

INSIDE...

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HEALTHCARE
WAGING WAR
AGAINST OPIOID
MISUSE



WEDNESDAY, AUGUST 26, 2020

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Cedar Reds
keep positive
outlook on
return to
school

IRON
COUNTY


today



Intermountain Healthcare waging war against opioid misuse

by Jordan D. **MERRILL**

COMMUNITY HEALTH, CEDAR CITY HOSPITAL

The threat of war has been a constant looming notion in the past few weeks. However, we are already at war locally and as a nation. This war is with opioids and addiction. If you have been connected to any media outlets over the past 6 months or so you would have undoubtedly seen the Surgeon General's declaration on the opioid crisis calling it an "epidemic." Opioids are highly addictive prescription medications. Talk about "war" or "epidemics" can be very scary, especially when we have loved ones affected by such drugs.

Utah is no stranger to the negative effects of these narcotic drugs prescribed to treat pain. Utah ranks 4th in the nation on drug overdose deaths, with an average of 6 deaths occurring each week. Even our wonderful communities in Iron County have been hit hard by the negative outcomes of opioids in the past couple of years. Locally per capita, Iron County has a 25% higher death rate than even the horrendous state average! Still sounding scary isn't it?

All is not lost though! There is hope on the horizon with vast efforts being made locally and statewide to curb opioid misuse and reverse the trend of addiction and death in our community. Intermountain Healthcare's Cedar City Hospital has made definitive impact in reducing opioid prescribing and usage recently. Statewide and locally Intermountain Healthcare, in partnership with Utah Naloxone, has contributed over 60,000 Naloxone kits to communities statewide in from 2018 to 2019 with over 4,770 known reversals of opioid overdoses.



GETTY IMAGES

(Naloxone a safe medication used to counteract the effects of opioids to get the individual breathing again.) It can also be obtained by anyone at a local pharmacy here in Utah. Hundreds of these Naloxone kits have been distributed locally at no cost in 2019. These kits have gone out to residents and organizations through Intermountain's CCH efforts and partnerships at health fairs, individualized trainings or community distribution through united efforts with the Iron County Prevention Coalition.

Cedar City Hospital and all Intermountain facilities have reduced internal opioid prescribing by 37% in 2018 and over 40% in 2019. Those stats may seem difficult to follow when we dip into percentages, but those numbers equate to over 3 million less opioid pills into homes statewide over the past year alone!

Movement is happening and it is making a difference in our community. Discussions are occurring more often with patients and physicians on alternative options. In fact, Five County Association of Governments

and Intermountain Healthcare have partnered to make available Living Well with Chronic Pain classes to be provided free to the community in Cedar City and across Southern Utah. Classes are evidence based with proven outcomes. If you or someone you know have been using opioids for chronic pain or have been suffering with chronic pain at all, check out www.livingwell.utah.gov for a list of free classes statewide. There are many alternative methods to prescription pain medication for you to consider reducing your own risk of addiction such as: physical therapy, exercise, Naproxen (Aleve), cognitive behavioral therapy, combination of acetaminophen and ibuprofen along with many others shared in these classes.

Cedar City Hospital has recently partnered with the Iron County Sheriff's Department to and Township Pharmacy to install prescription drop-boxes in Cedar City as well as at Parowan Pharmacy. 74% of Utahns currently addicted to opioids got them from a family or friend first. Drop-boxes are an excellent way to get rid of these unused Rx drugs without question or harming the environment. Your proper care and disposal of these drugs keep them out of the wrong hands and lessen the chance someone will become addicted to them. Check out www.useonlyasdirected.org for drop box locations statewide.

Intermountain Healthcare plans on doing nothing but ramping up the level of effort put into curbing opioid addiction this coming year as well. Cedar City Hospital will continue to fund donations for wonderful community organizations

see **OPIOIDS** » 9

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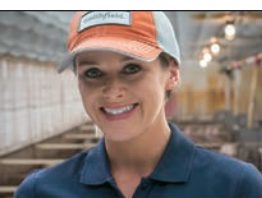
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Iron County Republican Women celebrate 150 years of women's suffrage in Utah

GROUP ALSO HONORS THE 100TH ANNIVERSARY OF 19TH AMENDMENT

from Tessa **DOUGLAS**

FOR IRON COUNTY TODAY

The Iron County Republican Women celebrated the 150th anniversary of Utah women being granted the right to vote at their monthly lunch meeting last Wednesday. The lunch took place one day after the 100th anniversary of the 19th Amendment, which declares the right of U.S. citizens to vote shall not be denied on account of sex.

Utah was the first state to allow women to vote and led the way for the rest of the nation. The luncheon focused on the history of women's suffrage in Utah and the contributions women have made in government since. Each lunch table had cards with information about different women of significance in Utah's suffragist history, available from the "Better Days 2020" website. Guests were invited to share their thoughts about the various women represented.

The final card was Seraph Young, the first woman to vote in Utah. Donna Law, ICRW board member and Wednesday's presenter, finished the meeting by sharing "Despite the historical significance of her vote, very little

is known about her personal life. A reminder that ordinary people make history, too."

The Iron County Republican Women's monthly lunches are held the third Wednesday of each month at the Courtyard Marriott. The lunches feature speakers who present on a variety of topics related to local and national politics. The cost is \$20 per person, and attendees are encouraged to purchase their lunch tickets ahead of time through the Iron County Republican Women

Facebook Page or their website at ironcountyrepublicanwomen.com. Social distancing is practiced, and those who don't feel comfortable attending in person are able to watch a live stream through the organization's Facebook page.

Iron County Republican Women is affiliated with both the Utah Federation and the National Federation of Republican Women. The goal of our organiza-

tion is to educate and empower women who esteem the conservative principles and values set forth in the Republican platform. We also help elect Republican candidates to office. We desire to motivate more women to become involved in the on-going quest for good government.



COURTESY PHOTO

ON FEBRUARY 14, 1870, SERAPH YOUNG (1846-1938) became the first woman to cast a legal ballot in Salt Lake City's municipal elections.

Staying Safe in Wildfire Season



Wildfire season is here, and safety is top of mind for you and us.

As wildfires become more frequent and intense, we're taking even more steps to keep you safe—especially in areas with higher risk of fires. We're trimming vegetation around power lines, adding more weather monitoring equipment and expanding our preparedness efforts by working with local, state and federal emergency services.

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OPINION

THOSE WERE THE DAYS

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

I stopped by a popular coffee shop restaurant in my community last week and was starkly reminded of how times change.

Times change. That shouldn't come as a surprise. A friend was once a tenured supervisor overseeing pay phones. He was soon unemployed.

Travelers used to dress up to board airplanes. Now it is not uncommon to see travelers dressed in flip-flops and pajamas. "Sunday best" attire for women once included hats. Men had shoes resoled. Televisions used to be repaired, not taken to the dump. One didn't go to restaurants except on special occasions. Students took sack lunches since there were no prepared lunches in school cafeterias.

But back to the coffee shop...I was once a regular patron of the place where older men dominated stools at the counter. They would regularly comment on the news, tell jokes, mention their various ailments and complain about the price of everything from automobiles to a cup of coffee.

These gruff old boys also have a definite negative view of Martin Luther King Day. The "N word" would fly around the counter and the general agreement was that there should be a "White Man's

Day" to celebrate the majority.

So, when I pulled up at the coffee shop last week I was stunned – and also heartened – to see a large banner attached to the roof: Black Lives Matter.

What had changed over the years? Attitudes of the clientele. The younger people now sitting at the counter had grown up in an era in which racial justice and equal rights were unquestioned principles of a diverse America. They had no problem with interracial marriage



Cyclops

by Bryan GRAY

COLUMNIST

and dating; they just assumed people would love whom they loved, black or white, gay or straight. To them, George Floyd's death in Minneapolis wasn't just something that happens; it was something that needed to be condemned and corrected.

They aren't anti-police. They are just pro-fairness.

Indeed, times have changed. In politics, for instance, they have turned topsy-turvy in the coming election.

In the latest Wall Street Journal/

NBC News poll of registered voters conducted before the Democratic and Republican conventions, Black voters prefer Joe Biden by an 88% to 8% margin. It hasn't always been this way. In the late 1950s, Black voters – when they could vote – gave the Republican Party a solid majority. Today, the minority vote (Black Latino, Asian, etc.) is a dependable Democrat base.

When I entered college, the Democrats could rely on the "high school or less" blue-collar vote going to Democrats whereas the more educated Americans supported the Republicans. Today, the "high school or less" blue-collar vote supports Pres. Trump by a 54% to 36% margin and college-educated voters are firmly in the Biden camp, 60% to 30%.

And our lifestyles have changed as well. When I was born, some 60% of Americans were considered "middle class" with incomes between \$2,000-\$6,000. That \$2,000 salary today translates into \$22,000, or about \$11.50 per hour for full-time workers. Can you imagine anyone today calling \$22,000 a middle-class wage?

Of course, Americans even supported food and gas rationing policies to help our military in World War II. The President even gave up after-dinner coffee. Today, a noisy minority of Utahns refuse to wear a mildly inconvenient face mask to curb the spread of a wide-ranging virus. Indeed, times change, and ignorance still prevails.

Thought
of the Week

from the desk of R. Gail Stahle, publisher

"Most people are so busy trying to get somewhere else they never stop to appreciate the miracles all around them. They never stop and appreciate the magic of the journey."

» Fearless Soul



Brandt
MAY 2015

OPINION

From *the* Editor

The Classroom of Life

They say that without teachers, life would have no class. Life wouldn't have a lot of things without our teachers, both on and off campus. Because life itself can be considered a giant classroom. It is full of daily experiences, good and bad, that become our teachers, whether we choose to accept them, be grateful for them and learn from their often-hidden wisdom, or not.

We learn how to get back up and have the strength to stand stronger after we fall. We learn how to love deeper when we experience hatred on any level. And we learn how to truly appreciate and protect our joys from being jaded by our sorrows.

As school gets back underway this week, I admire the strength and courage of the teachers, students and the parents, who are embracing this opportunity despite the adversity.



COREY BAUMGARTNER
MANAGING EDITOR

Submit your letter on our website ironcountytoday.com, or by emailing them to news@ironcountytoday.com or bring/mail them to 389 N 100 W, Cedar City, Utah 84721. All letters must be signed, be brief (generally under 300 words in length), list the author's city and give the writer's telephone number (phone number will not be printed). We reserve the right to edit all letters for length or content. For letters arriving electronically, we will use the author's e-mail address in lieu of a signature.

To *the* Editor

Confederate statues

This is in response to the column by Brian Gray about Confederate Statues (Aug. 19 p.4).

Your reference to Robert E. Lee with comparison to Adolph Hitler? The man who killed millions of innocent people? As you know Robert E. Lee was approached by President Lincoln to lead the Union Army. He chose another course. Lest we forget that the Revolutionary War was fought by traitors. They just happened to win. Sometimes we honor people even if they lose or are not perfect. Check the Bible if you need a reference.

Delores Scheuerman

Voting is vital

There seems to be an absence of conversation about how very important each citizen of the United States is as the electors of important jobs in our legislative government. We, as citizens, born with duties and responsibility to

make America prosper, are forgetting our collective importance to adhere to the Constitution.

What we do not hear from our "elected leaders" is the fact that we, the citizens, own the U.S....we are all stakeholders.

We have become complacent each day and forgetting that the elected officials are our employees! We pay for their salaries, benefits, expenses, etc., through each of our daily/monthly/yearly contributions.

Voting to keep them in or out of their present positions depends upon each of our votes and also by our demanding that each ballot be provided and counted legally and accurately sans interference, collusion or obstruction.

This is up to each of us as a stakeholder in the United States of America to make sure that each and every stakeholder's ballot counts! Exercise your right and be sure to vote!

Andie Anderson

"CAMPUS" BOMB THREAT PUTS IRON COUNTY ON ALERT

from Jimmy **RODEN**

CCPD, OPERATIONS DIVISION COMMANDER

Last Thursday morning, the Utah Department of Public Safety Cedar Communications Center received a recorded bomb threat. The caller indicated that a nail bomb had been placed "on campus." The call was brief and void of many details. There were no specific details as to which campus the caller was referring. All the agencies in Iron County have been working together to check the schools in their respective jurisdictions. The Iron County School district and Southern Utah University have been notified and are working with their staff to ensure there is nothing unusual in or around any of the buildings. The FBI has been contacted and asked to assist with the investigation. Further details may be available at a later time as they become available.



WEDNESDAY

Mostly Sunny

94°/63°

PRECIP: 0%
WINDS: SW 8-12

THURSDAY

Sun and Clouds

93°/62°

PRECIP: 0%
WINDS: SSW 10-15

FRIDAY

Mostly Sunny

91°/62°

PRECIP: 20%
WINDS: SSW 10-15

SATURDAY

Mostly Sunny

89°/60°

PRECIP: 10%
WINDS: SW 10-15

SUNDAY

Mostly Sunny

88°/59°

PRECIP: 0%
WINDS: SW 10-15

MONDAY

Sunny Skies

86°/56°

PRECIP: 0%
WINDS: SW 10-15

TUESDAY

Sun and Clouds

84°/53°

PRECIP: 10%
WINDS: W 10-15

IRON COUNTY FORECAST

AFTER A STRETCH OF ABOVE NORMAL TEMPERATURES OVER THE PAST FEW WEEKS, WE FINALLY GET CLOSER TO NORMAL AS DAILY HIGHS DECLINE DUE TO A SUBTLE PATTERN CHANGE, WHICH LOOKS TO STAY ON COURSE FROM THE WEEKEND ON. KEEPING A MIX OF SUN AND CLOUDS IN THE FORECAST FRIDAY THROUGH TUESDAY AS A PIECE OF ENERGY LOOKS TO INCREASE MOISTURE. JOIN US ON IG @ABC4WEATHER FOR MORE UPDATES.



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OPINION

PRESERVING AMERICAN PATRIOTISM

“Americans’ common bond is our commitment to our founding principles, our striving to uphold inalienable human rights, and progress toward a more perfect union. American patriotism is our love of and commitment to the process. We rally to liberty, justice and equality,” Stewart wrote.

I want to defend a radical idea. An idea that is increasingly unpopular—mocked and sneered at by some: The United States of America is good.

In fact, this country has been the greatest force for good the world has ever seen. We have sacrificed blood and treasure to free hundreds of millions of people from oppression worldwide. Free markets and liberal democracy have normalized a standard of living unmatched in human history. Our defense of individual freedom has allowed genius to flourish and enabled generosity to the needy at home and abroad.

