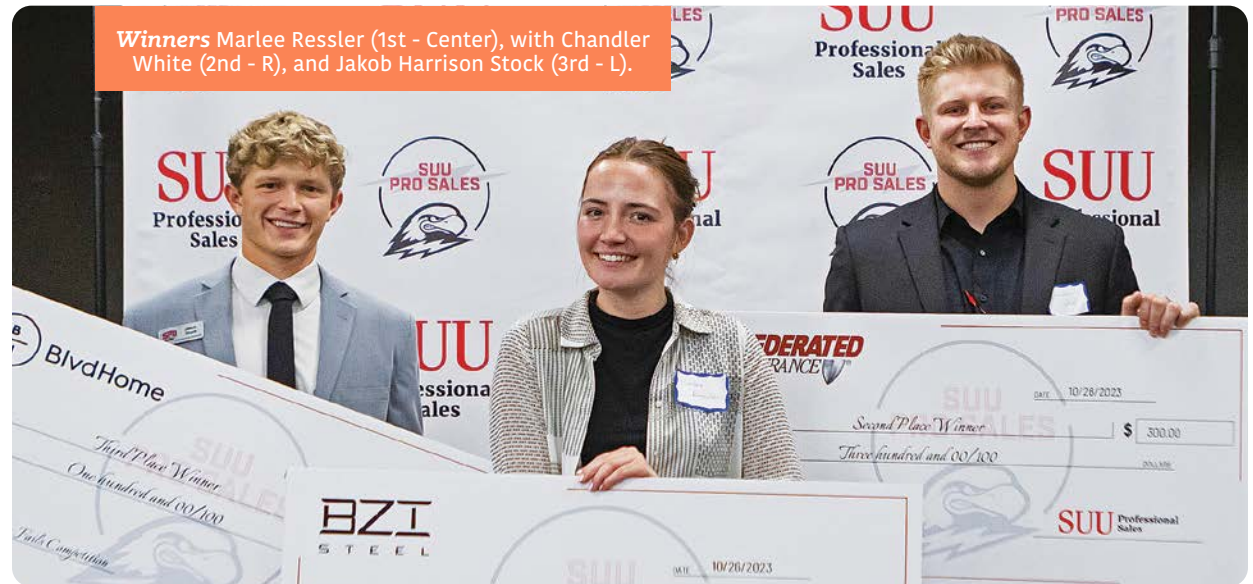
Southern Utah University's Professional Sales program was thrilled to hold the annual "Sales Never Fails" competition. The competition is the biggest sales event of the semester, offering ProSales students the opportunity to refine their sales skills through a sales pitch setting. Students also have the opportunity to get feedback from the judges on their performance to further their personal and professional development. This year, three contenders came out on top: Marlee Ressler, Chandler White, and Jakob Harrison Stock.

The Professional Sales program holds a large-scale sales event in the spring and fall semesters to continue to give students opportunities to hear from professionals in the field and practice their sales skills. These events use real-life sales pitch scenarios to prepare them for anything they may face in the real world. "Sales Never Fails" is open to all majors across the university.

The students receive a prompt and have minutes to convince the judges why they should invest in their product above the others.

This year, the prompt was to sell Salesforce (a Customer Relationship Management Software—to a fictional medical device manufacturing company named MedTech with a small market cap. Contestants were instructed to pretend they were marketing specialists for Salesforce selling the software to MedTech employees.

The students competed head-to-head in four rounds that simulated the sales process. After each round, judges were allowed to provide individual feedback on how the students did and how they could improve. The winners were declared at the end of the night and awarded the prize money



COURTESY SUU

respectively. The feedback and suggestion portion of the competition is one of the most valuable parts of the competition; it fosters growth and development both personally and professionally.

The first-place winner, Marlee Ressler, also competed in last year's competition and took first again from the prompt surrounding wedding planning services. Ressler is a graduate student in SUU's MBA Program with an emphasis in leadership. This year, Ressler walked away with the first-place prize of \$500. "This is my sixth sales competition," said Ressler. "But every time, I have the opportunity to refine my selling skills and be more comfortable with public speaking."

"Sales Never Fails was a showcase of the improving quality of our sales students and the expanding reach of our academic and experiential

learning activities. The contest attracted industry leaders and mentors who contributed time and prize money to reward our amazing students for their efforts," said Kurt Wankier, director of Professional Sales. "I am continuously reminded of the quality of our students. I would put our students up head-to-head with any university in the world. They are first-class, gritty and determined individuals from all cultures who prove that SUU is a magnet for the best of the best. Without reservation, I can say we will become the best Professional Sales program in the State of Utah and will do whatever it takes to live up to that expectation. The remarkable students, supportive donors and sponsors and willing mentors have laid a foundation of success. We will be a leading source of noble sales professionals."



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showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

STARS SHINE

for Children's Justice Center

by May Hunter

FOR IRON COUNTY TODAY

In a dazzling display of community spirit and skillful footwork, the annual "Dancing with the Community Stars" event took center stage at the Heritage Center on November 14. The evening, filled with glittering performances and heartfelt contributions, aimed to benefit the Iron County Children's Justice Center (ICCJC), bringing attention to the urgent need for a new facility.

The Heritage Center transformed into a ballroom as local community stars, paired with talented dance professionals, twirled and dipped in a sold-out show. The event not only entertained, but helped support the ICCJC and its mission to advocate for the welfare of children and youth in the Iron County area.

Among the glitz and glamour, it was a night of champions. Amidst the sequins and cheers, notable community figures showed their skills and hearts as they took home awards for their exceptional performances. Judges, Melinda Pfundstein,

see **STARS** » 14

Mark Gibson (Brinly Fawcett) leaps into action, Tiana Green performs "I hope you Dance" and the Ignite Tour Company performers help make it a memorable evening.

PHOTOS BY COREY BAUMGARTNER

Thanksgiving dinner in just four hours?! Not in my house

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

The cover of the magazine announced, “Your 4-Hour Game Plan.” Inside, it chirped, “Sleep in on Thursday, watch the parade, and still have a beautiful, bountiful Thanksgiving dinner on the table by late afternoon.” (That wouldn’t happen in my kitchen with a hefty cash reward in the offing for actually doing it!) Reading on: “Oh, you actually do a lot of the prep work beforehand. Like prepping the Brussels sprouts; peeling the carrots and shallots; chopping the onion, celery and bell pepper for the dressing. The day before, dry-brine the turkey and spread dried bread on a baking sheet to dry out overnight.” Now that makes

more sense. That time-consuming

vegetable work can’t be done in just minutes.

You know how in some recipes it estimates the number of

prep minutes required to prepare the dish at hand? Well, I always double that suggested time. I think the missing factor is the time required for clean up after each step. For instance: the instruction to “prep the turkey and pop it in a pre-heated oven at noon” doesn’t describe exactly what “prep” entails. But then, it has been brined so maybe the messy part has been done. Next: make the Double Cranberry and Apple Sauce. That involves cooking fresh cranberries, peeling apples, and cooking for 20 minutes or so, stirring often. (That involves some clean up as well.) Leave it on the stove to simmer. Pan number one. Then, make the shallot gravy. That involves vegetable

see **DINNER** » 15

Ukulele trio return to Cedar for concert, workshop

from Jim Howells

FOR IRON COUNTY TODAY

Iron County Acoustic Music Association (ICAMA) presents a very special evening of fun and energetic music with The Birdwatchers, the contest-winning ukulele band from Utah County. The band, formerly known as The Naked Waiters, is making a return performance to Cedar City on December 2nd. The band will also put on a free ukulele workshop at the venue.

The Birdwatchers are a unique acoustic trio who specialize in an equally unique instrument: the ukulele. Kim Bjerga, Clark Holmes, and Andy Nufer have carved out a niche for themselves in the Utah music scene, and for good reason. Their tight, three-part harmonies, combined with interestingly composed arrangements are refreshingly diverse, both in musicianship and content. With various ukulele ranges (tenor, baritone, and bass ukulele, as well as guitar), the three have managed to produce a wide, varied sound, and with an equally varied set list, The Birdwatchers are bridging musical gaps for all ages and ears.

The Birdwatchers came together as The Naked Waiters while students at SUU when the trio was hired to play a dinner date for a friend. The collaboration went so well they continued performing. 2015 found them in a burgeoning music scene in Provo, where they currently live. Their original tunes stray from the typical love song trend, and broach more authentic topics like the town where they met, childhood nostalgia, beautiful locations filled with memories, and even something as simple as a relationship with a pet cat. The contest-winning band has performed and taught ukulele workshops in Utah and other states, as well as in Austria, Scotland, Australia, Tahiti and Canada. They finished recording a full length album in 2019 while living on the Hawaiian island of O’ahu. The album, titled “The Naked Waiters”, is available on major streaming platforms. They currently are working on their second album with a few singles already released



COURTESY ICAMA

for streaming.

The free Ukulele Workshop (\$5 suggested donation) begins at 4 PM. Concert doors open at 6:30. The concert starts at 7:00 PM, Saturday, December 2 at the Park Place Eatery Event room, (23 W Center, Cedar). Admission is free and a \$5 suggested donation helps support live Acoustic Music concerts in Cedar City.

Iron County Acoustic Music Association (ICAMA (eye-cam-ah)) is a non-profit organization dedicated to promoting live traditional and contemporary acoustic music in Iron County. ICAMA receives support from the Sorenson Legacy Foundation, Cedar City RAP funds, and the National Endowment for the Arts through WESTAF and TourWest.

THE BIRDWATCHERS



7PM SATURDAY DEC 2

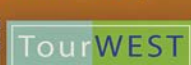
FREE Ukulele Workshop 4PM

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IRON COUNTY ACOUSTIC MUSIC ASSOCIATION

#ICAMAMUSIC

STARS

« CONTINUED FROM PAGE 12

Dave Staheli, Randy Allen and Brooke Twitchell added their own heartfelt and comedic sparkle to the evening.

Dr. Becca Whitaker, a beloved local chiropractor, waltzed away with the prestigious “Judges Choice Award,” by showcasing both her grace and talent. Cordelle Morris, representing State Bank of Southern Utah, captured the hearts of the audience and secured the “People’s Choice Award,” a testament to his exciting, well-executed and energetic routine that resonated with the audience.

However, it was Dallas Buckner, owner of Go Civil Engineering, who emerged as the Grand Champion of the night. Beyond his dance floor finesse, Buckner earned the title of the evening’s “Mover and Shaker” award by spearheading a successful fundraising campaign, bringing in the most donations. His dedication to the cause demonstrated the community’s commitment to the future of the ICCJC.

Some of the additional talent displayed by local “Community Stars” that evening was Matt Bagley, Mollie Halterman, Rene Cole, Tessa Douglas, and Mark Gibson. Performances were also enjoyed from IMPAC, Brandon Burke, Tamera Merkle, Tiana Green and the Ignite Tour Company, just to name a few.

During a special break in the dancing, the Tom Braun Award for Outstanding Service in the Community was presented to Jennifer Davis, board president of Friends of Iron County Children’s Justice Center.

The real triumph of the evening extended beyond the dance floor, as the community rallied together to contribute over \$85,000 towards the construction of the new Iron County Children’s Justice Center facility in Enoch. These funds will play a crucial role in providing a safe haven for children and youth, offering support and resources for those in need.

The success of “Dancing with the Community Stars” not only showcased the artistic talents of local luminaries but underscored the power of collective action in addressing vital community needs. As the final notes faded and the glitter settled, the resounding impact of the night echoed with the promise of a brighter future for the children and youth of Iron County.

And as the community continues to rally for the ICCJC, the legacy of this enchanting evening will be etched in the hearts of all those who danced, donated, and believe in making a difference.

If you would like to help with our beautiful new facility, go to ironcjc.org to donate or for more information.



Tom Braun personally presents Jennifer Davis (ICCJC Friends Board President) with the award for Outstanding Service in the Community.



PHOTOS BY COREY BAUMGARTNER

DINNER

« CONTINUED FROM PAGE 13

chopping, then adding seven more ingredients and stirring constantly until starting to thicken. Pan number two. Make the Green Bean and Celery Salad, a dish that uses nine ingredients, some of which must be trimmed, chopped, sliced, blanched, and toasted. Use pan number three and a large bowl.

In another large bowl, make the dressing. The recipe has fifteen ingredients, including sausage, which must be cooked (another pan), a beaten egg, and the chopped vegetables from a couple of days ago. Then it must be baked. Oh, wait. The turkey is in the oven. Hold on.

All of the above is supposed to take from noon until 2:00. I don't think I could assemble the necessary spices, etc. to do all that in two hours. Could you?

Are you getting tired of this? Me, too. Press on. According to this plan, the turkey should come out about 3:00, and other things can now go in the oven. We haven't even peeled the potatoes yet, which takes time. They must be cooked—another pan—with the fancy flourish of brown butter. Again, instructions to stir.

Put the finishing touches on the cranberry sauce, green bean salad, and don't ignore the potatoes. Stack those dirty pans somehow to be addressed later. "Pour yourself some wine", carve the turkey—not quick—and call the guests to the table. Oh, when did that get set? Sit down at 4:00.

Let me just say that I could never pull that off, even with help. If you could, call me over. I want to watch.

Parowan programs creating artists

by Jennelle Zajac

FOR IRON COUNTY TODAY

In March of this year Steve Decker, a local historian, past Parowan Mayor, and current Cedar City Library Director presented the concept of an Art Program for Parowan City residents. The idea was to have an art class each month on the Third Thursday, each with a different theme.

The Parowan City Council approved this low-cost activity, and Mr. Decker kicked off the program with an Open House in July. At that event, several local artists demonstrated their skills and door prizes were awarded to those in attendance.

The calendar was set and advertised. Since July, the Parowan Art Program has conducted an activity each month. Each event has been based on a different art media and theme.

The November 16 media event was watercolor, taught by Marta Mitchell, Parowan High School's art teacher. The event had a record attendance, with close to 20 attendees! I attended the class – I've always loved watercolor – but was not hopeful for the results as I don't consider myself to be creative or artistic in any way.

Instructor Marta guided us through the color wheel, the types and colors of paints, and methods for applying paint to the paper. She assured us repeatedly that although there are several ways of doing things, none are wrong. "Do what works for you," she said.

As we began applying paint, I could see my artwork coming to life. I was amazed as I continued to follow instructions and add more color to my painting (I even learned how to take color off when I made a mistake). Marta walked around the room offering guidance and encouragement. I was shocked when I said aloud, "I'm doing it!" I looked around to see my fellow students' paintings and was amazed by the skill and creativity of those around me.

Our group was composed of painters at all skill levels, and we were all generally happy with our paintings. For me, I'm amazed at what a little instruction, inspiration, and encouragement can do. We even got to take home our supplies to put "finishing touches" on our paintings if needed.

Many thanks to Mr. Decker for organizing the Parowan Art Program, the Parowan City Council for funding the program, the Parowan Fire Station for providing the location, and the many volunteer art instructors for their expertise and time. Artist or not, this was definitely fun and helped to bring out the DaVinci in me!

You can find more about the Parowan Art Program at www.parowan.org.



*Creative Koi by
Jennelle Zajac*



PHOTOS BY JENNELLE ZAJAC

Artists from the new arts program display their artistic, fantastic, fishy photos.

THANKSGIVING

History and Significance of an American Holiday

by **May Hunter**

FOR IRON COUNTY TODAY

“Thanksgiving isn’t just a day... it’s a way we can live our lives every day” – Katrina Mayer

Thanksgiving is as lively as American life—and the history of this holiday is a great part of America. Thanksgiving is America’s oldest and most loved holiday, but there’s a lot we don’t know.

The celebrated Plymouth

Thanksgiving was not the first. Yes, the pilgrims’ harvest feast was plentiful as the legend tells us, however, the first Thanksgiving was probably offered at the 1621 harvest gathering lasting over three days. That first recorded Thanksgiving Day in Plymouth happened two years later in 1623.

The Colonists gave thanks to God for rain after a two-month drought. At least 100 people came to dinner. The Native people wanted to eat

while sitting on the ground like they did at their home. English people wanted to eat while sitting at the table, like they did at their home.

Record has it that they ate wild turkey, venison, geese and other fowl. Early history also tells us the Pilgrims ate turkey at their first feast because of the abundance of edible wild turkeys in New England. They also ate blueberries, raspberries, gooseberries, and plums, which were commonly eaten at that time. As Thanksgiving

Day became popular during the 1800s so did the turkey. By 1857, turkey had become the main part of the traditional dinner in New England.

On October 3, 1863, during the Civil War, Abraham Lincoln proclaimed a national day of Thanksgiving to be celebrated on Thursday November 26. Abraham Lincoln issued the proclamation declaring the last Thursday

see **THANKSGIVING** » 25



Annual Pink Christmas provides hope and help for families fighting cancer

from Rachel Torres

FOR IRON COUNTY TODAY

The 11th annual Pink Christmas, presented by The Brave Ribbon Foundation, will be held November 29th, 2023, at Cedar High School from 6-9:00 pm. This event has been a local holiday favorite for the past 10 years and is held to help families in Southern Utah who are in the fight against cancer or other terminal illnesses. The event has helped 29 families from Cedar City, St. George, Kanab, Enoch, and Beaver and raised over \$308,000 with the help of local business and community members for these families. The event is complete with a talent show, silent auction, bake sale, gun raffle, and Santa! This year we will be helping 3 additional families in Cedar City; Asher Barlow, Charity Garza, and Noemi Anguiano.



Asher Barlow family

Asher Barlow was diagnosed with Craniopharyngioma after having an extended seizure in April of 2023. He requires MRI's every 3 months and will undergo Proton Beam Therapy at St. Jude's hospital in Memphis TN after the holidays. He is in the 2nd grade at East Elementary and likes LEGO, gardening, art, rocks, and fossils. Asher is the older brother of Ryan and the son of James and Jill Barlow.

Charity Garza was diagnosed with stage 3C triple-negative breast cancer in January 2023. She underwent surgery and has just finished her first round of chemo. She will be undergoing another surgery on the night of Pink Christmas. Charity is used to a busy lifestyle so the adjustments to not feeling well have been difficult for her. She believes that she will win this battle because there is too much to live for. She has three teenage children

and is married to Nathan Garza.

Noemi Anguiano was diagnosed with terminal stage 4 stomach cancer after having intense stomach pain in September 2022. She enjoys spending time with her family, baking, and cooking, as well as crocheting. She has been spoken highly of by everyone who knows her. Noemi is married to Jose Uribe and is the mother to Evelyn, Karla, and Ricardo Uribe.



Charity Garza family



Noemi Anguiano family

Each of these beneficiaries and their families have a long-term and difficult road ahead. We want to thank the businesses, community, endless volunteers, and especially the beneficiaries for allowing us into their lives. We hope to see everyone at the 11th Annual Pink Christmas to help us show support for these three families.

Monetary donations can be made to State Bank of Southern Utah under the name Pink Christmas or via Venmo @BraveRibbonFoundation. We are also accepting donations for the silent auction and bake sale. For questions or to donate, please contact Rachel Torres at 435-463-2665 or email braveribbonfoundation@gmail.com.

celebrations



BIRTH

Jonathan Alexander Yerby

Jonathan Alexander Yerby was born on November 6, 2023, at 8:54 pm, to parents Alexandra Bradshaw-Yerby and Jon Paul Yerby, and big sister Hannah Jane Yerby. He weighed 5 lbs. 12 oz. and was 19 inches long.

BIRTH

Ronni Mae Jenkins

Ronni Mae Jenkins was born on October 11, 2023, in Cedar City. She weighed 7 pounds 11 ounces and was 20.5 inches. The proud parents are Jordan and Jessica Jenkins. Ronni was welcomed by big brothers - Maddox and Weston; Grandparents - Lee and Linda Wood of Cedar City & Eric and Wendi Jenkins of Cedar City; Great Grandparents - Lorraine Jenkins of Cedar City & Sandy and Brenda Webster of Cedar City. We love you sweet girl!



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history

FAMILY HISTORY – A PAIUTE PERSPECTIVE

by Ruth Scovill with Autumn Gillard

FOR IRON COUNTY TODAY

Recently, I spoke with Autumn Gillard concerning the importance of family history and traditions of the Paiute Indians. Autumn introduced herself in Paiute and then translated it into English.

"Hello friends, my name is Autumn. My mother's traditional name was Bluebird and her English name was Delphina Edmo. She was an enrolled member of the Cedar Band of Paiutes. My Grandmother's name is Beaded Buckskin Dress.

grandmother still lives with her. Autumn cares for her grandmother, and her grandmother continues to teach Autumn and enlighten her, and make her more culturally aware of who she is every day.