Three important things make this possible:

1. The Declaration of Independence is the world’s definitive statement on human rights.

2. The U.S. Constitution is the greatest document of self-governance ever written.

3. The Bill of Rights is the strongest guarantor of liberty in the history of mankind.

I do not praise our founding documents out of a sense of arrogance, but of gratitude. Americans have lofty ideals to live up to—ideals that drive achievements and course corrections that make the United States a force for good.

Why, then, are so many of my fellow Americans taking to the streets and the internet to express their hatred for our country and culture?

A growing number of people believe that America’s foundations are rotten to the core. While reflection and a dose of humility are healthy, we all must resist

any calls to division and disdain. Choosing an ideological group over our country is tribalism. It’s alarming that it seems to be in vogue to condemn the U.S. as a hateful place founded on deep moral sin and oppression. Those calling for a complete systemic teardown fundamentally misunderstand,

or intentionally ignore, what makes America worth fighting for.

The current popular condemnations are neo-Marxist in that they portray societal and individual struggles through a tribal dichotomy of winners and victims. Neo-Marxism disenfranchises people by telling them they have no power to improve their lives. Even important discussions on race have devolved into neo-Marxist diatribes about unequal outcomes rather than equality under the law. It would be more helpful to empower individuals by ensuring the Bill of Rights is applied fairly than to focus on past sins.

Our goodness grows or is diminished in direct proportion to our commitment to our founding principles of liberty, justice, and equality. The Declaration of Independence and the U.S. Constitution, including the Bill of Rights, keep those ideas constantly in front of us as our guiding star.

I am not blind to the fact that a review of American history provides examples of moral failings. We have not always been led by perfect

see **PATRIOTISM** » 9



REP. CHRIS STEWART

UTAH HOUSE DISTRICT 2

OP/Ed

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PUBLIC ANNOUNCEMENTS

Hospital restrictions and guidelines updated for COVID-19

Due to a decrease in the numbers of COVID-19 cases, rate of positive tests, and number of hospitalizations across its service areas, all Intermountain Healthcare facilities in Utah and Idaho are easing visitor restrictions on Friday, August 21.

"The support and presence of families and loved ones is important and we're proud of Utah's collective response to the pandemic. These changes are dependent upon the continued downward trend of COVID-19 spread and impact in our communities. The safety of patients, caregivers, and our communities remains our first priority," said Mark Briesacher, MD, chief physician executive physician for Intermountain.

General Guidelines:

To enter an Intermountain hospital, physician's office, lab, or clinic, visitors must still:

» Be in Good Health. Visitors with signs of illness or who have active COVID-19 or a pending COVID-19 test result won't be allowed in.

» Complete a Screening at the Entrance of the Facility. This screening includes a short series of questions about symptoms performed by greeters at all facility entrances. (Note: A "screening" doesn't mean visitors must get a COVID-19 test). However, if visitors are experiencing symptoms, they should refrain from visiting and reach out to their healthcare provider for advice.

» Wear Appropriate Protective Equipment. All visitors must wear a face covering and are encouraged to bring their own cloth face coverings or masks. For some circumstances, masks and other protective equipment will be provided.

» Wash Hands or Use Alcohol



COURTESY CC HOSPITAL

PICTURED L TO R, Ryan Huber, Intermountain Sports Medicine athletic trainer at Parowan High; RoseAnne Slack, security officer at Cedar City Hospital; Tom Giles, House Supervisor, Cedar City Hospital

Sanitizer. This should be done before entering and after leaving Intermountain facilities and rooms to prevent the spread of viruses on high-touch areas.

» Maintain Social Distance from Others While in the Facility. This includes staying six feet away from other guests and avoiding

gathering in waiting rooms, lobbies, or entrances.

Guidelines for Intermountain Hospitals and Emergency Departments

For visitors of patients who aren't COVID-19 positive or aren't suspected to be positive:

» Patients over 18 years old may have a maximum of two designated visitors throughout their stay, with a maximum of one visitor at a time.

» Patients under 18 years old may

have a maximum of two designated visitors at a time, with a maximum of one designated visitor at a time if treatment is occurring in an intensive care area.

» As determined by the care team, a maximum of four designated visitors will be allowed for clinical conferences or care planning discussions, with a total of two at the bedside at a time.

» Visitors who have cognitive or physical needs and require support to safely arrive at their

destination may be allowed help from one companion to enter the facility. Please speak with the front desk upon arrival about specific circumstances.

For visitors of hospital patients who ARE COVID-19 positive (or are suspected to be positive), no visitors will be allowed, except under the following circumstances:

» Patients under 18 years old may

have a maximum of two designated visitors throughout their stay, with a maximum of one designated visitor at a time.

» Patients who need an adult to keep them safe may have a maximum of one healthy designated visitor throughout their stay.

» Mothers in labor who are COVID-19 positive may have a maximum of one designated visitor throughout their stay.

» For COVID-19 patients at end of life, up to four total designated visitors will be allowed while in the hospital, two at a time in the patient room. These visitors must be over the age of 12 and must wear specific protective equipment.

» As determined by the care team, a maximum of four designated visitors will be allowed for clinical conferences or care planning discussions, with a total of two at the bedside at a time.

» A "designated visitor" for these COVID-19 positive patients may not switch with other individuals

see **HOSPITAL** » 10

"The support and presence of families and loved ones is important and we're proud of Utah's collective response to the pandemic."

» **Mark Briesacher, MD**

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COVID-19/Legislative Update

Dear Friends and Neighbors,

This week we returned to the Capitol to convene in the 2020 Sixth Special Legislative Session to consider pressing legislative issues relevant during this pandemic. We passed a total of 20 bills on Thursday, August 20.

Below is a brief recap of a handful of bills we passed this week. You can read more about all of the bills we considered at: <https://senate.utah.gov>.

COVID-19 Relief and Adjustments:

H.B. 6002, Supplemental Budget Balancing and Coronavirus Relief Appropriations generates savings by eliminating double funding for a training program and rolling-back some salary increases, then uses those savings, plus \$11 million in excess health insurance reserves generated by Senate Concurrent Resolution 502 from last Special Session, to restore funding to additional budget hot spots. This bill also completes our third and last round of appropriating the \$688 million in Federal Coronavirus Relief Fund money we received under the CARES Act. It funds the following needs, among others:

- » \$25 million for broadband internet access in eastern and northern Utah;
- » \$15 million for classroom supplies, equipment, and enhancements – including personal protective equipment. This is in addition to the money schools got directly through CARES;
- » \$4 million for additional PPE that in-turn frees-up federal funds for charter school enrollment cost increases;
- » \$40 million for additional economic support to our hardest-hit industries, including \$7.5 million for arts organizations and \$5 million for mining;
- » \$3 million for outreach and direct services in multicultural communities;
- » \$7 million to provide much needed respite services for those who care for individuals with disabilities on the waiting list;
- » \$15 million to add equipment and a night shift at state medical labs to build capacity and improve Coronavirus test turn-around times;
- » \$750,000 to add intensive care unit beds, especially in smaller communities.
- » Finally, this bill authorizes \$138 million in unemployment benefits plus \$1.7 million in administrative costs, to provide an additional \$300 per week to Utahns who find themselves out of work due to the pandemic.

S.B. 6009, Cares Act and COVID-19 Assistance and Recovery Amendments amends seven economic assistance programs the state created earlier this

year to extend assistance to targeted individuals and industries more efficiently and effectively. The adjustments are in response to observations of the strengths, weaknesses and popularity of certain programs. The bill makes changes in the following programs and, through H.B. 6002, increases and reallocates funding for these programs:

- » Agricultural Operation Grant Program
- » Individual Rental Assistance for COVID-19
- » Commercial Rental and Mortgage Assistance Program
- » Cultural Assistance Grant Program
- » Utah Works Program
- » PPE Support Grant Program
- » Impacted Business Grant Program
- » Oil, Mining and Gas Grant Program

S.B. 6005, Income Tax Amendments provides that certain financial stimulus or relief amounts received by individuals and businesses in Utah in response to COVID-19 are not subject to Utah income tax, including: proceeds from a forgiven loan under the Paycheck Protection Program (PPP) and similar additional federal programs that may be enacted in 2020; grants or forgiven loans provided by the state, a county, or a municipality using federal funds; and amounts received by individuals as part of an individual recovery rebate in 2020 which applies to both CARES act rebates and any future COVID-related rebate for the 2020 tax year.

S.B. 6007, Amendments to Elections makes temporary changes to the Election Code and related provisions, as they relate to the 2020 regular general election only, to conduct the election in a manner that protects the public health and safety in relation to the COVID-19 pandemic, and modifies ballot harvesting provisions in relation to all elections. We do plan to offer traditional voting options this November for the general election, including in-person and vote-by-mail options.

Education:

H.B. 6012, Public Education Funding and Enrollment Amendments aims to address multiple issues facing schools this fall, direct the use of some federal CARES act funding and provide adjustments to certain state funding programs. The bill allows for flexibility in student accounting for the year, expands online charter school enrollment and capacity, and restores funding for two programs eliminated

during the 5th Special Session—the English Learner Language Software program and National Board Certified Teacher salary supplement program.

H.B. 6004, School Emergency Drill Amendments temporarily suspends the requirement for schools to physically conduct emergency drills within the first 30 days of school as many of the drills do not allow for social distancing. This is a temporary adjustment that will be revisited in the spring. Schools are still required to provide in-class instruction on the procedure for emergency evacuation for a fire at least once each calendar month beginning no later than 15 days after the first day of school.

Finally, I ran the bill S.B. 6008, Tobacco Retailer Amendments which prohibits a vape shop from being located within 1,000 feet of a school. Expected lawsuits would challenge the constitutionality of that requirement because it takes private property without compensation. In response, the bill extends until July 2021 when a vape shop has to comply with the provision. The bill

also reinstates a grandfather clause that exempts a tobacco specialty shop (vape shop) from requirements that prohibit proximity to certain locations if the shop has held and complied with a valid permit it received in or before 2018. This bill passed in both chambers.

Coronavirus Data:

On Friday, August 21, the Utah Department of Health reported 759,154 total COVID-19 tests administered, 48,445 total positive cases, 39,867 estimated recovered cases, 2,870 total hospitalizations, 129 current hospitalizations and 383 total fatalities. The Southwest Utah Public Health Department reported 3,429 total positive cases including 3,008 total recovered cases, 5 currently hospitalized and 26 total fatalities. Iron County currently has 595 cases, Beaver with 31 and Washington with 2,692 cases.

I will be providing these COVID-19 updates from a legislative perspective weekly. I want to hear from you and get your feedback, thoughts and ideas on what's happening in our local communities. Please contact me anytime at evickers@le.utah.gov. Thank you.

Sincerely,

Evan Vickers, Utah State Senate



SEN. EVAN VICKERS

UTAH SENATE DISTRICT 28

Cedar City Neuro & Pediatric Rehabilitation

CARE CENTERED ON YOU



PHYSICAL THERAPIST • OCCUPATIONAL THERAPISTS SPEECH-LANGUAGE PATHOLOGIST

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Intermountain[®]
Cedar City
Neuro & Pediatric Rehabilitation

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Cedar City, UT 84721
Phone: 435.868.6200
Fax: 435.868.6201
www.cedarcityhospital.org

OPIOIDS

« CONTINUED FROM PAGE 2

such as Family Healthcare's MAT program. Show continued support of SUU students and programs through funds, partnerships and Intermountain staffing resources to get out additional Naloxone kits and work towards getting a Rx drop box on campus. Cedar City Hospital will

continue pushing out community messaging on safe use, storage and disposal of prescription medication this year and well beyond.

If we all do our part to curb the "epidemic" of opioid use and addiction, we will win this battle and eventually the war. A year from now the stories we share will be even more hopeful and continue trending in a positive direction.

What can you do you may ask?

Lots! You can Speak Out by having an open conversation with your physician about alternatives to opioids. According to the CDC there are safer approaches that may be more effective for pain management. Opt out by attending pain management classes or trying one of the alternative methods listed in this article. Throw out unused medications, especially opioids, using the provided and widely available

drop boxes throughout Iron County. Carry Naloxone by speaking to a local pharmacist or by contacting Jordan.merrill@imail.org to see if Intermountain can provide you or your community group with free kits.

Without a doubt, everyone wants to live the healthiest lives possible. Let us all be responsible for the success over opioid addiction in our community through awareness and involvement to win this war!

PATRIOTISM

« CONTINUED FROM PAGE 6

people. Some of them were not even good people—selfish, arrogant, or power-hungry. Slavery is a stain upon our nation. We have not always implemented laws, divided responsibilities, guaranteed religious freedom, or instituted foreign policy fairly.

But, any fair reading of our history also reveals that things are getting better. By nearly every measure;

“ *Our goodness grows or is diminished in direct proportion to our commitment to our founding principles of liberty, justice, and equality.* ”

racism, care for our environment, standard of living, protection of the middle class, human rights, education, and many more, we are improving. I hope that future generations will build on our progress and be better than we are now. That is the great American promise.

Our Founding Fathers knew that imperfect people need noble principles to counter the human tendency toward abuse of power. We should be grateful that they

recognized their failings and designed a system of checks and balances.

Many nations are unified primarily by ethnic identity and tradition. We are something different. Americans' common bond is our commitment to our founding principles, our striving to uphold inalienable human rights, and progress toward a more perfect union. American patriotism is our love of and commitment to the process. We rally to liberty, justice, and equality. We salute the flag—never a king, party, or faction. American patriotism is the very antithesis of tribalism and if we want to remain special, we must root out any tribal tendencies.

The U.S. is, and always has been, a symbol of opportunity. Opportunity is directly linked to capitalism. Without our economic system, the U.S. would not be a land of opportunity. Capitalism does result in unequal outcomes, but it has proven better than any other economic system at raising living standards for all.

If our common commitment to the Declaration of Independence and the Constitution wanes—if we abandon our pursuit of opportunities for individuals or we divide into warring factions, we will cease to be exceptional.

All of us, therefore, must choose: do we swear allegiance to a nation that is flawed but getting better? Or do we give in to tribalism, even while knowing that division and oppression have always left people destitute and disappointed.

I choose to defend the goodness of America.

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Back to School Sale

Guaranteed Quality Installation • Guaranteed Lowest Pricing • Guaranteed Best Customer Service

3 ROOM BLOWOUT SPECIALS

CARPET INSTALLED WITH 7LB 1/2" UPGRADED PADDING

\$599⁹⁹

WOOD COMPOSITE SHUTTERS

STARTING AT

\$19⁹⁹

INSTALLED

5 WIDTHS TO CHOOSE FROM!

\$10 OFF EACH SHUTTER

for 5 or more windows

GRANITE COUNTERTOPS

**Excludes cut outs or prep*

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1361 E. Red Hills Parkway Suite A • St. George (by St. George Shuttle)

435-688-1811

Hours: Mon - Fri 9-5 • Sat 9-12

Bookings HOSPITAL

« CONTINUED FROM PAGE 7

Below are bookings as reported by the Iron County Sheriff's Department and Cedar City Police Department. Those arrested are innocent until proven guilty. For a juvenile the name is "(Male/Female) Juvenile Offender" and juvenile is of age less than 18 years.