Autumn added, "I don't have any children, but I have a significant other. I have a dog and a cat, and my only living immediate family member is my grandma. I am an only child of an only child."

Autumn also explained that Pow-Wows are not true Native American traditionalism, but more of a modern innovation to share dance styles. "True traditionalism is taught in the home from elders and

terclockwise is during deaths, because death can't go forward, it can only go back."

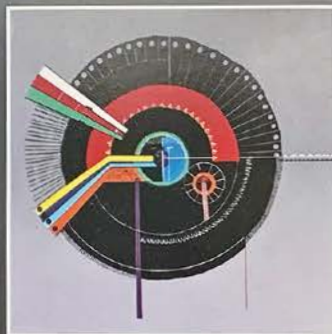
Autumn specializes in Southern Paiute astronomy and Native teachings. One of the cultural values that was passed down through her family was the connection and interpretation of the sky. When asked about the recent closure of Monument Valley by the Navajos, allowing them to stay inside during the eclipse and honor their traditions, Autumn explained that the Paiutes have respect for the sun and the moon, and see this event as a time for intimacy between the sky mother and

Suh'dutsing
Cedar People

The Late Daniel Growler's artwork beautifully portrays perspectives on the relationships between history and tradition.



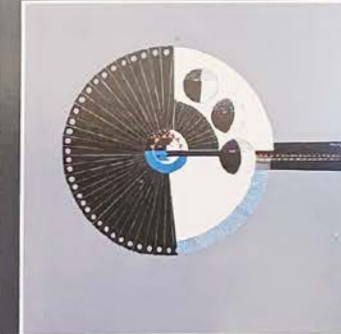
The Sun God



Mother Earth

Cedar Band of Paiutes
Medicine Wheel

The Three Worlds



The Moon Lady

RUTH SCOVILL

She is also an enrolled member of the Cedar Band of Paiutes. My great-grandfather was Nober Zuniga, also of the Cedar Band of Paiutes."

Autumn also explained that the Paiute Tribe is made up of five consecutive bands. They are spread throughout the central and southern part of Utah. These include the Kanosh Band, the Koosharem Band, the Indian Peaks Band, the Cedar Band, and the Shivwits Band.

Traditionally, the Southern Paiute people did not have a written language, so everything that the younger generations knew about family lineage and descendance was passed down orally, as well as cultural teachings and history.

"As Southern Paiute people, we obtained this information from our Elders. You can imagine them as our walking libraries," shared Autumn. She explained that this tradition is still carried on today. She was raised in a traditional home by her mother and her grandmother. Through her grandmother, Autumn was taught her family lineage, connections, and history. Nearly forty years later, Autumn's

"What my grandma has taught me is that through my life, it will help me understand our traditional stories, our connection to the spirit world, and my place in the universe as an indigenous woman."

Autumn Gillard

from the mother. It has to do with the spirituality or religion of the Paiute people. It encompasses the Paiute people's connection to the landscape and to their ceremonies, songs, and traditional dances. Circle dancing creates a communal feeling of being close with each other, celebrating, and moving. In their traditional values, the Paiute people believe that everything moves in a circle, everything moves clockwise. The only time this motion moves coun-

father that needs to be respected. Autumn says that understanding astronomy, and understanding the sky through traditional eyes, is what helps her honor and keep these traditions.

These values are sacred and are mainly kept within the band. Amongst the different bands in the tribe, there can be differences in the teachings. Some of these things are shared with each other, but others are kept sacred within the families or specific bands.

A book published by William Palmer called "Why the North Star Stands Still" is a collection of information from Clara Hunkup (Autumn's great-grandmother) and Isaac Hunkup (great uncle). It was through Clara that some of that information was able to be passed down as well.

Autumn ended by sharing, "From what my grandma has taught me is that through my life, it will help me understand our traditional stories, our traditional songs, and my connection to the spirit world, and my place in the universe as an indigenous woman."

Job Security

LEADERSHIP 101.40

There are few things in life more miserable and scary than losing one's job, or having no job at all. There are so many facets and factors that are effected when we are forced to wonder and worry how we'll pay our bills, get out of debt, or even worse, wonder when and where our next meal will come from or where we will sleep tonight, should we lose our homes and/or vehicles.

Job Security is just a misunderstood misnomer. We can definitely and confidently use the term to help us sleep better at night, and endure long days, but in the end, we cannot control the future. However, we can nurture it. And while no job is every truly secure there are things we can do to help mitigate, if not eliminate, the possibility of defeat and dismissal. True, even if you're the best of the best at what you do, it doesn't mean you can't be fired, or let go because a company can go out business, a product go out of style, or the market crashes.

Nevertheless, if you want true job security, it will come from doing your best each day regardless

the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



of the market, management, payroll or fellow employees. In other words, don't pursue security, pursue happiness. Pursue jobs, people, places and possession that fulfill you, not just fill you up. Pursue being a person of integrity with real intent and you can be content in doing any job.

Just remember not to stay content. Meaning, don't get so comfortable that you stop striving to improve your life in and out of your job. Because one of the greatest regrets in life won't come from not from having job security, or wishing you would have worked more hours, but that you let life pass you by and most of your memories come from a cubicle.

Speaking of being too content, don't be so comfortable that you're not fulfilling your part of the contract. When there's a job to be done, have the accountability to do it to the best of your ability because you have the responsibility to do your best, no matter the test. Even if you do get fired, even if it's not your fault, don't stop getting fired up about your life. Your job may seem like

“One of the greatest regrets in life won't come from not from having job security, or wishing you would have worked more hours, but that you let life pass you by and most of your memories come from a cubicle.”

your life, but there's more life out there if you fight through the demise and rise again—to not only find another job, but a better job, the one you were meant to do in this life.

That's not wishy-washy wisdom, it's truth. Don't let any loss define or devalue your worth. If you made a mistake, do your best to correct it. If you need more experience, or education, go get it! Because the world still needs you to become, create and do the things only you can. And becoming your best self in all that you do is the best kind of job security in the world.



We are located on the North End of Cedar City just off of Main Street by Fiddlers Canyon. We have availability and are accepting new Residents!

- All private rooms with full bathroom
- 24-hour Care & Monitoring
- Assistance in daily tasks
- Medication Management
- Attendant call pendants
- Three meals daily
- Laundry services and housekeeping
- Satellite television and Wifi
- Daily Activities

THREE PEAKS
ASSISTED LIVING | MEMORY CARE

Call us to schedule a tour today!

2258 N 75 E, CEDAR CITY • 435-565-6224

calendar

FRI, NOV 24

UNIQUE TALENT DAY

PAROWAN CHRISTMAS IN THE COUNTRY (10-7pm). The Most Wonderful Time of the Year is held in Parowan, UT. Schedule of Events and INFO: Parowan Visitor Center 435-477-8190 www.parowan.org.

NATURE HILLS CHRISTMAS ON THE FARM (11-4pm) @ Nature Hills Farm (4326 N 2100 E, Cedar). Tickets online, \$8 adults, \$5 kids. At the door, \$10 Adults \$6 kids. Nature Hills is transformed into a magical Winter Wonderland with lights and Christmas displays. INFO: www.naturehillsfarm.com, 435-559-2791.

CEDAR STREET FEST (EVERY FRI 4-10PM) @ 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.

18TH THANKSGIVING POW WOW (FRI 6PM, Sat 12pm, 6pm) @ (440 N Paiute Dr, Cedar). This event is FREE and open to everyone to come and enjoy Grand Entries, Drum Contest, Princess Contest, & Dance Contest.

OPEN MIC NIGHT (2ND/4TH FRI, 7PM) @ Johnson Arts Center (59 N 100 W, Cedar). Each artist will have a 7-minute set. First come, first served signups at the door. \$5 donation is required for entry. INFO/Q's email info@johnsonartscenter.org.

WIZARDING WORLD CHRISTMAS FEST (24TH 5-9pm, 25th 10-4pm) @ 150 E Altamira Ave, Cedar). Shop Diagon Alley, Drink butterbeer and try other themed treats, visit Father Christmas, Listen to the Christmas Frog Choir, and other Local Live Entertainment. \$2 Entry Fee. Visit cccmt.org for tickets/info. (Also Dec 1st 5-8pm, 2nd 10-4pm, 9th 10-4).

NOVEMBER 24 - 5 PM TO 9 PM NOVEMBER 25 - 10 AM TO 5 PM DECEMBER 1 - 5 PM TO 9 PM DECEMBER 2 - 10 AM TO 4 PM DECEMBER 9 - 10 AM TO 4 PM Christmas Feast - Dec 8, 9th

SAT, NOV 25

WHITE RIBBON DAY

PAROWAN HOMETOWN HOLIDAY MARKET (9-5pm) @ Parowan shopping areas throughout the community. INFO and Vendors contact Dayla 435-531-6461, sweetpeafarman-dorchard@gmail.com.

PAROWAN ART TOUR 2023 (10-4PM). Begins @ Old Crow Basics (88 N Main St, Parowan) where you can pick up maps to all of the artists' studios and exhibit locations. Meet local artists and celebrate community. You are invited to leave your signature style on the community mural. To sign up for the art experience (\$15) contact Sherri 435-590-7022.

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

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

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

CEDAR CITY HOLIDAY LIGHTING (11AM-9PM) @ (10 N Main). Festivities include Christmas Market, Train Rides, Santa's arrival, Fireworks, and Holiday Tree Jubilee. Everyone is invited to bring a non-perishable item for the Iron County Care & Share. Full schedule @ cedarcity.org.



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 and prayerful practice has been used for centuries. Join us in this time of Thanksgiving, regardless of faith, or experience. No Charge. Facilitators present. Open rain or shine. INFO/Reservations please call Anne 702-539-3400.

5TH HOLIDAY TREE JUBILEE (25TH, 27TH, 28th, 5-8pm) @ Heritage Center Theater (105 N 100 E, Cedar). Come see Santa and an amazing display of decorated Christmas trees to help kick off the holiday season! All proceeds go to our local kids and teens in need. FREE professional Christmas photographs, hot chocolate, dozens of Christmas trees to view and WIN, auction items, a children's area, and much more! INFO: FB: [holidaytreejubilée](https://www.facebook.com/holidaytreejubilée) or call 435-531-9138.