AUGUST 15

AARON W HANSEN

CEDAR CITY, UT

DUI w/Passenger Under 16, Open Container in Veh

JUSTIN M SCHAUPP

ENOCH, UT

Criminal Trespass Within a Dwelling, Criminal Mischief, Resist/Interfere w/Arrest

AUGUST 16

SHEREDITH A TEBBS

CEDAR CITY, UT

Assault, DV – Presence of a Child

AUGUST 17

JACLYN L NAY

CEDAR CITY, UT

Retail Theft

VICTORIA N

CORBIN-PENNINGTON

CEDAR CITY, UT

Unlawful Purchase – Intox Person

AUGUST 20

KATHRYN E MULLENAX

CEDAR CITY, UT

Rec/Poss Stolen Vehicle

SUMMER BRASHER

CEDAR CITY, UT

DRUG – Poss C/S Sched I/II/Analog, Poss Drug Paraphernalia

DONNA J HEGEDUS

CEDAR CITY, UT

DRUG – Poss C/S in Correctional Facility, Assault

SCOTT A STEHNO

PAROWAN, UT

DRUG – Mfg/Dist/Poss Imitation C/S, Poss C/S Sched I/II/Analog, Poss – <1 oz. C/S in (DF Zone)

TIMOTHY A STEHNO

PAROWAN, UT

DRUG – Poss C/S Sched I/II/Analog, Poss Drug Paraphernalia, Drive w/out Insurance, Revoked/Susp Reg

AUGUST 21

JOEY T LOYD

CEDAR CITY, UT

Drug Court Violation

RYAN ARGO

CEDAR CITY, UT

Criminal Mischief

WILLIAM P GOULDING

CEDAR CITY, UT

Lewdness w/Prior Offense

STEPHANIE SALSBERY

CORONA, CA

Fail to Remain at Accident, Fail to Yield/Left Turn, DRUG – Poss w/Intent to Distribute

AUGUST 22

JORGE A RODRIGUEZ

CEDAR CITY, UT

DUI – BAC at/equal .08, Unsafe Lane Change

through the course of a hospital stay. For example, if a patient under 18 years old designated their mother and father as visitors, the father may not switch with a grandparent. Any exceptions to these hospital and emergency room guidelines will require approval through the hospital and medical leadership at the facility.

Intermountain Clinics and InstaCares:

All patients may have a maximum of one person accompany them to an appointment.

"Although there are still limitations on the number and type of visitors to our hospitals and emergency departments, we understand that communicating with loved ones and friends is still an important part of a patient's healing," said Sue Robel, Intermountain's chief nursing executive.

Patients are encouraged to communicate electronically or by phone with loved ones and friends. If patients want to visit loved ones virtually but lack a device, the care team can provide assistance.

"We will continue to monitor the risk of COVID-19 closely and will adjust our visitor guidelines as appropriate to keep our patients, visitors, and caregivers safe," said Dr. Briesacher.

For the most up to date visitor guidelines at all Intermountain Healthcare facilities, please visit <https://intermountainhealth-care.org/visitors>.

Jess C. Gomez
Intermountain Healthcare

Support Excellence.

From news, sports, and lifestyle coverage, to photography, advertising, and design—*Iron County Today* was the recipient of 17 awards from the *Utah Press Association's 2019 Better Newspaper Contest*, including the top award for *General Excellence*.



We are honored by this recognition, and thank our readers who make it matter and our advertisers who make it possible. Here's to yet another year of pursuing and publishing excellence—together!

IRON COUNTY **today**

RETURN MARKS 60 YEARS, DEDICATED TO FOUNDER FRED C. ADAMS

by Donn **JERSEY**

USF DIRECTOR, DEVELOPMENT
AND COMMUNICATIONS

CEDAR CITY — “The 2021 season at the Utah Shakespeare will be like no other in our history,” said Executive Producer Frank Mack in announcing the upcoming theatre season. “It is our sixtieth year, it is dedicated to our founder, Fred C. Adams, and it marks our return to producing after missing 2020. It will be a magnificent experience.”

The season will feature eight plays in three theatres, plus all the extra “Festival Experience” traditions and activities guests have come to love over the last six decades, The Greenshow, backstage tours, Repertory Magic, various seminars, orientations, and numerous classes. And, it will be even more exciting because it marks the return of professional theatre to Cedar City after the Festival canceled its 2020 season because of the COVID-19 pandemic.

In addition to dedicating the season to him, the Festival is planning on a celebration in August of the life of Fred C. Adams, who founded the Festival in 1961 and passed away this past February.

The season will run from June 21 through October 9. The plays will be William Shakespeare’s *Richard III*, *The Comedy of Errors*, *Pericles*, and *Cymbeline*, as well as two great musicals: *Ragtime* by Terrence McNally, Stephen Flaherty, and Lynn Ahrens, *The Pirates of Penzance* by W. S. Gilbert and Arthur Sullivan, *Intimate Apparel*



COURTESY USF

by Pulitzer Prize-winning playwright Lynn Nottage, and *The Comedy of Terrors* by John Goodrum.

Tickets for the 2021 shows are \$23 to \$85 and went on sale August 17. Go to the Festival website at bard.org, call 800-PLAYTIX, or visit the ticket office at the Beverley Center for the Arts.

“This upcoming season is a mixture of plays rolled over from the cancelled 2020

season, with the addition of three exciting and reflective plays that capture the heartbeat of the Utah Shakespeare Festival’s enduring mission,” said Artistic Director Brian Vaughn. “All of these titles explore varying themes of identity and mortality; the debate of fate versus free will; and the examination of the human spirit’s ability to overcome injustice and oppression. Combined, they

make up a rich tapestry of drama that magnifies the intricacies of our collective humanity.”

In the Engelstad Shakespeare Theatre:

The 2021 season will start June 21-23 with three Shakespearean shows running in rotating repertory in the Festival’s beautiful outdoor Engelstad Theatre.

Playgoers will have a

chance to see the rarely performed *Pericles* from June 21 to September 9, a tale of high adventure presented for only the third time in the Festival’s history. *Pericles* is searching for thrills, treasure, and family. But his loves die, his friends deceive him, and the gods seem to be against him. In the end, he finds the most important treasure of all: himself.

Richard III is the next installment in the Festival’s History Cycle, completing the story of the War of the Roses told in *Henry V*, and the three parts of *Henry VI*. Playing from June 22 to September 10, *Richard III* features one of Shakespeare’s most charming and evil villains. Richard, the ambitious son of York, has taken the English throne by exploiting or murdering everyone in his path, but it isn’t clear that he can keep it in the twisted world he has created.

The Comedy of Errors, one of Shakespeare’s funniest plays, will open June 23 and play through September 11. Featuring not just one, but two sets of bewildered twins, it’s double the laughter and twice the fun as confusion reigns supreme. You will laugh from beginning to end as these bewildered twins try to unravel the lunatic events swirling around them.

In the Randall L. Jones Theatre:

Two spectacular musicals and a hilarious two-actor farce will be featured in the indoor Randall Theatre.

First will be the ever-popular Gilbert and Sullivan operetta, *The Pirates of Penzance*, which plays from June 25 and runs to the end of the season, October 9. Spotighting a ship full of zany pirates, a bevy of giggling maidens, and a band of bumbling policemen, the show is one of the most

Watch out for those flying elbows!

by Mary Anne **ANDERSEN**

CEDAR CITY ARTS COUNCIL

It reminded me of feeding fish in a pond. You know how when you stand on a bridge and throw food into the water and suddenly the fish are roiling beneath you? They bump into and climb over each other to get to those yummy six-month-old Funyuns that you found underneath the seat in your car. If you move a few feet away, they immediately re-congregate in your shadow. It is a cut-throat business, to say the least.

I was waiting for the truck with what looked like tons of corn-on-the-cob as it pulled up at the Cedar City farmers market on Saturday. The tailgate crashed down and the vendors started unloading the corn into huge bins waiting to be filled up. I was ready! I already had my plastic bags in hand—boo to plastic bags! As usual, I began plucking ears out of the bin before they were finished unloading. I was able to get my dozen ears, pay for them, and leave the market in a matter of minutes.

As I was leaving, I looked back and that is when the fish analogy came to mind. I wondered if I had been greedy or pushy but then I saw people standing shoulder-to-shoulder, bending over, reaching in just inches from each other, and they



weren't wearing masks! Repeat: weren't wearing masks. I love summer corn and have been known to stand in long lines in other markets and travel some distance to our neighboring corn festival to get enough to eat every day. But I wasn't willing to get the virus for it and so positioned myself to get in and out.

I also noticed an elderly couple sitting on a bench watching and wondered if they were waiting for the smoke to clear. I wish I had helped them by sharing some of mine so they wouldn't have to get into that feeding frenzy. I am a thoughtful person, I think, and generally look out for the other guy, but the virus has made me wary. I see other people as a danger to me, and so have come to think of myself first. I am sorry I didn't go back to help them. And they were wearing masks.

I am so impressed with the vendors at the farmers market I frequent at Main and Center Streets! The food vendors bring fresh produce—beets, onions, peaches, eggs, tomatoes—plus wonderful home-baked bread and cookies. Heather has started selling fabulous quiche by Amalia Wells. The honey man comes from Parowan and the woman selling soaps and lotions comes from I don't know where but she is always there. Hand-made bags hang from the booth at the end and hand-crafted jewelry is beautifully displayed.

It is a lot of work to bring tables, your wares, scales, money boxes and set it all up and then take it all down and home in four hours. Thank you to all. Next week I'll wait my turn at the corn bins.

New music lesson provider in town

We provide several lessons types, including: Online, In-Home and Teachers-Home. With a variety of instru-

ments, we specifically focus on teaching music theory, sight-reading, composition, song-writing, ear training,

and performance etiquette. We also understand the importance of making lessons fun for all ages.

Music has positive impacts on the brain. When learning an instrument, we find that our long-term memory is improved, and our brain structure is changed. Learning music also helps those who have dyslexia and has been shown to decline the risk of dementia.

As music increases blood flow into the brain, it also increases endorphins which is the (happy, feel-good chemical) that we get from eating chocolate or exercising. This means that music can help combat anxiety and depression. Visit our website at: www.cedarmelodymusic.com.



COURTESY PHOTO

USF

« CONTINUED FROM PAGE 11

charmingly silly love stories ever to grace the stage. Alack! Alack! Will our hero, Frederic, ever be reunited with his love, Mabel?

Next will be Ragtime, the story of a wealthy white couple, a Jewish immigrant father and daughter, and an African-American ragtime musician whose lives intertwine and sometimes collide as they seek the American dream at the volatile turn of the twentieth century. This stirring musical epic captures the beats of a nation: the conflict, the hope and despair, the search for justice, and—of course—the ragtime. The show opens June 26 and plays through September 11.

Balancing out these two large musicals will be a play which is smaller in actor numbers, but features dizzying action and dialogue: The Comedy of Terrors features two twin sisters, two twin brothers, and a third brother thrown in just for kicks. It sounds like a familiar Shakespearean comedy, but this spooky and madcap farce revs up the action even further as two actors play all five characters: a police officer,

a confused thespian, her twin sister-gone-bad, a conniving charity worker, and his bumbling twin brother. It plays July 29 through October 9.

In the Eileen and Allen Anes Studio Theatre:

Another Shakespeare play and a lyrical and warm but powerful play by Pulitzer Prize winning playwright Lynn Nottage complete the 2021 season in the Anes Studio Theatre.

Cymbeline, William Shakespeare's fantastical romance, will open on July 16 and run through October 9. A wicked stepmother, a banished soulmate, villains, ghosts, long-lost princes, and a lion-hearted heroine are all a part of this mythic tale based on the legends of ancient Celts and chock-full of deception, intrigue, innocence, and jealousy on the road to Happily Ever After.

Completing the season will be Intimate Apparel which runs from July 17 to October 9. Esther is a single African-American woman in early 1900s Manhattan who has sewn her way out of poverty stitch by stitch, creating fine lingerie for her wealthy clientele. But she is alone and cautiously exchanging love let-

ters with a Panama Canal laborer on his way to New York, despite mutual tender affections with her Jewish cloth merchant. This warm, heart-rending play gently weaves an intricate tapestry of our need for intimacy while exploring social divisions of race, religion, equality, and class.

"The 2021 season marks sixty glorious years producing Shakespeare under the stars at the Utah Shakespeare Festival," said Vaughn. "It will be a season filled with celebration and reflection, including honoring the legacy of Festival founder Fred C. Adams and the incredible achievements of his remarkable life."

"The confluence of many circumstances will combine to make 2021 an exciting season—celebrating sixty years of great professional theatre in beautiful Cedar City, honoring our visionary founder who made all this possible, and getting to produce shows for our wonderful audiences, by our amazing artists, after a year-long hiatus," concluded Mack.

For more information on plays or the Festival in general, and to order tickets, visit the Festival's website at bard.org. Or you may call 800-PLAYTIX, or visit the Ticket Office at the Beverley Center for the Arts.

Cedar Reds maintain positive outlook as they return to school during pandemic

With a year of changes and uncertainty just around the corner, Cedar High School Reds are hopeful about the return of in-class learning and the year to come. Excitement, optimism, and gratitude follow in the wake of the upcoming student body. Eric Fieldsted, who is taking over the Vice Principal position, voices his opinions on the students for the year. He says, "In the seventeen years I've been here, I've been very impressed with our student body." Common attributes include passion, hard work, dedication, unity, and kindness. Armed with these, the students and faculty are hopeful for a long and rule-abiding year.



**KAILEY
GILBERT**

CEDAR HIGH SCHOOL

In order to stay at school, however, the pressure to wear masks, sanitize, and follow the guidelines mandated is high. Students and teachers alike are feeling the pressure, adding to the optimism and hope the community has about returning to school. "A lot of our students are taking this very seriously," Hallie Bronson, a Varsity Athlete and member of the school's Student Government stated. The students have a deep understanding of the hardships and seriousness of the pandemic. Despite the challenges of wearing masks, social distancing, sanita-

tion, one-way halls, and changed activities, a majority of people can't wait to be back. "We need our kids here. That's why we ask that everyone is respectful and follows these orders," Fieldsted

putting aside their political views and following the rules put out for the school. "A lot of students are going to be very grateful for school," Bronson says. "we never truly realized how important

"We never truly realized how important (school) is."

» **Hallie Bronson**

says. Students and teachers adapted well to online learning, but without face-to-face interaction and support, the atmosphere is changed.

Teachers and students alike are

(school) is." Students are simply glad to be back. The changes the masks will bring are hardly an issue for most. The year will no doubt be different, but hope and optimism fill the air with a sweet

see **BACK TO SCHOOL** » 21



ERICKA MARCHANT

DESPITE THE CHALLENGES OF THE COVID-19 PANDEMIC (including social distancing and wearing face masks) the Cedar High Reds are ready for a successful school year.

CALENDAR

Support Groups

ALCOHOLICS ANONYMOUS
(435) 635-3603 • www.utahaa.org • Helpline: John (702) 802-1332, Kara (702) 232-6829
Meetings at KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed
Steps and Traditions • M – Su, 7 am
Speaking From The Heart • M – Sa, Noon
Misfits • M – F, 6 pm
Cedar Group • Tues, 8 pm
Thank God it's Sunday Spiritual • Sun, 11 am
My Story • Sat, 8 pm
Women's Meeting • Sat, 10:30 am
What a Way to Start the Day • Su, M, W, F, 7-8 am, Th 7 pm • Fellowship Building, 70 N 200 W, Cedar City (behind St. Jude's)
Red Road to Sobriety • Mon, 6 pm Paiute Indian Tribe of Utah, 440 N Paiute (435) 586-1112 Ext. 307
The Great Fact • T, F, Noon. • Call for location • (702) 802-1332 or (702) 533-7856
Red Creek Group • Wed, 7 pm • Canyon Park, Lions Pavilion • (435) 477-8925
The Great Fact • T, Fri, Noon. Call (435) 559-7777 for location.

AL-ANON
Meetings at KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed
Easy Does It • Tues, 7-8 pm
Community Presbyterian Church, 2279 N. Wedgewood, Cedar City. (435) 559-3333
Al-Anon • 1st, 3rd Tues, 7-8 pm, Parowan Senior Center, 685 N 300 E (435) 477-8925
Hope for Today (Family Groups) Thurs, 6 pm • (435) 559-3333

NARCOTICS ANONYMOUS
www.nasouthernutah.org • (435) 635-9603
Most classes meet at 203 E Cobblecreek Dr, 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 Meeting • Sat, 9:30 pm (Small room)
Women Only • Sun, 11 am
Dopeless Hope Fiends • Sun, 8 pm
The Meeting Hall, 1067 S Main St, Cedar (877) 865-5890.

ALZHEIMER'S CAREGIVER
Online Meetings: 2nd Fri, 5:30 pm
4th Tues, 5:30 pm • RSVP to mjmiller@alz.org or (435) 238-4998 x8773

PARKINSON'S
2nd Thurs, 3 pm • Cedar City Library (West Room), 303 N 100 E

CAREGIVERS
1st Tues, Noon • Five County Aging Offices, 585 N Main St, Ste. 1, Cedar City

ARP—ADDICTION RECOVERY
1st Wed, 7 pm • Parowan Seminary building, Main & 300 N, Parowan

SENIOR BLIND/VISUALLY IMPAIRED
3rd Thurs, 1:30 pm • Cedar City Library 303 N 100 E

NAMI BRIDGES & FAMILY TO FAMILY
Thurs, 7 pm • Southwest Behavioral Health Center, 245 E 680 S, Cedar City Free • (435) 590-7749 or (435) 590-0880

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

MULTIPLE SCLEROSIS
3rd Thurs, 6-8 pm • Cedar City Visitor's Center (581 N Main) For both caregivers and those with MS. No age limit.

Service Clubs

LION'S CLUB
Tues, 12 pm • Call Shanda for location and activity. Everyone welcome! (702) 480-3238

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

MARINE CORPS LEAGUE
Detachment 1315, 2nd Wed, 6 pm
Elks Lodge, 111 E 200 N, Cedar City.

AMERICAN LEGION AUX
3rd Wed, 6 pm, Cedar City Library 303 N 100 E, American Legion Conf. Room • (435) 704-6654

BIKERS AGAINST CHILD ABUSE
B.A.C.A. Color Country Chapter Meeting 1st Thurs 7 pm • 593 N 1450 W, Cedar City. Helpline: 435-559-4505

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
Wed, 1 pm, Cedar City 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.

AWANA BIBLE CLUB
7th-12th grade, Mon, 6:30 pm
Preschool-6th grade, Wed, 6:30 pm
Valley Bible Church, 4780 N Hwy 91, Cedar City • (435) 586-0253 or (435) 990-1638

BOOK CLUB
2nd Thurs, 7 pm • Cedar City Library 303 N 100 E. This month we will discuss "The Secret Wisdom of Nature" by Peter Wohlleben

CEDAR CHEST QUILTERS' GUILD
Thurs, 10 am • Cedar City Senior Center 489 E 200 S • (435) 586-0832

CEDAR CITY RADIO CONTROL CLUB
4th Thurs, 7 pm • Cedar City Library 303 N 100 E.

CEDAR CITY TOASTMASTERS
Thurs, 7 am • The Pastry Pub 86 W University Blvd. Find your voice & shape your future. Be the leader and speaker you want to be. (603) 731-0116

CEDAR PROFESSIONALS
Tues, 7:30 am • Springhill Suites, 1477 S Highway 91, Cedar City. An organization of business people. Stimulate business for members through exchange of ideas, information and business referrals. www.cedarprofessionals.org

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.

COLOR COUNTRY PICKLEBALL
M-F, 7-10 am • 155 E 400 S (Cedar Stake Center). Paddles & balls supplied. (435) 586-6345

HEY CEDARS SQUARE DANCE
Wed • Beginner's, 6 pm, Mainstream Dancers, 7-9 pm • Cedar City Senior Center 489 E 200 S. (435) 531-6811 or (435) 669-4867

Government

IRON COUNTY COMMISSION
2nd & 4th Mon, 9 am
Commission Chambers
68 S 100 E, Parowan.

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

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

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

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

PICKLEBALL GROUP
Weekdays, 7 am • SUU Pickleball Courts. Anyone is welcome. Fee is \$2 (indoors) and FREE (outdoors)

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

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

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.

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. Evening weigh-in 6:30 pm, mtg 7-8 pm
Cedar City Library, 303 N 100 E. Lose weight without buying special foods. 586-3233 (a.m. mtg) or 867-4784 (p.m. 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)

WEIGHTWATCHERS REIMAGINED!
Wed, 9:30 am • Cedar City Aquatic Center 2090 W Royal Hunte Dr. Guidance, in-person motivation from members, trained guides and wellness coaches. (702) 832-0555. Evening workshops now available. More info at weightwatchers.com/us/find-a-meeting)

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

DUE TO THE COMMUNITY'S RESPONSIBILITY to help prevent the potential spread of COVID-19, please check with the event and activity sponsors to make sure that the event is still taking place. Everyone's patience is greatly appreciated during this time.

WEDNESDAY, AUGUST 26

DOG DAY

FRONTIER HOMESTEAD: SPECIAL EXHIBIT –
Featuring the Southern Utah Watercolor Society – Open daily from 9:00 am – 6:00 pm at the Frontier Homestead State Park Museum (635 N Main St, Cedar City), admission is \$4. For information call (435) 586-9290. *For your safety and the safety of the staff face masks or face covering are required inside the museum.

COMMUNITY BIBLE STUDY – PRECEPT UPON PRECEPT BIBLE STUDY, Cedar City Public Library, (303 N 100 East). 6:30-8:45pm. A 4-week study of Hosea. Please register early. Call 435-267-2234 or 435-238-3078 for info/register. The workbook for Hosea is \$9.00. Books will be available first week w/orientation planned. Lesson 1 will be discussed the following week. www.precept.org.

THURSDAY, AUGUST 27

JUST BECAUSE DAY



14 ANNUAL COOL AUGUST NITES: VIRTUAL CAR SHOW, 5:30 pm – 7:00 pm at Bradshaw Chevrolet (360 N Main St, Cedar City). Due to COVID, everything will be digital and online. All the pictures of the vehicles will be posted on Bradshaw Chevy Facebook page so the public can like, share, comment to help determine the winner. Bradshaw will also be holding a LIVE event on their Facebook page for the raffle (Donors include: Infowest, Carquest, Front Porch Twang, Rolling Rubber and so many more) and to share info about the vehicles that were entered. The entry fee for the car show as well as the raffle ticket purchases will all go to Aiden Weakly's medical expenses. Aiden was recently involved in an accident that resulted in him being life-flighted up to Primary Children's Hospital and he is currently in critical condition. If you have a vehicle (it does not matter if it is a motorcycle, semi-truck, bus, new car, etc.) and would like to enter it into the event, please contact Seana Bailey or Cortnie Warren on Facebook for more information and a registration form!

CALENDAR

FRIDAY, AUGUST 28

BOW TIE DAY

FINAL FRIDAY ART WALK – 5 TO 8 PM. HELD AT VARIOUS LOCATIONS along Main Street and University Blvd (about 25 N Main St to University Blvd then west to 300 W University Blvd). FREE event. Visit with artists, see beautiful art pieces made using a variety of mediums, and maybe purchase a new piece to add to your collection. For more information visit them on Facebook: /CedarCityWalks or /CedarCityArts.

SATURDAY, AUGUST 29

CHOP SUEY DAY

CHILDS LIVES MATTER MARCH – 10AM, CEDAR CITY PARKING GARAGE (100 E – Right of Lin's). Wear blue for child trafficking awareness.



DISC GOLF SINGLES TOURNAMENT – “SUDGA TRILOGY CHALLENGE” 10am – 7pm, Thunderbird Gardens (200 E 900 N, Cedar City – behind Cedar Ridge Golf Course). The tournament will have flex-start (Tournament Director Keith Howells will be hanging out all day) so come anytime from 10 am – 7 pm and start playing. Enjoy playing the front nine holes (twice) for a total of 18 holes. Player Divisions and Entry Fees are \$35. Register at: https://www.discgolfszene.com/tournaments/SUDGA_Triology_Challenge_2020



SWEET PEA: BREAKFAST ON THE FARM – Every Saturday 8 to Noon, Sweet Pea Farm & Orchard (136 S 600 W, Parowan), pricing per item ranges \$2.50 – \$7.50. We will have all of

our farm favorites and some new items on our menu. (Seasonal menu will change each week). For info call (435) 531-6461.

RED ACRE: BREAKFAST ON THE FARM – 8 TO 11-ISH AM, or until the foods all gone, Red Acre Farms (2322 W 4375 N, Cedar City). Come enjoy the farm, hear the roosters crow, feed the animals and eat a real farm breakfast! Fresh and hot off the grill! Farm Girl Flapjacks made from scratch, French toast from our bread, farm hash with veggies grown on the farm, fresh eggs from the girls cooked to order, bacon and sausage from our free-range pork! Info: (435) 865-6792 or visit them on Facebook /RedAcreFarmCSA/



RED ACRE: SATURDAY ON THE FARM – 8 AM TO 8 PM, Red Acre Farm (2322 W 4375 N, Cedar City). There is no entry fee to the farm. Shop at the farm stand and enjoy different venues each week. We want to share with you how this small family farm does it and how we got to where we are today. Check our website (www.redacrefarmcsa.org) or call 435-865-6792.



CEDAR CITY YEAR-ROUND DOWNTOWN FARMERS MARKET, 9 am – Noon, Every Saturday rain or shine, in the parking lot behind the Stratford Hotel, (18 S Main Street) or inside the building behind the parking lot in the cold weather months. Definitely worth stopping by for art work, baked goods, crafts, custom semi-precious stone and costume jewelry, farm fresh produce, homemade brownies & candies, home style treats, homemade jams & jellies, homeopathic items and 100% real honey.



IRON COUNTY FAIR: “DEMOLITION DERBY”

– 6:00 pm (Mini Car Derby), 7 pm (Demolition Derby), Iron County Fair Grand Stands (471 40 S, Parowan). Tickets: \$10 adults, \$6 children/seniors. Advanced tickets available at the Parowan & Cedar City Visitor Centers and online at www.ironcounty.net. Gates will open at 4:00 pm for advance ticket holders and 4:30 pm for general admission.



OUTDOOR MOVIE & LANTERN FESTIVAL, 8 PM

– 10:30 pm, Lake at the Hills (2090 W Royal Hunte Dr, Cedar City), admission is FREE. Please register at www.eventbrite.com, 1 Ticket per family group (max of 8 per family group). Seating is at 8 pm, Lantern Launch will be 8:30 pm and the Movie (Kung Fu Panda) at 9 pm. Join this FREE, Fun, Family event! The seating area is paved so be sure to bring your own chairs and blankets. Tickets are REQUIRED for a space reservation and entrance to the event. Please have your ticket available on your phone or a printed copy. Each ticket will have a reservation number for where your family group space will be located. Face masks are encouraged.

SUNDAY, AUGUST 30

TOASTED MARSHMALLOW DAY

BRISTLECONE: CARS & COFFEE – 9 AM TO NOON, Bristlecone Company (67 W University Blvd/Center St, Cedar City). Join for a casual meet up to connect, grab a fresh coffee, New York bagels, and enjoy some of the sweetest rides Cedar City has to offer. For information call (435) 708-0000.

MONDAY, AUGUST 31

TRAIL MIX DAY

SUMA: SPECIAL EXHIBIT – “FIND THE DISTANCE: JIMMIE F. JONES RETROSPECTIVE.” Opening Monday – Saturday from 11:00 am – 6:00 pm in Southern Utah Museum of Art – SUMA (13 South 300 West, Cedar City). Admission is FREE. For information visit www.suu.edu/suma. The exhibition will showcase works of art that span the length of Jones's life. Starting with grade school, his works of art will appear chronologically with pieces from high school, college, his Mexico period (1961-1975), and his landscape period (1976-2009). It will also include an installation of his Rockville studio desk and two portraits of Jones painted by friends Earl Jones and Richard Hardin.

TUESDAY, SEPTEMBER 1

LETTER WRITING DAY



CHILDREN'S STORY TIME, 10 AM TO 11 AM, Frontier Homestead State Park Museum (635 N Main St, Cedar City), admission is FREE. This is an opportunity for preschool children to learn about the past through stories and history related activities. Enjoy a new story and activity each week. For information call (435) 586-9290.