PAROWAN WINTER WONDERLAND (6-10PM Thru Janu 1st) @ Parowan Main Street Park. Admission FREE. The Parowan City Park turned into an enticing wonderland of Christmas lights, incredible displays, Christmas Characters, Santa, and hot chocolate. Paint a free ornament to hang in the tunnel. Lights turned on every night from dusk until 10 pm.

OPEN MIC (4TH SAT, 7-9PM) @ FRONTIER Homestead (635 N Main, Cedar) FREE Family

friendly event to showcase your talents, music, poetry, comedy, magic, etc.

SUN, NOV 26

GOOD GRIEF! DAY

"GRATITUDE IS WHEN MEMORY IS STORED in the heart and not in the mind." Lionel Hampton

MON, NOV 27

CYBER MONDAY

MESSIANIC DANCE WORKSHOP (4-5:30PM) @ Cedar Library (303 N 100 E). Learn easy, fun Judeo-Christian dances, songs. INFO 702-460-2317.

SPIRIT OF THE SEASON (4:30-7PM) @ Johnson Arts Center (59 N 100 W, Cedar). FREE. Live entertainment, hot chocolate, sing carols around Christmas Tree, St. Nick visit. Ornament crafts, cookie decorating, photos with Santa, food trucks, artisan market. INFO: 435-592-2407.

TUES, NOV 28

RED PLANET DAY

"BUT SEE, IN OUR OPEN CLEARINGS, HOW golden the melons lie; Enrich them with sweets and spices, and give us the pumpkin pie!" Margaret Junkin Preston

WED, NOV 29

SQUARE DANCING DAY

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.

POP-UP COLLAGE PARTY (5-8PM) @ Artisans Gallery (94 W Univ. Blvd, Cedar). Artist Emily Ronquillo is hosting a drop-in collage party. Tickets \$25 on Eventbrite.com. Includes materials, refreshments from The Pub Craft Kitchen, plastic storage envelope to create your own collage kit or take work-in-progress home after the party.

PINK CHRISTMAS (6-8:30PM) @ CEDAR High (703 W 600 S). Talent show, silent auction, bake sale. 100% of proceeds given to help local families in their fight against cancer. FB - Brave Ribbon Foundation.

THURS, NOV 30

STAY AT HOME DAY

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

OSU FALL CONCERT (7:30PM) @ HERITAGE Center Theater (105 N 100 E, Cedar). \$12 Adults, \$6 for students. Kick off your holiday season with this exciting concert for the whole family. Well-loved Christmas Classics, talented performing artists, groups, and special guests, this concert will warm your hearts with festive joy. INFO/Tickets @ www.myosu.org.

WHITE CHRISTMAS AT IMPAC (7:30-10PM) @ InterMountain Performing Arts Conservatory - IMPAC (389 N 100 W Ste 7, Cedar). Tickets \$20 online (<https://events.humanitix.com>). A heartwarming celebration of talent, tradition, and togetherness. (Also Dec 1-2, 4, 6-9). INFO: info@im-pac.com, 435-572-0072.

FRI, DEC 1

ROSA PARKS DAY

HOLIDAY CRAFT FAIR (10-5PM) @ CEDAR City Visitors Center (581 N Main). Handmade holiday items by local artisans.

SAT, DEC 2

RED ACRE CHRISTMAS (10-3PM) @ RED Acre Farm (2322 W 4375 N, Cedar). Complimentary hot cider, warm your hands by the fire, roast marshmallows, take pictures, shop the Farm Stand, take a buggy ride (\$5 per person), try traditional candle dipping (\$4 each), take the Farmhouse Tour (\$8 per person available at redacrecenter.org), purchase food from the Farm Kitchen, and more.

CHRISTMAS WITH SANTA (6:30PM) @ NEW Harmony Fire Kolob Station (1388 S Old Hwy 91, I-15 Exit #40). Christmas boutique, pictures with Santa, hot chocolate, cookies, kids crafts! Santa arrives at 7pm.

ICAMA CONCERT (7PM) THE BIRDBWATCHERS ukulele band (aka Naked Waiters). @ Park Place Eatery (23 W Center, Cedar). Also offering free ukulele workshop, 4pm (\$5 suggested donation)

MON, DEC 4

NATURE HILLS LIVE NATIVITY (5:30-7:30PM) @ Nature Hills Farm (4326 N 2100 E, Cedar). Tickets \$4 @ naturehillsfarm.com. The Farm as it is transformed into a magical Winter Wonderland with lights and Christmas displays. 20 - 30 minute live, interactive tour.

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child Abuse

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

DAR – Bald Eagle Chapter

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

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

So. Utah Veterans Assoc.

1st Thurs, 7pm • Westview Christian Center (2624 West Hwy 56, Cedar). Veterans, First Responders, Anyone interested welcomed, encouraged to attend.

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

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

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

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

Hope for Today (Family Groups)

Thurs, 6 pm • (435) 559-3333

Alzheimer's/Dementia

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

ARP—Addiction Recovery

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

Caregivers

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

Celebrate Recovery

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

Grief Support - Child Loss

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

Helproom

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

Multiple Sclerosis

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

Narcotics Anonymous

www.nasouthernutah.org • (435) 635-9603 KKCBB 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 • KKCB 203 Cobble Creek Dr. Ste. 201 (North Room), Cedar • (435) 559-0394

Porn Addiction Recovery

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

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

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

Southern Utah Veterans Assoc.

1st Thurs, 7 pm • Westview Christian 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 @ Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, info@sonrisechurch.net, sonrisechurch.net.

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Arts for Adults w/ Disabilities

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

Bingo & Lunch

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

Book Club

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

Boy Scout Troop 1848

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

Cedar Breaks Model A/ Vintage Car Club

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

International Folk Dancing

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

Iron County Moms For America

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

Parowan Pickleball

Mon, 6-8 pm • Tues-Thurs, 9-12 pm • Iron County Exhibit Building. Range of skill levels, 3 indoor courts, beginners welcome. INFO, fees and 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/BZiepPVW63pR6Zd8k9

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, rights, ed. on CRT & borderer illegal immigration, Legislature

Top Bar Hive Bee Keeping

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

TOPS—Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

Youth Group

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

schools

IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

from Braylie Tullis

IRON COUNTY SCHOOL DISTRICT

Enoch Elementary

Enoch Elementary's 5th Graders honored veterans on November 10th with two special programs. First, students invited veterans to join them for donuts in the morning. Then they performed a poem and song to show their gratitude for all they had done for our country. In the afternoon, the 5th graders held a school assembly to teach the younger students about how important Veterans Day is, and the whole school sang patriotic songs together.

*Fiddlers Canyon Elementary*

Career Day was amazing! Thank you to the community members who came and talked about their jobs and gave our students an expanded view of the opportunities they have as adults. Also, a thank you to the parents and other volunteers who helped make the day a success!



We hope everyone has a great Thanksgiving break and comes back ready to learn on Monday, November 27th. Mark your calendars for Santa's Workshop December 4-8th, where students can purchase items for people on their lists. More information will be coming home in students' homework folders, so keep an eye out. Our next Feed Your Family fundraiser is Monday, December 4, at Panda Express. More information to come, so watch homework folders and follow the Fiddlers Canyon Elementary PTA Facebook page for updates, reminders, and highlights.

Iron Springs Elementary

Third graders presented a Veterans Day Assembly on Friday, November 10, 2023. Students shared what they have learned this year about who a veteran is as well as the different branches of the military. Gratitude was expressed for all those who are currently serving and have served our country through words and song. We had a special guest, Mr. Bob Petersen, who started the program by singing "God Bless America" and joined the 3rd graders in their closing song of "American Tears."

*Escalante Valley*

Mrs. Peterson's 3rd grade class recognized and honored veterans from our valley during an assembly where one of our Mustang STRONG values (respectful) was highlighted. To kick things off, the entire school said the Pledge of Allegiance and sang the "National Anthem". From there, an explanation of Veterans Day was shared, and words of gratitude were expressed with service members as they stood and were recognized. The 3rd grade

students wrapped up the program by sharing reasons they are grateful to live in the United States, thanking veterans for their service, and singing "Thank you, Military" and the "50 Nifty United States".

*East Elementary*

In this season of Thanksgiving, we'd like to express our appreciation for our East family. Everyone, from faculty and staff to students to our families, plays an important role as our students grow and develop the skills they need for success. We are grateful for each of them and the time and energy they devote to our students.

As the weather turns colder, we are having a number of students becoming cold during recess because they are not dressed appropriately. Please be aware that the children will be outside for recesses unless there is heavy rain or snow, or it is below 20 degrees. We are also having a huge number of coats, gloves, and hats turned into the lost and found. Please help us get your child's cold weather gear back to them by putting his/her name on the inside of the belongings.

Due to safety and supervision issues, beginning January 3rd, the exterior doors of East Elementary will be locked until 8:30 am. We continue to have students dropped off well before then despite reminders and are unable to provide adequate supervision. Please be aware of this new change in policy and plan accordingly. As we enter the busy holiday season, we wish you health and happiness!

Three Peaks Elementary

November is Native American Heritage Month, a time when we celebrate and honor past, present, and future Native American peoples. Three Peaks Elementary had the honor to host the John family and friends as they shared special items and traditions with our students. Elton played the hand drum and sang songs with his son Kai and shared the special traditions of his ancestors. Sully shared his regalia and treated us to some dances along with other family members who shared their beautiful regalia and dances. Mars Jake played two different types of flutes and talked about the special interpretations

that flute melodies meant to him. Thank you so much for sharing your talents and culture with our students.



Three Peaks Elementary would like to wish all of you and your families a happy, healthy and relaxing Thanksgiving season!

South Elementary

This week at South Elementary we had Ririe-Woodbury Dance Company visit our school. Students were engaged while the dancers explained and showed how time, shapes, patterns, negative and positive space work in the world of dance. Students have also been showing their gratitude through writing and drawing. We are so thankful for our students, parents, teachers, administrators, secretaries, and custodians at South Elementary!



schools



TSADAKAH WILBERG

The Cedar High Symphonic Band performed patriotic songs to pay tribute to our veterans.