WEDNESDAY, SEPTEMBER 2

BLUEBERRY POPSICLE DAY

2013 – SIXTY-FOUR-YEAR-OLD SWIMMER, Diana Nyad, becomes the first person to swim from Cuba to the United States in 53 hours, without a shark cage. Her mantra: “Find A way.” Nyad had previously made four other failed attempts at the 110-mile swim. (www.thepeoplehistory.com)



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PHOTOS BY COREY BAUMGARTNER

MUD BOG RACES RETURN to County Fair

by Corey **BAUMGARTNER**

IRON COUNTY TODAY

As one of the main events of the Iron County Fair in Parowan, the Mud Bog Races got underway last Saturday evening. The muddy affair began with on-foot racers who enjoyed a dirty dash through the muddy moat to the finish line. Some more leisurely racers also took time for a detour as they engaged in mud-fights and enjoyed a free mud-bath.

Eventually, the evening's muddy main event got underway. Daring drivers behind the wheel of trucks of all types, ATV's and Side-by-sides, each took a turn at traversing the rut (not) less traveled. To the cheers of the crowd, most vehicles escaped; proving themselves in the provoking trench while slinging sloppy mud all over the place. However, some vehicles became a prisoner of the muck and needed the assistance of the nearby excavator and its crew, who weren't afraid of getting muddy to make the rescue.

Don't miss next weekend's premier event, the Demolition Derby at 7pm, with Mini Car races at 6pm. For more info visit: ironcountyfair.net.



Small and simple things

As the refreshing rains returned to Southern Utah, I was thankful in many ways. I was thankful for thirsty crops caressed by Mother Nature's tears. I was thankful for the drenched drought, even if the delightful deluge was only a temporary sip from the waters of life. While there are many other reasons to rejoice in the rainfall, including my bonus free car wash, I was also thankful for my newly replaced wiper blades.

Wiper blades are an amazing invention. Sure, it may take time to locate the correct ones for your vehicle, but when the rain starts falling on your windshield, you'll be glad you not only bought

them, but installed them correctly. It's worth mentioning that, even if you buy the super-duper-

storm-of-the-century-rain-repelling kind; if you don't use them, they will be useless. Also, if you don't keep them maintained and/or replaced, they won't work properly when you need them. This can put your safety and that of your passengers and other drivers at risk.

It's like life. Too often, we wait until we need something to realize it's not working and should have been replaced beforehand. It's often the small and simple things—the things that could have been replaced/ repaired relatively easily and quickly long before the storm—things that we put off until the proverbial “tomorrow” and then wonder why we didn't act sooner. It's not even that we don't have the time, tools, or talents; it's that we don't realize that small things really do make the biggest differences

in life. Concerning wiper blades, they can make all the difference while driving through storms.

We will all experience the storms of life. Sometimes your physical, emotional and spiritual windshields get drenched in rain, bugs and the muck of life. It's very difficult, even unsafe, to try and drive when you can't see properly. And when you try looking at life through a dirty, or even cracked windshield, you can feel wayward, worthless and wiped out.

When you do feel wiped out because your wiper blades are broken, even if you can't replace them right away, don't be afraid to pull over and patiently

wait for the storm to pass. Maybe you also need to repair your internal wiper blades to help clear away the rude, crude comments and actions from those around you? Sometimes, it's not just harmless water droplets to disperse, it's repairing rock chips. If you've ever had a rogue rock chip/crack your windshield, or have had to endure another person's uncaring actions towards you or someone else, you know they can feel the same as a rogue rock.

Finally, never let fear stop you from repairing or replacing anything in your life that is blocking your vision and your value, including yourself. Don't beat yourself up for procrastinating the repairs, or replacements. Remember that you can find the strength to endure life's storms. The key is not complaining about the rain but learning to dance in it.



The Rut LESS TRAVELED

by Corey BAUMGARTNER

IRON COUNTY TODAY

BUSINESS

Business and community loyalty are the same thing

BUILDING MAIN STREET, NOT WALL STREET

It has been said, “Either you deal with reality, or you can be sure that the reality is going to deal with you.” This has never been truer than today when entire communities, businesses and individuals are forced into an ever-changing new reality. Taking that one step further, if small and mid-sized communities are to survive, they must face the new reality and find ways to build loyalty toward their hyper-local business base. Without that, they will struggle at best and slowly die in the worst-case scenario.

In the age of Covid-19 where government mandated the shuttering of many small businesses while corporate and big box competitors were allowed to remain open, entire districts of small businesses have been devastated. With this being the case in many communities, it is time for communities to fight back and regain control of their destinies. One might ask, how is that done in today's difficult business climate? With creativity!

City leaders need to work with their Chambers and their local media companies. They need to come up with creative programs that drive business to their Main Streets, programs that incentivize the local residents to spend their dollars with the hyper-local businesses. Now is the time when real leaders have the opportunity to step to plate and lead within their community.

In Appleton, WI. the downtown association got together and designed a T-shirt that said “Downtown Unites” selling thousands at \$10 each, reminding people to unite and support their local hyper-local business base. Many media companies around the country have put together plans allowing hyper-local businesses to advertise at very little cost, sometimes for free. They have done this through working with the community leaders and Chambers.

Many communities have closed roads to make it possible for local Main Street businesses to move outside onto the sidewalks and streets allowing for

social distancing and fresh air. Cities and downtown districts need to be looking for ideas to have markets, dollar days and a host of other potential shopper attracting events that spur traffic. For a constant stream of ideas that may translate into your community, I would invite you to visit the Building Main Street, not Wall Street Facebook page as we add new ideas every week.

For those communities that really want to make a splash, there are programs out there that bring the products and services that might normally be found in big cities right to your doorstep. Does your community have their own App or website that is modeled

after Groupon or other big market products? One thing that technology has done in recent years is make what was unthinkable for smaller markets just a few years ago very possible today.

Lastly, there is a bill (Local Journalism Sustainability Act) being presented in Congress that might be fast-tracked that provides large tax credits for businesses that advertise with their local media.

This will be HUGE for your hyper-local businesses and your local media companies. It would also provide a tax credit to those subscribing to a local newspaper. I would encourage every media company and community resident to contact your congressional representatives and voice your support for this legislation, it could be a boon for small towns across America.

In conjunction with the Local Journalism Sustainability Act, this presents a unique opportunity for city leadership and chambers to add a local flair to this piece of legislation. If done correctly, this allows your businesses to promote and market themselves like never before at practically no cost. This assures support for your local media company as well which is also struggling



JOHN A. NEWBY

COLUMNIST

BUSINESS



Red Rock Bicycle Co. pedals into Cedar

by Shary **BARUFFI**
IRON COUNTY TODAY

Ryan Gurr, owner of Red Rock Bicycle Co., opened the Cedar City location in June of 2020, “We’re not entirely new to the Cedar City area, we’ve been putting on mountain bike racing at Three Peaks and road rides around the Parowan Gap for years,” shared Gurr.

Red Rock Bicycle’s first location was in St. George. Gurr loved the Cedar City area so much he decided a second location up here would be valuable. “I’ve been wanting to open my doors in Cedar City for a number of years now,” he expressed. “I believe the Southwest corner of Utah is one of the most dynamic cycling destinations in the country and I wanted to help bridge the gap between Washington County and Iron County. We live in an absolutely stunning environment that provides access to riding year-round. We can ride in St. George when the weather gets cold, Cedar City when it

gets warm, and when it’s hot everywhere; we head up the mountain to ride amongst the Aspen trees. It doesn’t get better than that!”



PHOTOS BY SHAY BARUFFI

Ryan has had a passion for cycling for many years; “I have been in this industry since I turned 16 and I’m still here 22 years later. My first job was at

a bike shop in Layton, Utah in the late-90’s.” This passion has remained with him and developed into the business he owns today; “I’ve always felt that cycling can improve any community that chooses to embrace it. There is a fabulous freedom that comes with the ability to choose how to get from A to B.” He also added that, “Riding my bike to work is how I choose to start my day, however, it’s not the only way to ride a bike. Here at Red Rock Bicycle Co, we support a diverse staff who enjoys mountain biking, road riding, triathlon, BMX racing, and cruising the paved trails with their family.”

Red Rock Bicycle Co. offers bicycle repair services, bicycle rentals and bicycle/ accessory purchasing opportunities. Also, Abraham McCowan (<https://chuckwallapress.com>) currently has a guest artist display. For more information about Red Rock Bicycle Co. visit their website at: <https://redrockbicycle.com> and visit their Cedar City location at: 996 S. Main St. Cedar City, UT.

PEOPLE

WEDDING

Brooklyn & Matthew

Gabe and Deidre Henderson are pleased to announce the marriage of their daughter, Brooklyn Elizabeth, to Matthew Keith Matheson, son of Gaylen and Amy Matheson, in the Cedar City Temple on Saturday, August 29, 2020. Matthew and Brooklyn will celebrate this joyous occasion with family and friends. The couple will reside in Cedar City and continue their educational endeavors at Southern Utah University.



There is no charge for birth, first birthday, mission, Eagle Scout, 50th anniversary (and up), wedding and 80th birthday (and up) announcements. Submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. The deadline is Friday at noon for the following week’s issue. Announcements should be 100 words or less. Please call 435-867-1865 ext. 5 for pricing for all other announcements.

AUGUST BBQ SPECIALS

Mary’s Chicken Drumsticks (2-lb tray)	\$3.50 /lb
Beef Flank Steak	\$8 /lb
Beef Skirt Steak	\$9 /lb
Pork Tenderloin	\$4.50 /lb

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Swimming with your dog...very cool

from Rick & Debby **ADAIR**

FOR IRON COUNTY TODAY

My wife, Debby, asked me for weeks, "You want to go swimming with me and Raskin?" (Raskin is our Black Lab and service-dog.) It was hot on Saturday, so I said, "Why not?"

The adventure began a block away from, "DogQuatics," with a sign on the corner that read, "Begin Waggin." With all three of our tails "a-waggin," we pulled into our parking spot and

RASKIN THE BLACK LAB, GETS HER PAWS WET as she doggy-paddles with Vet-Tech Carol Williams during an afternoon swim.



COURTESY THE ADAIRS

Deb introduced me to Carol, the owner, lifeguard and resident professor of canine aquatics. A delightful woman, I enjoyed her company as much as Raskin...and I didn't even get a treat when I beat Raskin to the rubber chicken. Deb sat in a beach chair next to the not-so-miniature indoor lap pool and labored in her specialty, conversation and puppy cheerleading...sans-pom-poms.

Like most Labs, Raskin has a perpetual wag going on, but when Carol enters the scene, Raskin's tail combines with her entire body...a familiar case of the tail wagging the entire ecstatic dog. After Carol put on an iridescent yellow doggy life-vest with "carrying handles," Raskin made her way to the top step in the pool with eager treat-anticipation sparkling in her eyes. The

small rubber chicken with the red vest was successfully launched by Carol downstream followed by Razz successfully launching herself in hot pursuit. Raskin abducted the fictional fowl with no significant resistance. Chin-up, chicken-secured, she performed a splashy U-turn, and made a beeline back to Carol the treat-master...for whom the tail wags.

Whether racing for the next rubber toy, diving under Raskin's pumping paws...or just cooling off on a July "hotter-than-a-baker's-belt-buckle" weekend...

we had a blast. Pom-pom-less Deb had just as much fun on the sidelines. Carol is one of those rare, and happy, individuals who follows her passions...right into the pool behind a puppy.

If you, your dog or your spouse (not necessarily in that order), would like to cool off, compete for rubber chickens and treats...under an umbrella of pleasant conversation, "DogQuatics" is the place for you.

DogQuatics

- » 2437 W 5700 N., Cedar City, Utah – 84721, 435-572-7000
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FAITH

BIBLE 101.3

The most influential person

by Edy **MEREDITH**

FOR IRON COUNTY TODAY

If you check the internet for the Most Influential People of All Time, you will find some conflicting lists. If a list is based on Michael H. Hart's 1978 book called "The 100: A Ranking of the Most Influential Persons in History" then you will find that Muhammad is Numero Uno because Hart believed that Muhammad was number one in 2 spheres: religious and political, whereas Jesus was only influential in one sphere; that of religion. Hart also believed that Christianity is divided between 2 teachers, Jesus Christ and Paul the apostle, who was a follower of Jesus. Hart's bias, I believe, destroys his list because Muhammad ruled politically through vicious conquest and battles whereas Jesus rules through the Holy Spirit changing a person's heart from a heart of stone to a heart of flesh.

I would also like to refer readers and students to the following book by D. James Kennedy: "What If Jesus Had Never been Born?" In the book, Dr. Kennedy documents the influence of Jesus in the "entire spectrum of human existence" including civil liberties, medicine, the arts, economics, sexuality, education, morality, and criminal and civil law. (The book is available on Abe.com for less than \$10.00 and is worth 100 times that amount in historical perspective.) Go also to Wealthygorilla.com for their list of the 25 most influential people of all time with Jesus Christ as the most influential and Numero Uno.

To summarize the message of the Old Testament/Covenant and the New Testament/Covenant, look to the following:

» The Old Covenant/Testament establishes God's standard of holiness and perfection through the Ten Commandments, law, rules and regulations for behavior. Unfortunately, no humans were able to reach, meet or attain God's standard in their behavior or thought in life.

» The New Covenant/Testament reveals God's grace whereby God Himself came down from His heavenly throne

to pay the price for humanity's sins and redeem humanity individually from the wages of sin, which is death (Romans 6:23). Because no matter how hard we humans try, we never meet the standard of perfection which Jesus said even extends to our minds, for who can control their random thoughts?

These two themes are illustrated throughout the historical narratives referred to in Bible 101.2 last week as the historical contexts in the both Old and New Testaments/Covenants. If you study as you read, you will receive great benefit as your mind grows to encompass human history and God's revelation of His purposes in human history.

Did Jesus know and understand the Old Testament/Covenant? Jesus quoted Exodus 7 times, Deuteronomy 10 times, Isaiah 8 times, and Psalms 11 times. Yes, Jesus knew the Old Testament/Covenant. He even used it to educate His own followers. An example of this is when He meets two of His followers on the road to Emmaus following His resurrection and instructs them in the prophecies contained in the Old Testament regarding Himself. Of course, I have skipped ahead and must wait until our "prophecy" genre to write about that.

How does God direct human history to achieve His purposes of redemption, paying the price for humanity's individual and corporate sins? In these troubling times when cities in America and across the world are in revolt against the rule of law and safety of its citizenry, this is the most important question you should be asking so that you become ready for the Big Game Show of Life. Even our leaders have lost their way.

Next week we will discuss more about the Laws given in the Old Testament/Covenant and why neither we nor ancient peoples could match the perfection required by God given in Leviticus, parts of Exodus, Numbers, and Deuteronomy. We will also refer to Dr. Kennedy's book mentioned above. Enjoy the lessons of history illustrated so well in the Biblical book of life. See you next week for Bible 101.4.

"We never meet the standard of perfection which Jesus said even extends to our minds"

The greatest debt

(Part 1)

MATTHEW 18:35

The scriptures are full of profound parables to help us not only see life differently but to live it better. One such example is the Unforgiving Servant. A certain man could not pay that which he owed. So, the king was going to sell the man, his family and everything he owned to pay the debt. It sounds harsh, but such was the law in those times and even today. When we are in debt and do not/cannot pay it, we are tormented by phone calls and letters, etc. and it can feel like we've been sold into misery; perhaps also losing loved ones (or moments of happiness with them) and possessions, in an attempt to repay our merciless creditors.

Spiritual spoilers, this man in debt begged the king for more time to repay the debt. The king did not give the man more time, but instead forgave the entire debt! As far as I could find out, the amount owed by this unforgiving, ungrateful servant is somewhere in the stable (they didn't have ballparks back then) of about 4.5 billion dollars! One talent was twenty years wages for a laborer and equaled about \$457,000 dollars. The person in the parable owed 10,000 talents! The point of the parable isn't the amount owed/forgiven, but that there was no possible way (most likely) it could ever be repaid in a lifetime.

The story doesn't end here. The man had been given such a great gift; not only monetarily,

but in the value of having peace of mind. He was free from a weight that would have (was already!) crushed him and his family. This was a happy ending! However, this man went out and found one who owed him money, 100 Denarii (\$8,800), and demanded payment. They could not do so, but begged for more time. Sounds familiar, right? Well, this man was not merciful like the king was and had the man who owed him money (pocket-change) thrown into jail!

Long story short, the king found out and wasn't pleased. He changed his mind about the billion-dollar debt and had the servant thrown into jail until he could pay back all he owed.



**GOD'S
Porch**

by Corey **BAUMGARTNER**

IRON COUNTY TODAY

I'm not sure how that would be possible being in prison, but the moral of the story is that we should forgive others as our Heavenly King has forgiven us and to show more mercy during difficult times.

Because in our lives, we are all in (or have experienced) some kind of debt and difficulty, spiritually and/or monetarily. We know all too well what it is like to be in a financial situation and wondering how it will ever be possible to pay back our debts. Isn't that also how we feel when we sin, and/or when someone has sinned against us? We wonder how it's possible to fully pay for our sins and ever be fully forgiven and set free. Jesus not only has the answer, He is the answer!

BACK TO SCHOOL

« CONTINUED FROM PAGE 13

sense of respect. “My biggest concern is for the safety of the people in our building,” Fieldsted added. The best way to encourage safety both physically and mentally is to abide by the rules in place and continue to make connections from student to teacher, teacher to teacher, and student to student.

While students prepare for both online and in-person learning as well as becoming tolerant of wearing masks, teachers and staff members have been learning and adapting to the new environment quickly. Johnathan Chidester, an English teacher coming up on his fifth year at Cedar High, explains some of the struggles the educators are facing. “We’re filling more roles,” he says. “Never would I have guessed that I would be a sanitizer, health counselor, teacher, educator, (using) standards-based grading, implementing technology, blended learning, and new curriculum, all at the same time. There’s been a lot thrown at us, but we’re used to it.” In addition to the changes, some of the returning faculty also have concerns involving their health or the health of relatives. The looming fear of the Coronavirus has many on edge.

Compassion and respect are needed more than ever in the year to come. “Think about who your sphere of influence involves and realize that every single one of the students in



RETURNING REDS AT CEDAR HIGH find a way to make wearing face masks a positive and fashionable experience.



PHOTOS BY ERICKA MARCHANT

your class has those same kinds of people in their life that they’re trying to protect,” Chidester expressed. By keeping this in mind and understanding

the reasoning behind the rules, members of Cedar High hope to continue through the school year and keep their positive outlook.

LOYALTY

« CONTINUED FROM PAGE 17

along with the entire community.

I could go on and write pages of ideas that would work depending upon the market, but it is more important that you understand the urgency of your actions. Covid-19 has left communities with little room for error. How you react in the coming weeks and months may well determine the destiny of your community. Is your community on

the titanic or is your community on a highway to success? Let it be the highway to success.

John A. Newby, author of the "Building Main Street, Not Wall Street" column dedicated to helping communities and local media companies combine synergies that allow them to not just survive, but thrive in a world where truly-local is lost to Amazon, Wall Street chains and others.
john@360MediaAlliance.net.

OBITUARIES

Alice Sally Chavez



Alice Sally Chavez was born in Los Angeles, California on February 18, 1938 to Thomas Miranda and Edwarda Ortiz. Alice passed away peacefully in her sleep on August 13, 2020.

February 29, 1980, Alice married Melchor Chavez in Las Vegas, Nevada. In 1998 Alice and Melchor decided to move from the “big city” to Cedar City, Utah where they enjoyed making new friends. Melchor passed away January 20, 2001.

Alice was a woman of true faith and humility. An active member of Christ the King Catholic Church, she was a founding member of The Blue Army. This group meets weekly to pray the Rosary for special intentions, parishioners, and the Church. Alice enjoyed working for North Elementary school where she helped children in the Foster Grandparent Reading Program. The Catholic Thrift Shoppe was lucky to have Alice as a dedicated volunteer for many years.

Alice is survived by her children, David Mawson (Flora); Debbie Mawson; Curtis Mills (Ex-wife Sherri) (Cristina); and step-children Jesus Chavez (Rosa); Arturo Chavez (Nancy); Lidia Chavez, 14 grandchildren, 32 great-grandchildren and 1 great-great-grandchild.

She was preceded in death by her husband; two sons, Anthony Arzate and Ernie Arzate.

A Mass of Christian Burial was celebrated Saturday, August 22 at 2:00 pm at Christ the King Catholic Church 690 S. Cove Drive, Cedar City, Utah. Family and close friends gathered for a final farewell. Your prayers for Alice and her family are very much appreciated.

Submitting an obituary...

There is no charge for obituaries of 400 words or less. Submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. A single submission may include up to two photos. The deadline for submission is Monday at noon. For pricing information for obituaries longer than 400 words, please call 435-867-1865 ext. 5.

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FALCONS KEEP ROLLING, STICK FORK IN RED DEVILS

by Tom **ZULEWSKI**

IRON COUNTY TODAY

Gunner Hatch scored three touchdowns, and the Canyon View Falcons locked down on defense in the first half as they routed the Grand Red Devils, 61-22 on

Aug. 21 to improve to 2-0 on the season. CV quarterback Jake Garrett added a 5-yard touchdown pass to Jake Tom as they took a 40-0 lead at halftime and cruised from there, allowing the reserves to see significant minutes in the second half against the

2A South school.

Dakota Esancy, Gabe Lake, and Jarrett Johnson added touchdowns on the ground, and Mason Berg returned a blocked punt on special teams for another Falcons score. Hatch finished with 121 yards rushing on only

11 carries, and CV finished with 299 of its 410 total yards coming on the ground.

The Red Devils got all of their scoring in the second half on a pair of touchdown throws from Dante Wells to Ryelan Jones in the third

CANYON VIEW'S JAKE TOM STIFF ARMS A DEVIL on his way to helping the Falcons earn a second-straight victory.



Canyon View

61



Grand

22

Grand	0	0	16	6	--	22
Cyn. View	26	14	7	14	--	54

Q1 - CV - Hatch 1 run (kick failed), 10:02
CV - Hatch 5 run (run failed), 6:38
CV - Tom 5 pass from Garrett (Barlow kick), 4:08
CV - Lake 5 run (Barlow kick), 1:19

Q2 - CV - Hatch 8 run (Barlow kick), 10:34
CV - Berg 42 blocked punt return (Barlow kick), 5:39

Q3 - CV - Esancy 1 run (Barlow kick), 9:27
G - Jones 7 pass from Wells (Wells two-point pass), 4:41
G - Jones 15 pass from Wells (Wells two-point pass), 1:03

Q4 - CV - Larsen 15 pass from Miller (Barlow kick), 11:55
G - Jones 41 run (run failed), 9:03
CV - Johnson 7 run (Barlow kick), :48

quarter and Jones scoring on a 41-yard touchdown run in the fourth.

Canyon View will play its third straight home game Friday when they welcome the Enterprise Wolves for a 7 p.m. kickoff.

Parowan (0-2) is still searching for its first win under new head coach Ryan Heath as the Rams dropped a 20-3 decision on the road at Duchesne on Aug. 21. The Eagles set the tone early when Kaleb Sanchez returned the opening kickoff 88 yards for a touchdown, while Cameron Brady added a 32-yard scoring pass to Trevin Coll in the second quarter.

Kelly Mangum hit a field goal from 35 yards out in the third quarter to give Parowan (0-2) its only points of the game.

The Rams will try again to get their first win of the season Friday on the road at Layton Christian. Kickoff is at 4 p.m.



BRAXTAN TORRES CATCHES A 70-YARD TOUCHDOWN PASS from Jarron Garrett to try and keep the Reds in the game.

COREY BAUMGARTNER

Wasps rally in second half, sting Reds

by Tom ZULEWSKI

IRON COUNTY TODAY

Turnovers and penalties are never good things in football games. For the Cedar Reds, both elements came crashing down at the worst times and led to a loss on the home field.



Juab
30



Cedar
19

Juab	7	0	10	13	--	30
Cedar	0	13	0	6	--	19

Q1 – J – Dye 14 run (Stephenson kick), :00

Q2 – C – Torres 70 pass from Garrett (Hernandez kick), 8:28
C – Garrett 7 run (kick failed), :54

Q3 – J – Blackett 99 kickoff return (Stephenson kick), 11:44
J – FG Richards 31, 2:57

Q4 – J – Olsen 17 pass from Jackson (Stephenson kick), 11:11
C – Torres 5 run (pass failed), 6:08
J – Lund 26 run (kick failed), 1:59

Bodee Blackett returned the second-half kickoff 99 yards for the go-ahead touchdown, and two third-quarter turnovers added enough points to help the Juab Wasps beat Cedar for the second year in a row, 30-19, on Aug. 21. The Reds fell to 1-1 with the loss, while the Wasps improved to 2-0. “We didn’t

see REDS » 25

High School Girls Soccer

FALCONS STUN WARRIORS

LADY REDS BLANK PANTHERS IN REGION OPENER

by Tom ZULEWSKI

IRON COUNTY TODAY

Canyon View girls soccer coach Steve Newman admitted he couldn’t recall the last time the Falcons were able to win a match on the pitch against the Snow Canyon Warriors.

On Aug. 20, his team played a match they probably won’t forget anytime soon.

Addie Newman scored the game’s only goal in the third minute, and CV defense made it hold up the rest of the way as they finished off a 1-0 win over Snow Canyon in the Region 9 opener. It ended a winless streak of 29 matches (0-25-4) against the Warriors that dates back to Oct. 7, 2003.

Protecting the lead for 77 minutes may have felt like an eternity, but Steve Newman said it’s a showcase for the improvement the Falcons (1-0 region, 3-0 overall) are continuing to display. “We’ve been trying to be much more aggressive with crisp passes, moving without the ball, and just focusing on our shape and form,” he said. “We had times when we let down, but we’re working on just being a team. Once we start believing in ourselves, we’ll be even better.”

Aspen Bergener earned her first clean sheet of the season and didn’t have to face many challenging moments in the second half as the breeze picked up. One direct free kick by the Warriors from just outside the 18-yard box sailed high and wide with less than 10 minutes to play.

Addie Newman, who netted her fourth goal of the season for Canyon View, said starting fast made a big difference in the team’s performance.

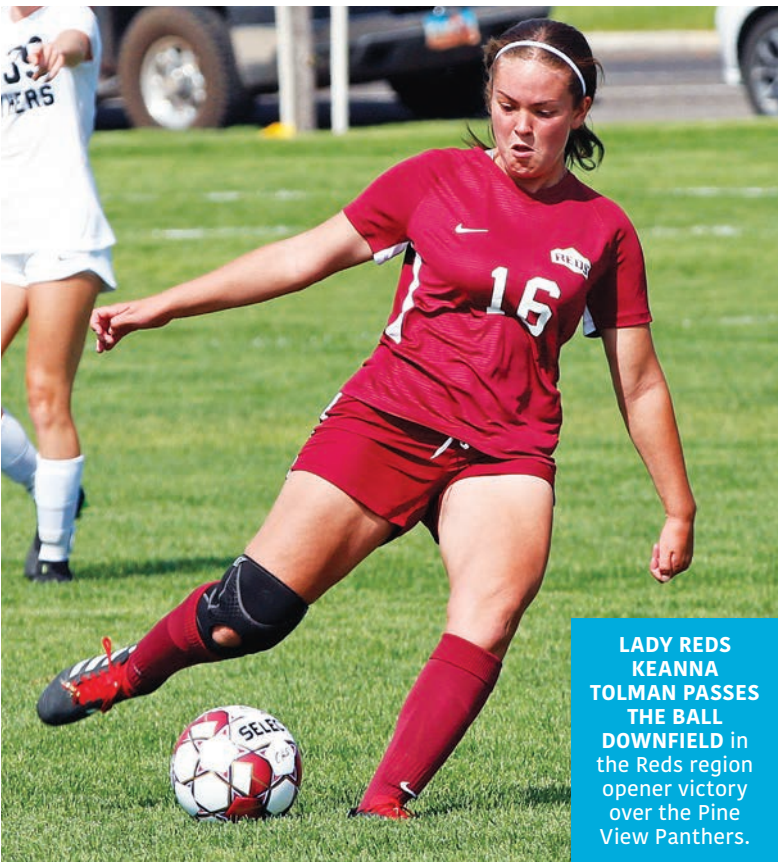
“We were trying to attack early,” she said. “I saw Maizie

see SOCCER » 25



SAVANNA CULLER BEATS SNOW CANYON'S SARA HART TO THE BALL and the Falcons held on to make history and beat their historic rivals.

JR ROBINSON



LADY REDS KEANNA TOLMAN PASSES THE BALL DOWNFIELD in the Reds region opener victory over the Pine View Panthers.

COREY BAUMGARTNER

This achievement is worth remembering

The school year has just begun, but there was a girls soccer game on the pitch that carried some significant weight and took some demons off one team's psyche after a long wait.

Canyon View found a way to hold on for most of its match and finally beat a nemesis for the first time in – wait for it – 17 years. After 30 tries, the Falcons ended a winless stretch that dated back to Oct. 7, 2003.