Cedar High student honor veterans with inspiring assembly

by *Tsadakah Wilberg*

FOR IRON COUNTY TODAY

Veterans Day was on a Saturday this year so Cedar High School held their assembly Monday, the 13th, to honor the incredible men and women who sacrificed for our country. Cedar students are most respectful for this assembly because they understand the gravity and importance of what it means. There is a significance to many of the students who have family members or know someone who served for the United States of America. Veterans Day and the assembly are a time when they can recognize those loved ones and honor them.

The assembly began with the National Anthem, sung by Kantori and Madrigals. Then, Major Pearson, a father and veteran who served in the military for many years, was the guest speaker. He told the students about pivotal moments in his life which he named "The Call to Duty." He talked about things he had learned that would help a person with any job or calling in their life.

After Major Pearson finished speaking, the Symphonic band played Armed Forces Salute. At the changing of the song to honor of each military branch, the student body held up the flags that represent their individual branches.

At the lifting of each flag, students who had family members serving or who had served in that branch stood, recognizing their heroes.

Once the song was finished, Sean Gary, a biology teacher at Cedar, also currently serving his country, was invited to speak to the students. He told them that he thinks of them as family and that they could do things to change their community. Those things don't have to be huge because even small things can make the world a better place.

When Mr. Gary finished, the band director Mr. Sorenson stood and introduced their next song by explaining the symbolism of the red flowers pinned to the shirts of each of the band students. They were poppies in honor and remembrance of those who have died fighting for the country. The Symphonic band then played Stars and Stripes Forever by John Philip Sousa. This song is a symbol of what the United States represents, it is beautiful and the band did an incredible job performing it.

The close of the assembly left students remembering what the flag and our country means to them. They remembered what it meant that so many men and women protected those things and ideals. We are truly blessed to live in America!

Gateway students honor veterans with special breakfast

by *By Valen Nielsen (Grade 7)*

FOR IRON COUNTY TODAY

On Friday, November 10th, Gateway Academy hosted a Veterans Day Breakfast to honor our many military members. Gateway has been hosting this breakfast for over a decade, this is my second year participating. Students get to invite a veteran from their family or friends to attend this event. I invited my Grandpa.

First, we go out to the field with our veteran and watch a helicopter landing. This is provided by SUU's Aviation School, and everyone loves watching it land up close. Then we go inside to have breakfast in our

decorated gym. Breakfast is made and served by our honor society members and kitchen staff. Once everyone is served, the program begins with people seated near the stage.

Civil Air Patrol Posts the colors (bring up the American flag). Our choir and band sing the national anthem. Then our kindergarten through fifth grade classes sing songs that show our appreciation for the service of our veterans. Our gym was full and it felt good that everyone had this opportunity.

We plan to continue hosting this event for years to come and I hope that my Grandpa will be there to join me.



Gateway students and their families honor veterans and a visit from the SUU Aviation.



PHOTOS COURTESY VALEN NIELSEN

The controversy surrounding gender identity choices

YOUTH AND GENDER – PART 5

by Edy Meredith

FOR IRON COUNTY TODAY

I never thought I would see the real live Easter Bunny, the true Santa Claus, a real-life talking horse, a biological male competing in women's sports, trusted medical doctors benefiting from and encouraging patients to receive life-changing surgeries, men & boys taking on the persona of women & girls, and girls & women becoming boys & men. The first three are in the realm of fantasy, while the last four are happening today in what is known as the transgender movement.

As a child I was known as a tom-boy/tom-girl, and I have always had a strong interest and natural inclination to participate in what is sometimes been known as "male" sports from running to skiing to surfing and scuba diving. I have always been more comfortable talking to men rather than women. However, I want to make it very clear that I like being a woman, and while as a girl I was active, I have never wanted to change my natural DNA sex or gender.

I have also learned that part of a women's success is led by her ability to negotiate, network, and make good decisions while projecting an image of successful relationships among both male and female colleagues. So please understand, I like being a woman, and I enjoy my granddaughter. However, this is my choice and I know there are others who feel differently, children (and adults) of either male or female gender who want to become a different gender.

There is some controversy when a person in authority suggests to a child that she/he may be born in the wrong body and they may need to undergo life-altering surgery or drugs to restore their true gender identity. Are there those who only seek profit by providing so-called indoctrination to children? Recently, the Los Angeles Unified School District, the second largest school district in the U.S., is encouraging

lessons in school with children as young as elementary school that "encourage students to reach their full potential", encouraging gender neutral dress codes, access to full use of rest rooms, use of student's preferred names, pronouns, and attire. However, they do not reveal such things to parents stating they are protecting student privacy.

When such "education" about gender ethos becomes widespread, as is happening now, and students decide that they have been born into the "wrong body", what other professions might be benefiting besides "educators"? If a student continues to accept that they have been born into the wrong body, is there another profession that may be benefiting from this transexual trend?

As some aspects of the physical condition do not change without surgery, such a person must consult a doctor specializing in cosmetic trans surgery. As early as the late 1980's, the health professionals who worked with trans people touted the famous threefold treatment method of 1) psychological or psychiatric evaluation, 2) hormonal treatment, and 3) surgery to reform the sexual organs. As the result of these new, untried, and untested medical experiments we are now seeing the results when a youth may later discover that they weren't really transexual. For example, the American Academy of Pediatrics (AAP) was just named in a "Detransition Lawsuit." A woman who was pumped full of testosterone and underwent hormone therapy is suing both her doctors and the AAP for knowingly lying about the impact of the sex-change treatments when in fact she had severe emotional problems. Rather than addressing the true roots of her mental health problems, the medical authorities said she should have gender treatment. We will discuss more next week in a final section about detransitioners, youth who have decided to stop transitioning and in some cases seeking to reverse effects of those important decisions.

family

Christmas is for kids

When asked what my favorite color is, I will readily say, "Christmas lights", any time of the year.

The colors of Christmas bring me happiness beyond measure! So, when it came time to decorate with small kids around the house, I knew I would need to mix things up a little if I wanted to pass along my love of holiday cheer.

After eight Christmases with at least one toddler in our home, the following are three tips I am happy to pass along to help spread cheer in your home.

toddler Christmas tree inspection will leave pine needles in places you won't discover for months after the holiday. Do yourself a favor and opt for a tree that won't lose its needles with the slightest shake of the bough.

Decorate with shatterproof ornaments

Again, decorations are understandably irresistible for young kids (old ones, too)! They must be felt, tasted, and tossed before and after they have been hung on the tree. While they may not be the

style or collection you dreamed of, inexpensive shatterproof ornaments will save you both money and the hassle of trying to protect your decor from your kids. There will be plenty of

years left after they're grown for vintage glass bulbs!

Place your wrapped gifts anywhere but under the tree prior to Christmas Eve

Speaking of irresistible, I don't know a single toddler who could keep their little mitts off a brightly wrapped package right on their level! I like to wrap gifts weeks ahead of the big day and display them on high shelves or the space above kitchen cabinets to view as decorations until the time comes to place them in their rightful place under the tree.

Following these tips will help your family enjoy an element of peace that can't be found if you're constantly looking over your shoulder to prevent items from being disturbed. If you find yourself snapping at your kiddos to leave things alone, it may be time to simplify the holiday and pack up the breakables for a while longer. After all, Christmas is for kids!

mom's CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



Swap the real spruce for a fake one

A Christmas tree is a natural draw for kids. It's something totally out of the ordinary and must be thoroughly inspected. I learned the hard way that a

"I don't know a single toddler who could keep their little mitts off a brightly wrapped package right on their level!"

obituaries

Dr. David Lee Wilkerson



Dr. David Lee Wilkerson ("Doc"), beloved father, grandfather, great-grandfather and friend, passed away peacefully in Cedar City, Utah on November 15, 2023, at the age of 91. He was born on February 14, 1932, in Los Angeles, California to Dr. Roy Tatum and Fern Corinne Wilkerson. He married Kathleen Benson in Parowan, Utah on November 7, 1953. Together they raised their two children, Paula and Burke.



From a very young age, Doc's passion was to become a doctor. He attended the University of Utah Medical School and graduated at the top of his class in 1957. Following graduation and internship, he moved to Parowan, Utah and took over his father's medical practice. Doc and his family later moved to Cedar City, Utah in 1969 where he and his partner, the late Dr. LaMar Graff, started the Valley View Medical Clinic, which was located adjacent to the old Valley View

Hospital. Doc practiced family medicine for nearly 35 years. He not only saw patients in the clinic, but he also performed surgery, covered the emergency room at the hospital, delivered countless babies, made house calls, and acted as the Iron County Physician for many years. He constructed one of the first cabins in Brian Head, Utah, where he also operated a medical clinic on weekends to tend to the sick and injured skiers.

Doc's talents were not limited to just medicine. He was an accomplished guitar player, as well as a skilled electrician, plumber, carpenter, and mechanic. Doc also owned a farm in Parowan valley for many years where he and his brother-in-law Clarence Benson, Jr. ("Stiffy") raised alfalfa and ran a herd of cattle, which were grazed during the summer months on his mountain land in the Dry Lakes area above Parowan.

After retirement, he moved to Bloomington, Utah where he focused his talents on automobiles and spent many hours in his well-equipped garage restoring classic cars. He also found time to construct a summer home in Star Valley, Wyoming. Doc's love of medicine and learning continued well into his retirement years. He regularly attended continuing medical education seminars and kept his license to practice medicine active into his late 80s. Doc was an avid sportsman, and during his free time he loved to golf, play tennis, snow ski, water ski, hunt and fish. He was affectionately known on the slopes of Brian Head as "Doctor Downhill".

Doc is survived by his children Paula (Mike) Wood of Las Vegas, Nevada, Burke (Sharon) Wilkerson of Cedar City, Utah, four grandchildren and nine great-grandchildren. He is also survived by his step-children Guy and Diana Loveless, and his nephew Desmond Wilkerson Fletcher. He was preceded in death by his wife Kathleen Benson Wilkerson, his parents, his brother Desmond Roy Wilkerson, and his stepson Keith Loveless.

Graveside services were held on Monday November 20, 2023 at 1:00 pm at the Parowan City cemetery under the direction of Southern Utah Mortuary.

The family would like to express their sincere gratitude to the staff of Three Peaks Assisted Living and Intermountain Homecare & Hospice for their compassionate and loving care of Doc. He will be greatly missed by all who knew and loved him.

faith

WATCH YOUR STEP

Each day millions of riders are transported from one place to another—sometimes to and from several places—through the means of school buses or mass transit vehicles. Most passengers arrive safely, even if the bus is late due to traffic, unforeseen repairs or unfortunate accidents.