Final score: Canyon View 1, Snow Canyon 0. After 25 losses – including one in the state playoffs – and four ties, the long nightmare is finally over.

Since most of the CV team wasn't even born, with the possible exception of the seniors and maybe a junior or two, the last time they could claim a victory over Snow Canyon, here were some things that were part of our lives during that year.

» Ellen DeGeneres' daytime talk show made its debut in 2003.

» "The Bachelor" and "American Idol" were in their second seasons.

» The U.S. Women's National Soccer Team lost in the semifinals to Germany at the World Cup.

» The Miami Marlins were known as the Florida Marlins back then and won the World Series for the second time, beating the New York Yankees in six games.

» "Everybody Loves Raymond" won for Outstanding Comedy Series and "The West Wing" won Best Drama Series at the Emmy Awards. "The West Wing" is available for streaming/binge-watching on Netflix.

» I was still living in Northern California.

Canyon View will have already played its next soccer game by the time you see these words, but the history made with that victory over the Warriors six days ago will live on for a long time.

» Like the girls soccer team, Canyon View football is off to an unbeaten start at 2-0. They've racked up 101 points in the first two games, including 61 in last week's win over 2A South school Grand.

Being already immersed in



RANDOM Thoughts

by Tom ZULEWSKI

SPORTS WRITER

research mode for weird stats and their impact, CV football had a similar two-game stretch of 100-plus total points in its past. The Falcons put up 117 in weeks 5 and 6 of the 2015 season – 55 against Delta and 62 in a win over Richfield.

Canyon View has another home game this week and looks to continue its roll against Enterprise. The Wolves are 1-1 and shook off a season-opening loss at Duchesne with a 43-0 rout over South Sevier last week.

» It was surprising when I saw it, but major props need to go out to American Fork athletic director Jeremy Lewis for putting his foot down. Lewis took to the PA microphone and stopped the school's game against Timpview last Thursday because social distancing wasn't being practiced and masks weren't being worn.

With the game being broadcast locally on KJZZ and streamed live for the online world to see, it wasn't the best look to have in the middle of a pandemic. It took a while for fans, especially those on the American Fork side, to separate and get masks back on their faces.

When I covered the Cedar-Juab game, I saw the signs at the entrances that said masks were required, but not all fans in attendance had them on. Some were eating, but that needs to be the only exception. I even learned how much of a big deal temperature checks are

when I watched Cedar's girls soccer game against Pine View.

I arrived about 15 minutes before the game kicked off, but wasn't spotted by athletic director Danny Lewis for about 10 minutes. In the hot afternoon sun with the air temperature in the mid-90s, that's not a good thing.

When the thermometer registered my body temperature at 100, I was immediately sent over to a shady spot under a tree and away from the field. After five minutes and a chance for the breeze to cool me off, Lewis returned and checked me again. All was well and I walked back to the field.

This virus is the real deal. We're fortunate to be the first to have what feels like normal with the return of high school sports, but it can and will be taken away from us again if the rules aren't followed.

Please...stay safe, wash your hands and wear a mask. We'll all be better for it in the long run, and the athletes will have better stories worth telling to their kids and grandkids.

“We're fortunate to be the first to have what feels like normal with the return of high school sports, but it can and will be taken away from us again if the rules aren't followed.”

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

2020 Iron County Fair 5K Run and Walk Registration Form

The Iron County Fair 5K Run and Walk, sponsored by the Cross Country Parents' Club, will be held Monday, September 7th in Parowan. The walk will start at 8:00 am and the run will start at 8:30 am at the flag pole located at the entrance to the carnival (south end of the Fairgrounds) and will finish down the parade route. For more information call Mike Robinson 435-590-0021

To pre-register, complete the following information and mail with registration fees to:

Mike Robinson
PO Box 733
Parowan, UT 84761

To pre-register online go to: www.ironcountyfair.net and click on the 5K Run Tab.

Name: _____ Date of Birth: _____

Mailing Address: _____ City: _____

Phone #: _____ Shirt Size: Adult S M L XL
(if pre-registered by Sept. 2nd)

5K Run _____ 5K Walk _____ Family Race _____

Family Race team:

1. _____ 2. _____
3. _____ 4. _____
5. _____ Team Name _____

Please fill out a registration form for each team member.

Race fee enclosed (make checks payable to Cross Country Parents' Club)

____ \$15.00 - Pre-Registration (received by Sep. 5th)
____ \$25.00 - Day of Race Registration
____ \$10.00 - (No Shirt) High School X-Country Team Member (School _____)
____ \$15.00 - (With Shirt) High School X-Country Team Member (School _____)

Gender: Male _____ Female _____

Age Group: 10 & under _____ 11-14 _____ High School _____ 18-25 _____ 26-35 _____ 36-45 _____

46-55 _____ 56-65 _____ 66 & over _____

Person to notify in case of emergency: _____ Phone: _____

I understand that a 5K run/walk is a strenuous event, and that I should consult my physician prior to participating in such an event. I am entering this event voluntarily and will not hold the Iron County Fair and/or Cross Country Parents' Club or any of their employees or volunteers responsible for any injury I may experience as a result of my participation in this event.

Signature of Participant _____

Date _____

Signature of Parent or Guardian
(If under 18) _____

Date _____

IRONCOUNTYTODAY.COM

REDS

« CONTINUED FROM PAGE 23

play well the whole game, from start to finish,” Bennett said. “We were hurt by penalties, and the turnovers only compounded things. It’s on me as the offensive coordinator, but we’ve got to play better.”

The visiting Wasps struck first on the final play of the first quarter when Jarred Dye found a hole and raced 14 yards to the end zone for a 7-0 lead, but Cedar found its footing in the second. Braxtan Torres caught a 70-yard touchdown pass from Jarron Garrett to tie the game, then Garrett found the end zone himself when he scored on a 7-yard run with 54 seconds left till halftime. The extra point was missed, but the Reds led 13-7 at the break.

When the teams came back out for the second half, Blackett’s return opened the floodgates and Juab never trailed again. Garrett threw the first of his two interceptions that led to a 31-yard field goal from Ryker Richards with 2:57 left in the third quarter that pushed the lead to 17-13, and the Wasps forced a fumble that turned into a 17-yard touchdown pass from Alex Jackson to Dawson Olsen in the first minute of the final period.

“There’s nothing else we can do about this now,” Bennett said. “Just show up on Monday, get to work, and fix what we need to get fixed.”

The Reds had some life left after Torres scored his second touchdown on a 5-yard run with 6:08 left, but Juab drove 59 yards and put the win away with two minutes to play on a 26-yard run by Trey Lund.

Cedar will play its first road game of the season Friday when they travel to face 6A school Taylorsville. The Warriors beat Northridge, 37-31 in overtime last week and are 1-1 on the season.

SOCCKER

« CONTINUED FROM PAGE 23

(Hallows) dribbling down with a cross and saw the goalie going the other way, so I put my head on it.”

Even after several missed attempts at adding an insurance goal in the second half, Addie Newman said the Falcons played with no fear.

“We’ve been conditioning for this,” she said. “We were trying to get the goals, but we had the mindset to do everything we can and put our heart into it.”

The Falcons played host to Hurricane on Tuesday in a game that was too late for press deadline, and they’ll travel for a road game at Pine View on Thursday in a 7:30 p.m. kickoff.

The Cedar Lady Reds opened their Region 9 campaign with a 1-0 shutout win over Pine View at home Aug. 20. Freshman Rylan Tebbs scored the game’s lone goal in the 10th minute of the opening half, and the Reds shut the Panthers down over the final 70 minutes and improved to 2-1 on the season.

Cedar played a road game at Dixie on Tuesday and will host Crimson Cliffs on Thursday in a 4 p.m. kickoff.

TOM'S SPORTS TRIVIA CHALLENGE

This week’s dozen deals with trades. Some created legends, some left fan bases calling for the heads of the general managers who made them. Either way, have fun with these.

1. One of the most lopsided trades in sports history came in 1918 when Babe Ruth was sold to the New York Yankees. Which team did the selling and opened the gates to an 86-year World Series drought?

A. Detroit Tigers
B. Cleveland Indians
C. Boston Red Sox
D. Chicago White Sox
2. Two of the Boston Celtics’ Big Three came in one blockbuster deal with the Golden State Warriors in 1980. Robert Parrish was one player in the trade. Who was the other?

A. Larry Bird
B. Kevin McHale
C. Dennis Johnson
D. Bill Walton
3. Which team was forced to trade the draft rights to John Elway in 1984 when he refused to play for them?

A. Baltimore Colts
B. Washington Football Team
C. Denver Broncos
D. Detroit Lions
4. Julius Erving was sold to the Philadelphia 76ers by which NBA team for \$3 million in 1976, prompting its season-ticket holders to file a lawsuit for a refund?

A. Boston Celtics
B. New York Knicks
C. Washington Bullets
D. New York Nets
5. Which running back did the Dallas Cowboys trade away to the Minnesota Vikings in 1989, igniting a run of three Super Bowl wins in four seasons?

A. Herschel Walker
B. Tony Dorsett
C. Ricky Williams
D. Emmitt Smith
6. Scottie Pippen came to the Chicago Bulls when he was traded from what team that originally drafted him in 1987?

A. Dallas Mavericks
B. Seattle Supersonics
C. Golden State Warriors
D. Los Angeles Lakers
7. Pedro Martinez was 10-5 as a rookie in 1993, but the Los Angeles Dodgers traded him away to which team the following year?

A. Philadelphia Phillies
B. Atlanta Braves
C. Montreal Expos
D. New York Mets
8. The Cincinnati Reds traded away Frank Robinson in 1965 because he was described by management as “an old 30.” Where did Robinson end up in the deal and go on to win the Triple Crown and World Series the following season?

A. Baltimore Orioles
B. Minnesota Twins
C. Cleveland Indians
D. Chicago Cubs
9. Nolan Ryan started his MLB career with the New York Mets. After winning the World Series in 1969, where did he go in a trade two seasons later?

A. Pittsburgh Pirates
B. California Angels
C. Los Angeles Dodgers
D. St. Louis Cardinals
10. In the 2004 NFL Draft, Eli Manning’s agent was reported as saying father Archie Manning didn’t want his son playing for which NFL team that was set to take him?

A. San Diego Chargers
B. New York Giants
C. New York Jets
D. Cleveland Browns
11. Kareem Abdul-Jabbar won five championship rings as a member of the Los Angeles Lakers, but earned one more in 1971 with which team that originally drafted him?

A. Chicago Bulls
B. Detroit Pistons
C. Milwaukee Bucks
D. Phoenix Suns
12. Joe Montana may have led the San Francisco 49ers to four Super Bowls, but he eventually was traded to which team after his 1991 injury gave Steve Young a chance to shine?

A. Kansas City Chiefs
B. Denver Broncos
C. Los Angeles Rams
D. Minnesota Vikings

Last Week’s Answers

1. C: California. Riegels’ mistake led to a safety, and the Golden Bears lost the game to Georgia Tech, 8-7.

2. A: Sugar Bowl. The Utes raced out to a 21-0 lead before holding off the Crimson Tide, 31-17.

3. B: Holiday Bowl.

4. D: Georgia. The Bulldogs rallied to beat the Oklahoma Sooners, 54-48.

5. C: Western Michigan.

6. B: Florida. The Gators beat Syracuse, 31-10.

7. A: Pinstripes. Syracuse defeated Kansas State, 36-34, in the first Pinstripe Bowl played Dec. 30, 2010.

8. D: Redbox.

9. C: 1992. Bowling Green defeated Nevada, 35-34, in the first Las Vegas Bowl.

10. B: Bahamas.

11. A: Alabama. The Crimson Tide has won 42 bowl games. USC is second with 34, while Texas is tied with Penn State for fourth on the list with 30.

12. B: Marshall. The Thundering Herd are 12-3 in its 15 bowl games played (.800). Utah’s record is 17-6 (.739), San Jose State is 7-3 (.700) and Boise State is 12-7 (.632) in its bowl games.

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40.44 ACRES WITH 1 ACFT WATER, ELECTRIC JUST NORTH OF Beryl Junction on Beryl Highway. Call William at Cedar City Realty LLC (435) 212-1416 or email at wgdavidson45@gmail.com

CARTE BLANCHE REALTY YOUR RANCH, FARM, LAND, COM-mercial, home, lot & water rights specialist with over 60 years experience. Call Bret Murie 435-559-3030 or Rich Gillett 435-463-2424.

651 ACRES SUMMIT MTN ON DRY LAKES ROAD PINES, AS-pens, meadows Great mountain Property Call for details Carte Blanche Realty 435-559-3030 Bret 435-463-2424 Rich

SOLD WATER FOR SALE NORTH OF 56, 10 ACRE FEET. PRIOR-ity Date 1928. Will sell 1-10 acre feet and possibly more. Brett Murie 435-559-3030 or Rich Gillette 435-463-2424 Carte Blanche Realty

CEDAR MOUNTAIN WEBSTER FLAT. A RARE FIND AT ASPEN Lake. Here is your chance to own a lot with lake frontage. Fishing, Trees, Views, Spring fed water system. Excellent access. Call Today before it's gone. Carte Blanche Realty Bret Murie 435-559-3030 or Rich Gillette 435-463-2424.

RECREATION

2005 TIFFIN ALLEGRO MOTORHOME: APPROX. 10,000 miles, 34 foot, 2 slides, tires with less than 5,000 miles, approx. 300 hours on 5500 watt Onan Generator. Excellent Condition! \$29,500. 435-592-9564.

2012 SUNSTAR BY WINABEGO "ITASCA" 35', 2 PUSH OUTS, 1 1/2 bath, 3 T.V.'s, V10 Ford, Has 17,500 miles, Like New! \$80,000 OBO. 435-439-5826.

RENTALS

HOUSE FOR RENT IN ENOCH, 3 BEDROOM, 2 BATH, BIG yard. \$1200/month + utilities, 1 year lease, no smoking, no pets. 435-233-6392.

NICE APARTMENT, 1 PERSON \$575/MONTH- INCLUDES UTIL-ities, washer/dryer, carport. No Smoking, No Pets. Cedar City. 435-267-2479.

5 BED, 3 BATH, 2 CAR GARAGE ON A QUARTER ACRE. SEC-ond Kitchen in Basement. Rent: \$1995, Deposit: \$3000. Dogs Considered, No Smoking. Call ERA Property Management Today! 435-867-1136

2 STORY, 6 BED, 3 BATH OPEN FLOOR PLAN. LARGE DECK IN backyard, Mature fruit trees. Rent: \$1800, Deposit: \$2700. No Pets, No Smoking. Call ERA Property Management Today! 435-867-1136

MATURE HOUSEMATE WANTED ENOCH. BED & BATH WITH Washer/Dryer & Kitchen privileges. No smoking, no pets. Available September 3rd. \$550/mo. (Utilities included.) \$500 Deposit. \$50 Application Fee. Call/Text 435-590-0596.