If you have ever ridden a bus, train, trolley, etc. when you are entering, or exiting, you've hopefully seen a sign that says something to the effect of, "Watch your step." This is because there are often drops, steps and curbs involved in the entering/exiting process. You may not always pay attention to the signs, but they serve a valuable purpose in preventing accidents. Statistically speaking, there are more accidents (and deaths) caused when people enter or exit buses than when riding one.

The Scriptures are full of Watch Your Step verses. Because there is nothing more desirable to the devil than causing spiritual accidents in your life, often by distracting you to ignore, not see, or be too busy to obey God's warnings in the first place. And he's so good at being the "Father of lies" (John 8:44) he can get people to believe God's signs, commandments don't apply to them.

I'm sure you've heard it said that the greatest lie (or one of) the devil has ever told, and convinced people to believe, is that he doesn't exist. After all, if there's no devil, then there's no God and therefore no consequences for actions (good or bad), so why care about where we step?

And yet even though we are warned that wickedness never was and never will be (or bring) happiness, sometimes we ignore the warnings. That's when we stumble and tumble. True, even when we are doing our best to keep the Commandments (Proverbs 27:12) we will still face opposition in all

GOD'S garage

Corey Baumgartner

news@ironcountytoday.com



things. Nevertheless, God's words and the love of those leading and watching over us (our parents, spiritual leaders, teachers, friends) are not necessarily meant to prevent every evil, but help us eventually prevail over every evil and the devil (Matthew 6:13).

Where are you stepping today? Is there another you can help steady, who may not see the signs? You don't need to be preachy or pushy, but lovingly remind them about the hazards for their hearts. No, it doesn't mean you're perfect when you help another. We all need direction and protection at times in our lives (Titus 3:3-7).

Today, as you "Watch Your Step", remember that God is your refuge and strength (Psalm 46:1). He will help you resist the devil (James 4:7) and protect you from evil (2 Thessalonians 3:3, John 17:15). Also, in today's world of technological temptations, dangers aren't only found where you step, but also what you watch and listen to (Isaiah 52:11). That's why the Armor of God is meant to protect you from head to foot (Ephesians 6:10-18), if you put it on and keep it on. Don't worry, your seatbelt will still fit. Safe travels!

VERSE OF THE WEEK

MATTHEW 6:13

"Lead us not into temptation, but deliver us from evil."

Yet, how often do we lead ourselves into temptation through our thoughts, desires and actions?

THANKSGIVING

« CONTINUED FROM PAGE 16

of November as a day of Thanksgiving. Since then, Thanksgiving has been celebrated as a means of giving thanks for family, friends, food, and health. In the United States, the Thanksgiving celebration consists of family and friends eating a large meal, which almost always includes turkey. It's a day spent giving thanks for the things they feel fortunate to have in their lives.

Thanksgiving also means

a time of year for good food, good people, and being grateful for everything in life. Sure, the weather gets colder, but this time of year really warms your heart. Which it should, because it's a time of great food, great traditions, and giving back to both loved ones and even those you don't know. What's not to love about that?

Everyone has their own traditions, everyone has a different way of doing "Turkey Day." Many of us are looking forward and thankful to be celebrating in person. But now with the wonders of technology,

families can set up a video chat with everyone missing during the holiday.

However we celebrate, it's a great time to bring everyone together and share gratitude for all the things we value most. We all have much to be thankful for. We are thankful for all the people who help us get through each day. We notice the good things, look carefully at them and appreciate them. We appreciate good friends and neighbors. It's a whole day to be thankful. And it provides a great reminder for each of us just how blessed we are.

sports

RES + RECAPS FROM IRON COUNTY COMPETITION



The Thunderbirds battled to reclaim the coveted axe from their rival Trailblazers.

SUU ATHLETICS

Thunderbirds chop down rival Trailblazers, 24-16

by Jason Marsteller

SUU ATHLETICS STRATEGIC COMMUNICATION

ST. GEORGE — Southern Utah returned the axe to Cedar City thanks to a mixture of a dominant rushing attack and a record-breaking day by senior quarterback Justin Miller in the Battle for the Axe rivalry game. The Thunderbirds shook off a sluggish start to surge to a 24-16 victory against Utah Tech.

SUU improved to 6-5 overall and 4-2 in the United Athletic Conference. Utah Tech fell to 2-9 on the season and 1-5 in conference play. That's Southern Utah's first winning season since the 2017 squad earned a berth in the playoffs with a 9-3 record.

Senior quarterback Justin Miller moved atop a pair of career charts with his performance today. Miller

broke both the total career yards and total career passing yards records, previously owned by Brad Sorensen. Miller closed his career with 9,447 total yards to break the previous record of 9,377 set by Sorensen from 2010-12. Miller also finished his career with 9,534 total passing yards to clear the 9,445 put up by Sorensen.

Senior wide receiver Isaiah Wooden moved into a second-place tie with Tyson Poots for the most receiving touchdowns in a season with 14. Poots owns the record with 15 in 2009 and captured 14 touchdowns in 2008.

The 'Blazers opened the rivalry battle with an eight-play 75-yard drive to capture a 6-0 lead thanks to a Nygel Osborne rushing touchdown from 12 yards out with 10:48 to play. SUU's special teams managed to stop the point after attempt.

Following an SUU punt on its first drive of the game, the 'Birds defense stepped up in a big way on Utah Tech's second drive of the day. Senior defensive tackle Robert Horsey collected a pair of tackles for loss while Sophomore cornerback Quaidr Lockett-Smith ended the drive with a near interception to force a punt.

The Thunderbirds followed with a 13-play 62-yard drive spanning 6:11 of play, but could not get on the board after a missed field goal with eight seconds in the quarter. Most of the yards came by way of passes from senior quarterback Justin Miller. Miller connected with junior running back Targhee Lambson for 14 yards before rolling out to hit senior wide receiver Isaiah Wooden for 16 yards on the left sideline.

Southern Utah's special teams

showed up again with 12:00 to play with a blocked 47-yard field goal attempt. That sparked SUU's offense as it marched down the field on an eight-play 86-yard drive to take a 7-6 lead thanks to a Miller seven-yard scamper with 7:55 on the clock. Lambson accounted for more than 50 of the yards on the 4:05 drive. The Thunderbird defense gave the offense a short field thanks to an athletic interception by sophomore safety Trevon Gola-Callard at the Tech 48-yard line.

Wooden corralled his 14th receiving touchdown of the season thanks to a three-yard strike by Miller to put the "Birds up 14-6 at the 3:24 mark. SUU drove 48 yards in seven plays as part of a 3:14 drive. Miller keyed the drive thanks to an 18-yard connection with

see **T-BIRDS** » 28

Reds find shooting range, beat Falcons in opener

by Tom Zulewski

IRON COUNTY TODAY

As halftime neared in the season-opening rivalry game between Cedar and Canyon View, the Reds missed six straight free throws. When the teams went to the break, the Falcons had the lead and the momentum. In the second half, Gabby Gomez found the shooting range and led Cedar into the win column.

Gomez scored 12 of her game-high 14 points in the second half, and the Reds used an 11-2 third-quarter run to take control and beat the Falcons, 43-34 on Nov. 15. Head coach Corry Nielsen said even though the team had just five days of practice before the opener, Gomez did everything to make a difference in the second-half surge.

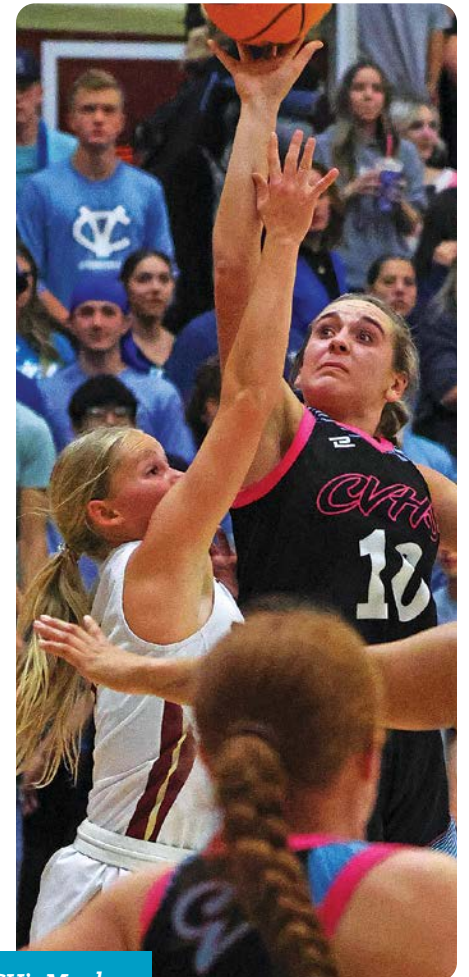
"When Gabby wasn't scoring, she made the passes to her teammates and made them better," Nielsen said of the sophomore. "She made some big shots."

Gomez hit eight straight points in the key stretch, including a pair of 3-pointers, as Cedar turned a 19-15 deficit into a 26-21 lead.

"I think we started having more energy towards the end, making better passes, and throwing the ball inside, then outside," Gomez said. "We were a little rusty, but we pulled it off. It was cool to win this one."

Canyon View was able to counter and a pair of free throws from Bethanee Vargas helped to tie the score, but when Gomez found Kelsi Orton, she hit a 3-pointer near the end of the third that put Cedar back in front for good at 31-28.

"We went away from doing the things we were working on," CV head coach Jaycee Barnhurst said of her team's second-half effort. "We



(L) Cedar's Gabby Gomez battles CV's Maylee Spencer. (R) CV's Kamryn Brush soars over Kenzie Bird to take the shot. (B) Cedar's Annalyse Shimada elevates over Emery Miles and the Falcons defense.



Cedar

43



Canyon View

34

Canyon View 9 8 11 6 - 34
Cedar 6 9 16 12 - 43

Canyon View - Spencer 6, Nichols 8, Brush 5, Farrow 1, Potter 2, Miles 3, Davis 3, Vargas 5, Newman 1. Totals 10 13-22 34. 3-pointers - Spencer 1.

Cedar - Orton 8, Gomez 14, Bird 2, Shimada 5, Bishoff 6, Hansen 8. Totals 17 3-12 43. 3-pointers - Orton 2, Gomez 2, Bishoff 2.

worked really hard on defensive things, but when things got tough, we went back to old habits.

"The first game is always to show what you need to work on. The list is really big, and my notebook is out of pages at the moment."

Maya Nichols led Canyon View with eight points, and the Falcons played at Crimson Cliffs on Tuesday, a game that

was too late for press deadline. Cedar overcame a 3-for-12 night at the free-throw line in the win and played host to Carbon on Tuesday.

Both game stories will appear in the Nov. 30 edition.



PHOTOS BY COREY BAUMGARTNER

Cedar trio sign letters for soccer, volleyball

by Tom Zulewski

IRON COUNTY TODAY

By her own admission, Rylan Tebbs had dreams of leaving Utah to play soccer in college. Cedar volleyball teammates Bird Allen and Emery Harrison knew it was time to take their talents toward different stages.

The trio all had their moments to sign letters of intent last week. Tebbs ended up signing with Southern Utah on Nov. 13, Allen signed with Utah State-Eastern and Harrison joined Utah Tech on Nov. 14.

Although she missed most of her

senior season for the Reds due to injury, Tebbs returned in time for Cedar's 4A playoff opener, scoring two goals in a 4-1 road win over Orem, then scored the only goal in a 3-1 loss at Park City. She credited the support of head coach Kai Edwards for playing a big part in her decision to stay closer to home.

"I had always wanted to leave Utah, but when I had my visit (to SUU), it felt right and I loved the coaches," Tebbs said. "I felt wanted and they're really invested in the team."

Tebbs said Edwards would visit "at least once a week" and his office



PHOTOS BY TOM ZULEWSKI

Cedar volleyball teammates Bird Allen (left) and Emery Harrison signed letters of intent Nov. 14 to play at Utah State-Eastern in Price and Utah Tech, respectively.



Cedar soccer player Rylan Tebbs signs her letter of intent to play soccer at Southern Utah on Nov. 13.

on campus was always open. She added the SUU coach would come to her games and she visited the T-Birds when they played at home. The Cedar senior, who plans on majoring in elementary education, is joining a T-Bird team that's showing strong potential after it advanced to a postseason tournament (WAC) for the first time in 15 years.

Speaking of doing hard things, Allen and Harrison know the feeling, especially after surviving and winning a five-set match over Mountain View in the 4A state playoffs to finish fifth overall, the school's best run in two decades. After playing together from

eighth grade through high school, Allen knew and understood the dream Harrison had for playing at the next level.

"We always wanted to play together, but Tig's (Harrison's nickname) dream was always to play Division I," Allen said. "I wanted a junior college because I wanted to play more. Their biggest thing is team culture, and they've done really well in the last two years."

Harrison had made contact with other Division I schools, but it didn't take long for her to make a decision when Utah Tech came calling.

"I signed the offer two days later," she said.

T-BIRDS

« CONTINUED FROM PAGE 26

freshman wide receiver Gabe Nunez.

After a 10-play 69-yard drive by Tech, the 'Birds locked down the 'Blazer offense at the goal line to force a 25-yard field goal that pulled Tech to within 14-9 with 37 seconds in the half.

Tech returned fire on the opening drive of the second half to take a 16-14 lead with 11:52 on the clock. Osborn's second rushing touchdown capped a four-play, 68-yard drive that took 1:11 off the clock.

The Thunderbirds countered to take a 17-16 lead thanks to a 31-yard field goal

from freshman kicker Tyler Graham. Graham's kick closed out a five-play, 61-yard drive that ate up 1:41 on the clock. Sophomore running back Braedon Wissler shined during the drive with a 60-yard rush off the right side to get the 'Birds into the red zone.

Southern Utah's defense made another stellar play on the goal line at the 2:26 mark with a fumble recovery that stunted an impressive 15-play, 72-yard drive by the 'Blazers that chewed up 7:45 from the clock. Sophomore linebacker Kohner Cullimore forced the fumble with Horsey securing possession with a recovery.

SUU's offense made the turnover hurt behind a motivated offensive line that

blew open multiple gaping holes enroute to a four-play, 94-yard touchdown drive to push the lead to 24-16 at the 48-second mark. Wissler closed the drive with an impressive 26-yard rushing touchdown. Meanwhile, Lambson continued his monster game with a 62-yard rush during the drive.

Southern Utah's defense collected a third turnover at the 8:18 mark as senior cornerback Cody Coleman forced a fumble and graduate student cornerback Jordan Washington recovered the turnover. The teams then traded drives before the 'Birds drained the clock with a nine-play, 29-yard drive that took the final 4:23 off the clock.

PREP SCOREBOARD

SCORES

Region 9 Football

11/17 4A PLAYOFFS, CHAMPIONSHIP
At Rice-Eccles Stadium
Crimson Cliffs 33, Green Cyn. 0

STANDINGS

RPI RANKINGS IN PARENTHESES

Region 9 Football

	REGION	OVERALL
Crimson Cliffs (2)	6-0	13-1
Snow Canyon (7)	4-2	7-4
Desert Hills (10)	4-2	7-5
Dixie (13)	4-2	5-7
Cedar (15)	2-4	4-7
Pine View (18)	1-5	3-7
Hurricane (23)	0-6	2-9

Thunderbirds come up just short in Logan

by Parker Haynie

ASST. DIRECTOR, SUU ATHLETIC COMM.

LOGAN, Utah — SUU Men's Basketball fought hard but came up just short against Mountain West opponent Utah State, with a final score of 93-84. The Thunderbirds fall to 1-2 on the season.

The Thunderbirds came out strong in the first half, leading by 10 with just six minutes to go in the first, but the Aggies would close out the half on a 21-10 run and take a 46-45 lead into the break. The second half saw the Aggies pull away, leading by as many as 14. SUU wouldn't go away without a fight, cutting the lead to four with under five minutes, but that is as close as it would come.

The Thunderbirds were led once again by Freshmen Prophet Johnson who had 24 points on 9-11 from the field. Dominique Ford lit it up as well



SUU ATHLETICS

with 19 points of his own including three makes from beyond the arc. Parsa Fallah was in foul trouble early and would ultimately foul out of the

contest with just three points in ten minutes of action.

Head Coach Rob Jeter said, "Offensively we have proven that we

"Offensively we have proven that we can compete with anybody, but we won't be able to win games unless we can learn how to defend better."

Head Coach Rob Jeter

can compete with anybody, but we won't be able to win games unless we can learn how to defend better. Against Bakersfield we couldn't defend without fouling, and tonight we gave up 93 points, which isn't sustainable. We will continue to learn and grow as a team, but especially defensively."

Smith's career night propels T-Birds to victory over Nanooks



SUU's Megan Smith's career-high 30 points helped lead the Thunderbirds to another victory.

SUU ATHLETICS

by Tyler Francis

SUU ATHLETIC COMMUNICATIONS

CEDAR CITY — Megan Smith scored a career-high 30 points as the Southern Utah University women's basketball team defeated the University of Alaska Fairbanks 72-58 on Wednesday, Nov. 15 at the America First Event Center. The Thunderbirds improve to 1-2 on the season, while the Nanooks fall to 0-6 overall. Megan Smith led the way offensively for SUU with 30 points and five rebounds. Daylani Ballena also had a stellar performance with 18 points to go along with five boards.

Head Coach Tracy Mason said, "Excited to get our first win under our belt. Megan played a terrific game tonight, it was fun to watch her dominate down there and I think we all know what she's capable of."

Megan Smith dominated offensively to start the game, scoring 10 of the T-Bird's first 14 points to give SUU a 14-10 advantage midway through the opening quarter. A pair of layups by Alexa Lord gave the Thunderbirds

an 18-10 lead with 1:13 on the clock. Alaska Fairbanks managed to trim the lead to five, 20-15, at the end of the period.

Southern Utah came out strong to begin the second quarter, using an 8-2 run to claim a double-digit lead (28-17) with 5:03 remaining. The Nanooks answered with a 9-4 sprint to close the gap to only six, 32-26, with 1:04 left in the first half. Daylani Ballena earned two points at the charity stripe to push SUU in front 34-26 at the break.

Alaska Fairbanks used a 15-10 burst to get within three points, 44-41 midway through the third quarter. The Thunderbirds responded, with Shiho Isono adding a pair of buckets to fuel a 6-2 run that put SUU in front 50-42 approaching the final period.

Smith and Ballena were electric in the fourth quarter, combining for 18 points to earn a 72-58 victory for Southern Utah.

For all the latest on Southern Utah women's basketball, follow @SUUWBasketball on Twitter and Instagram and like the Southern Utah Women's Basketball Facebook page.

Formula 1 needs tweaks to work in Vegas

When it was announced last spring, I was excited that Formula 1 was going to race the streets of Las Vegas in 2023. When the schedule was released, I started having second thoughts.

The inaugural Las Vegas Grand Prix was scheduled as the penultimate race, the one to set the stage for the championship finale in Abu Dhabi. But then the season started unfolding, and Max Verstappen started winning. And the two-time defending F1 champ just... kept... winning.

As the series reached Las Vegas, the Red Bull Racing driver stood at the top of the podium in 17 of the 20 prior races. Verstappen already clinched his third straight Formula 1 crown in mid-October. His only non-winning finishes in 2023 were a pair of runner-ups (Saudi Arabia, Azerbaijan) and a fifth in Singapore.

As I write these words, Verstappen qualified on the outside pole alongside Charles LeClerc, which brings up another reason why, for all of the good intentions to bring Formula 1 to a wider audience in the US, the execution was far from perfect. Really bad seems more appropriate.

Let's start with the preparation. Once the race course was built, it created monstrous traffic headaches everywhere along the Las Vegas Strip. I tried driving through one of the areas last month, and that was a big mistake.

The race weekend itself treated the American audience like it didn't exist. The first practice session started at 8:30 p.m. local (Nevada) time on Thursday. That's 11:30 p.m. in the East, and that wasn't even half the story.

The rest of the practice was called off after just nine minutes when Carlos Sainz ran over an unsecured manhole cover and lost control of his Ferrari. Adding to the ridiculousness, Sainz was penalized 10 grid spots by race officials despite protests from his fellow drivers that the situation was out of his control.

Even worse, the race fans who had tickets –

a lot of which cost thousands of dollars – were ordered to leave before the second practice session started and not allowed to return. That same session was delayed two and a half hours (2:30 a.m. local/5:30 a.m. Eastern time) while all of the manhole covers were filled in to avoid a repeat of the earlier problem.

No apology was issued, and displaced fans were given a \$200 gift certificate good for purchases at the race's official online store.

Considering the expenses involved just to be there, it feels like an insult.

Just before race day kicked off, Reuters and ESPN reported a class-action lawsuit was filed Friday on behalf of the estimated 35,000 fans who purchased tickets for the initial practice session. It didn't extend to those who had tickets for all three days.

The rest of the race weekend continued without additional issues,

but the start times were still cringe-worthy. The third practice session was at 8:30 p.m. on Friday and qualifying went off at midnight. The Las Vegas Grand Prix raced at 10 p.m. on Saturday night, 1 a.m. Eastern time.

It was the third trip to the U.S. for F1 in 2023, but here's the rub. The other stops – Miami and Austin – were run during normal daylight hours at actual road-course facilities. When you add in the difficulties faced by workers at casinos along the race route who had trouble commuting to their jobs, there's a lot of fixing that's needed for this event to take hold and grow along with all the other sports that are happening in Las Vegas.

It's not that hard to just be a little more flexible, especially when things stop going according to the original plan.

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

RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY



“Displaced fans were given a \$200 gift certificate good for purchases at the race’s official online store. Considering the expenses involved just to be there, it feels like an insult.”

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. What MLB city has regained the All-Star Game in 2025 after having it taken away in 2021 over a voting rights issue?
2. The Virginia Attorney General is threatening to sue the NCAA on behalf of what Sun Belt Conference school over its “exclusion from bowl consideration in 2023” despite a 10-0 record and No. 18 ranking in the AP Top 25?
3. MLB owners unanimously approved the relocation of the Oakland A's to Las Vegas last week, but the team doesn't have a permanent home ready yet. When is the team expected to have its new stadium ready for use?
4. Who was fired as head coach at Texas A&M last week – and collected a \$76 million buyout from the school?
5. The Big 12 announced it will pair with what organization formerly run by Vince McMahon to give its title belt to the MVP of the conference's 2023 football championship game?
6. What Golden State Warriors player was given a 5-game suspension last week over his chokehold of the Minnesota Timberwolves' Rudy Gobert during an on-court altercation Nov. 14?
7. What Los Angeles Lakers player admitted “I just played bad” after scoring 9 points in the team's 125-110 home loss to the Sacramento Kings on Nov. 15?
8. The brother of what

Buffalo Bills wide receiver – who plays cornerback for the Dallas Cowboys – spoke up on X after the Bills' loss to the Denver Broncos by saying “Man 14 Gotta get up outta there”?

9. What New York Jets quarterback is continuing to tell the world of his plans to return from a torn ACL before the end of the 2023 season?
10. Who were the Cy Young Award winners for the 2023 season? The NL pitcher for the San Diego Padres became only the second left-handed pitcher to win in both leagues (after winning at Tampa Bay in 2018) and the AL pitcher for the New York Yankees won his first.
11. The son of what PGA Tour legend won a state golf championship for his high school in Florida last week – something his dad couldn't do growing up in California?
12. Standing 6-foot-4, Me'Arah O'Neal signed her national letter of intent last week to play basketball for the Florida Gators. Who is her famous father, an NBA legend who played his college ball at LSU?

LAST WEEK'S ANSWERS

1. Grinch.
2. Michigan. Harbaugh was banned from coaching the Wolverines in its games at Penn State and Maryland.
3. Six. The Cubs finished with a 5-1 record in those games.
4. Anaheim Ducks.
5. Colorado beat LSU, 92-78 in its season opener at T-Mobile Arena in Las Vegas and jumped up 15 spots to No. 5 in the next AP Top 25 poll.
6. Ron Washington.
7. Detroit Tigers.
8. C.J. Stroud. Stroud followed up by throwing for 356 yards and a touchdown as the Texans rallied to beat the Cincinnati Bengals, 30-27 last week.
9. Jahmyr Gibbs.
10. Craig Counsell.
11. Minnesota Timberwolves.
12. No. 3.

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COMMUNITY DEVELOPMENT
BLOCK GRANT (CDBG)

FIRST PUBLIC HEARING NOTICE

Notice is hereby given that Cedar City will hold a public hearing on December 6, 2023 at 10 North Main Street, Cedar City, Utah in the Council Chambers at 5:30 PM. Cedar City is eligible to apply to the Utah Department of Workforce Services for funding under the Community Development Block Grant (CDBG) Small Cities Program, a federally funded program administered by the State of Utah, Housing and Community Development Division (HCD). Cedar City is eligible to apply for CDBG funding provided Cedar City meets the applicable program requirements.

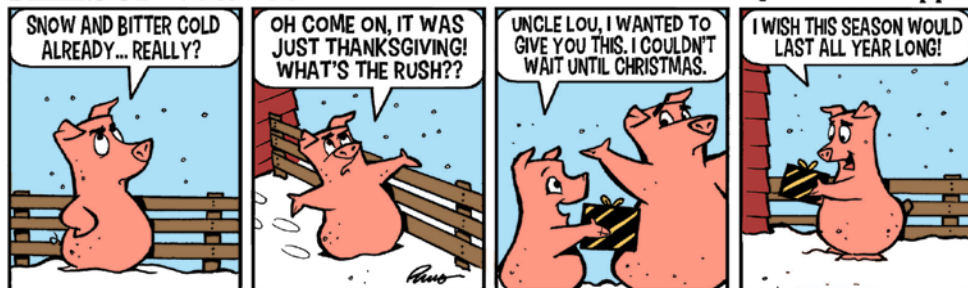
The purpose of the public hearing is to provide citizens with pertinent information about the

Community Development Block Grant program and to allow for discussion of possible applications. This public hearing will cover eligible activities, program requirements, and expected funding allocations in the region. The CDBG Program can fund a broad range of activities, including, but not limited to: construction of public works and facilities, e.g., water and sewer lines, fire stations, acquisition of real property, and provision of public services such as food banks or homeless shelters. In the event that Cedar City chooses to apply for CDBG funding, a second public hearing will be held at a later time to discuss the project. Further information can be obtained by contacting Renon Savage at P(435)586-2950. In compliance with the Americans with Disabilities Act, individuals needing special accommodations (including auxiliary communicative aids and services) during this hearing should notify Renon Savage at 10 North Main Street, Cedar City UT 84720 at least three days prior to the hearing. Individuals with speech and/or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1.888.346.3162.



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Iron County Today • #0531

by Dave T. Phipps

**TIGER**

by BUD BLAKE

**The Spats**

by Jeff Pickering

**Weekly SUDOKU**

by Linda Thistle

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

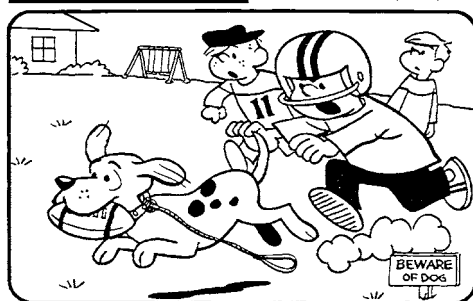
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

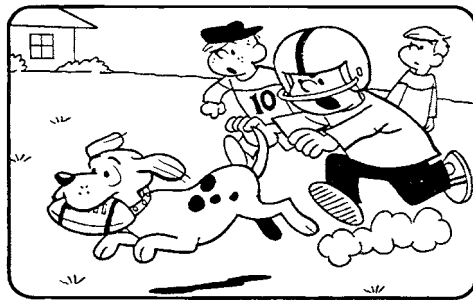
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Swing set is missing. 2. Dog's ear is missing. 3. Number is different. 4. Leash is missing. 5. Height of dog is missing. 6. Sign is missing.

King Crossword**ACROSS**

- 1 Squid squirt
4 Beloved
8 "Ditto"
12 "The Simpsons" barkeep
13 Killer whale
14 Director Kazan
15 Get older
16 Feel elated
18 Two-dot punctuation mark
20 Triage ctrs.
21 Calendar entry (Abbr.)
24 Smiles broadly
28 Flight costs
32 "Phooey!"
33 Hosp. area
34 Rich cake
36 Quarterback Manning
37 Arrears
39 NPR show hosted by Terry Gross
41 Thoreau piece
43 Gym site, for short
44 Promptly
46 Film trophy
50 Rock fan's imaginary instrument
55 Employ

1	2	3			4	5	6	7		8	9	10	11
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56						57					58		
59						60					61		

- 56 Satan's purchase
57 Separate
58 Crib
59 Ginormous
60 Cookware
61 Newt
7 Yard tool
8 Had a hunch
9 Carte lead-in
10 Roman 1002
11 Corn spike
17 Sphere
19 Klutz
22 Campus VIP
23 Towel material
25 Vicinity
26 Niger's neighbor
27 Swizzle
28 Staffer
29 Frozen deserts
30 Abrades
31 Goblet feature
35 Prom dates
38 Snarl
40 Owns
42 One of us
45 Trace
47 Rubik's baffler
48 "Dream on!"
49 Monopoly payment
50 Bonfire residue
51 Debtor's note
52 Bad hairpiece
53 Overly
54 Illustrations

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Trivia test by Fifi Rodriguez

- TELEVISION: Who starred in the drama "Knight Rider"?
- U.S. STATES: What is the capital of Washington state?
- ANIMAL KINGDOM: How long does the average housefly live?
- LITERATURE: Which mid-20th century novel about animals has the subtitle, "A Fairy Story"?
- SCIENCE: What is the softest mineral in the world?
- GEOGRAPHY: Which major river flows through London, England?
- MEDICAL: What is a common name for the condition veisalgia?
- MOVIES: In which movie did the actress Gal Gadot make her debut?
- HISTORY: Where was the first Disney park built?
- LANGUAGE: What is the British term for a flashlight?

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

Answer

Weekly SUDOKU

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

Solution time: 24 mins.

Answers

King Crossword

1. David Hasselhoff.; 2. Olympia.; 3. 15-30 days.; 4. "Animal Farm"; 5. Talc.; 6. The River Thames.; 7. Hangover.; 8. "Fast & Furious" (2009).; 9. Anaheim, California (1955).; 10. Torch.

Trivia Test Answerst

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