SERVICES

LICENSED COMPUTER REPAIR *VIRUS REPAIR *DATA RECOV-ery *Networking *PC Security *Computer Cleanup *House-calls -FAST Turnaround Time and Flat Rates A+ PSYCHLONE COMPUTERS 435-590-2114

GIL'S MOBILE WELDING. I'LL COME TO YOUR HOME/BUSI-ness. Repair fencing, gates, wrought-iron, utilities trailers, farm equipment, cosmetic repair small/big household metal items. Fair pricing/free estimates. Don't toss it, I'll weld/fix it. 435-383-3259.

SERVICES

CLOCK REPAIR. GRANDFATHER CLOCKS, ANTIQUE CLOCKS, and cuckoo clocks. Over 30-years experience. Pick-up and Delivery. Call Bill, 435-477-1211.

JIMMIE NIC'S HANDYMAN SERVICE. LICENCED, INSURED, Dependable. Good Rates! Quality Work! 435-238-3012.

CARING COMPANION SERVICES: PROVIDES CARE AND COM-panionship for seniors in need, including transportation, shopping, meal preparation, and medication reminders. References available. Call: Linda Peterson (435) 233-6802.

HANDYMAN, LICENSED AND INSURED, HOME/REAL ESTATE repairs and inspection. Painting, drywall, carpentry, stucco, patio covers, electrical, doors, replacement windows, deck repair, roof repair. 39 Years in business. Call Ray, 435-559-7669

WANTED

CASH PAID! COIN COLLECTIONS WANTED: OLD CURRENCY, silver, gold and collectables. Jim 801-859-9900.

YARD SALES

MOVING EVERYTHING GOES: 306 N. 700 W. FRIDAY & SATUR-day for the month of August. 8am-4pm.

2 PARTY MOVING SALE: FRIDAYS & SATURDAYS 9AM-2PM thru August. More items added each week. 127 N 4125 W. Near Hwy 56 & 4200 W. Furniture Silent Auction Later. 435-586-1711.

596 E 200 S ENTERPRISE. SATURDAY 29TH. 8AM-4PM Snowblower (Honda), Cement Mixer, Rototill (Honda), & Other Miscellaneous items. 435-439-5826.

EXTRA!

Kids Can Get Paid Too!!!

If you are 10 years or older and interested
in delivering the newspaper, please contact:

South Cedar City
Stephanie Millett • 272-3050

North Cedar City/Enoch
Stormee Anderson • 592-5724

Parowan/Paragonah
Wendy Hanson • 477-9100



LEGAL NOTICES

SUMMONS

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Christian Jones (15873)
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Attorneys for Plaintiff
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Email: cjones@waymentandjoneslaw.com

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

MARILYN V. CLINT,
Plaintiff,

v.

GREAT EASTERN MINING COMPANY, an ex-
pired Utah corporation, SUMMIT MOUNTAIN,
INC., an expired Utah corporation, and JOHN
& JANE DOES 1-10,
Defendants.

SUMMONS BY PUBLICATION

Case No. 200500133

Judge Matthew L. Bell

(TIER 2)

THE STATE OF UTAH TO DEFENDANTS:

The above-entitled Court has entered an Or-
der granting Plaintiff the right to serve De-
fendants, GREAT EASTERN MINING COMPANY,
SUMMIT MOUNTAIN, INC., and JOHN & JANE
DOES 1-10, by Publication. You are thereafter
hereby summoned and required to file an an-
swer in writing to a Complaint on file with
the clerk of the above entitled Court, located
at 40 North 100 East, Cedar City, UT 84720.
You are also required to file an Answer with
the court and serve upon, or mail to, Plain-
tiff's attorney, a copy of said Answer within
twenty-one

(21) days after the service of the Summons
upon you if you reside within the State of
Utah, or thirty (30) days after the service of
Summons upon you if you reside outside the
State of Utah.

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

Please be advised that this action seeks to
quiet title to certain real property and identi-
fied in Plaintiff's Complaint, Exhibit A, which is
located in Iron County, Utah, and once quieted,
the land shall be titled solely in the name of
Plaintiff Marilyn V. Clint, to the exclusion of all
parties.

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

DATED this 18th day of August, 2020.

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

Published August 26, September 2 & 9,
2020
Iron County Today • ICT #0292

PUBLIC NOTICE

Pursuant to Judgment in case #200500038,
the Honorable Keith C. Barnes, Judge, or-
dered, adjudged, and decreed that the Town
of Cedar Highlands shall be disincorporated,
and the corporate powers of the municipality
shall cease. So entered June 9, 2020. Pursuant
to Utah Code 10-2-705, all claims against the
Town must be filed with the Court no later
than Sept. 15, 2020, and all claims not so filed
shall be forever barred. At the expiration of
the time so fixed, the Court shall adjudicate
claims so filed, which shall be treated as de-
nied, and any citizen of the municipality at
the time the vote was taken may appear and
defend against any claim so filed.

Published Aug. 12, 19, 26 & Sept. 2, 2020
Iron County Today • ICT #0288

NOTICE OF ENOCH
PUBLIC HEARING

Notice is hereby given that the Enoch City
Council will hold a public hearing on Septem-
ber 2, 2020 at 6:00pm at the Enoch City Office,
900 E. Midvalley Road, Enoch, UT. The public
hearing is regarding adopting changes to
the fee schedule. For more information go to
[http://www.cityofenoch.org/ordinancespub-
lic-notices.html](http://www.cityofenoch.org/ordinancespub-
lic-notices.html) or call the Enoch City Office
at 435-586-1119.

Published August 26, 2020
Iron County Today • ICT #0294

NOTICE OF ORDINANCE
PASSED

Notice is hereby given that the Enoch City
Council passed ordinance No. 2020-08-19 at
a regular meeting of the Enoch City Council
held on August 19, 2020. This Ordinance was
to approve a land use regulation to suspend
applications for Planned Unit Developments
(PUD's) for up to six months to rewrite the
Enoch Zoning Ordinance, Chapter 11 regarding
Planned Unit Developments. For more infor-
mation call the City Recorder at 435-586-1119
or view changes on the City website at [http://www.cityofenoch.org/ordinancespublic-notic-
es.html](http://www.cityofenoch.org/ordinancespublic-notic-
es.html)

Published August 26, 2020
Iron County Today • ICT #0293

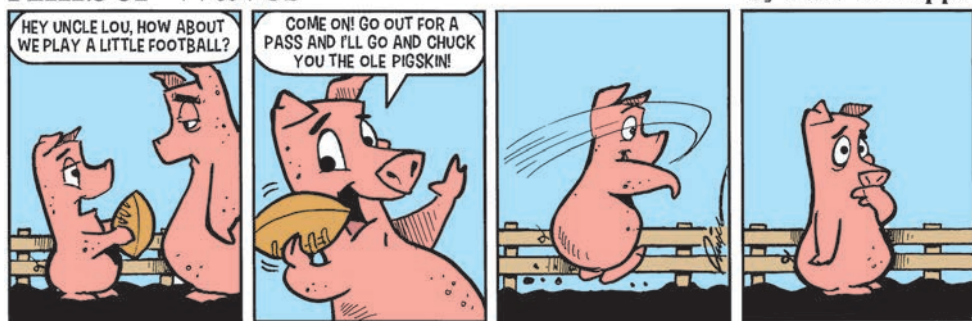
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on





by Dave T. Phipps

R.F.D.



by Mike Marland

The Spats



by Jeff Pickering

Weekly SUDOKU

by Linda Thistle

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

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!

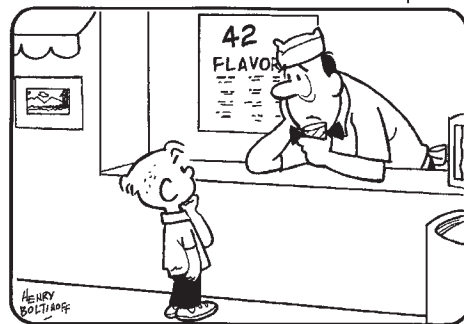
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

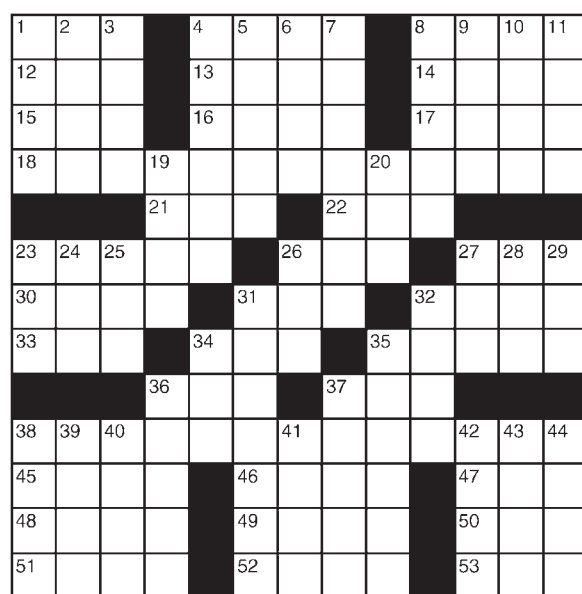


Differences: 1. Picture has been added. 2. Boy's sleeve is different. 3. Man has a bow tie. 4. Napkin dispenser is larger. 5. Number of flavors has changed. 6. Partial window sign is missing.

King Crossword

ACROSS

- 1 Early bird?
4 Said "not
guilty"
8 Molt
12 By way of
13 Emanation
14 Rent
15 Work unit
16 Whirl
17 Long-billed
wader
18 Sprinter's
device
21 Many millen-
nia
22 Parcel of land
23 Allude (to)
26 Driver's
license datum
27 Foundation
30 Out of control
31 "Oklahoma!"
baddie
32 Stead
33 Vat
34 Haw partner
35 Tureen acces-
sory
36 Prohibit
37 Emeril's
shout
38 Extremely
exciting
45 Plankton
component
46 Love god
47 Dove's
remark
48 Works with



- | | | | | | |
|-------------|-----------------------------|----|-------------------------------|----|---------------------------|
| 49 | New Haven
school | 7 | Hung | 31 | Football garb |
| 50 | Choose | 8 | Half a circus
clown's pair | 32 | Genie's home |
| 51 | Not so much | 9 | Vagrant | 34 | Chapeau |
| 52 | Resorts inter-
national? | 10 | — The Red | 35 | Expires |
| 53 | "The Matrix"
role | 11 | Dilbert's
worksite | 36 | Marching-
band section |
| | | 19 | Stench | 37 | Half of
49-Across' |
| | | 20 | Go a few
rounds | | fight song |
| | | | | 38 | Booty |
| DOWN | | 23 | Snitch | 39 | Otherwise |
| 1 | Prior nights | 24 | Ostrich's
cousin | 40 | Census statis-
tics |
| 2 | Encircle | 25 | Pass (off) | 41 | Snare |
| 3 | Lady — | 26 | Total | 42 | PC picture |
| 4 | Cleric | 27 | Auction action | 43 | "Unh-unh" |
| 5 | Pea-family
plant | 28 | Wet wriggler | 44 | Attend |
| 6 | Ms.
Brockovich | 29 | Pavable | | |

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Trivia

test by Fifi Rodriguez

1. **GENERAL KNOWLEDGE:** Which activity uses terms such as baste, bias and selvage?
2. **MYTHOLOGY:** What are the Norns?
3. **AD SLOGANS:** Which product uses the advertising slogan “Vermont’s Finest”?
4. **GEOGRAPHY:** What is the capital of New Zealand?
5. **MUSIC:** Which Madonna song features a recitation of 16 cultural icons?
6. **U.S. STATES:** How many states begin with the letter “A”?
7. **HISTORY:** Who was queen consort to French and English kings in the 12th century?
8. **LITERATURE:** Which 20th-century novel begins with the line, “All children, except one, grow up”?
9. **U.S. PRESIDENTS:** Which president detested broccoli and banned it from his meals?
10. **ANIMAL KINGDOM:** What is a group of crabs called?

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— **King Crossword** —
Answers

Answers

Solution time: 24 mins.

1. Sewing; 2. Norse goddesses of fate; 3. Ben & Jerry's ice cream; 4. Wellington; 5. "Vogue"; 6. Alabama, Alaska, Arizona and Arkansas; 7. Eleanor of Aquitaine; 8. "Peter Pan"; 9. George H.W. Bush; 10. A cast

Trivia Test Answerst



Powerful Pairings

Make taste and nutrition a priority for family meals

FAMILY FEATURES

According to the “Journal of Nutrition Education and Behavior,” studies have proven that eating meals together as a family can improve communication and relationships, which is especially important during times of uncertainty and life’s more difficult moments. Great-tasting foods like pork and pulses can be combined to bring families together with quality nutrition, which helps bodies survive and thrive.

Pulses are the nutritionally dense, edible seeds of legumes including dry peas, beans, lentils and chickpeas. Together with pork, this pairing provides critical nutrients to support weight management and immune function, along with plenty of protein – providing all nine essential amino acids – fiber, B vitamins, zinc, iron, potassium, selenium and folate.

As part of the Powerful Pairings initiative, launched by the National Pork Board and USA Pulses in an effort to promote pairing whole foods to bring taste, balance and nutrition to the center of the plate, these recipes for Green Chili Jack Smash Burgers, Cuban Black Beans and Pork Chops with Smashed Yellow Peas and Black-Eyed Pea Gravy encourage a nutritious way to enjoy fresh taste.

Find more information, resources and recipes at powerfulpairings.com.

Green Chili Jack Smash Burgers

Recipe courtesy of the National Pork Board and USA Pulses

Servings: 4

Burger Patties:

- 1 pound ground pork
- 4 tablespoons red onion, scrubbed with vegetable brush under running water and finely minced
- 1 teaspoon garlic, minced
- 1 teaspoon chipotle chili powder
- 2 teaspoons ancho chili powder
- 1 cup cooked black-eyed peas, drained
- 1 teaspoon salt, plus additional, to taste
- 4 slices Jack cheese

Caramelized Onions:

- 2 tablespoons butter
- 1 large onion, scrubbed with vegetable brush under running water and sliced thin
- 1/2 cup water
- 1/2 teaspoon salt

Charred Green Chili Mayo:

- 1 can (3 ounces) diced green chilies
- 2/3 cup mayonnaise

- 1 clove garlic, crushed
- 1 tablespoon lime juice
- 2 green onions, gently rubbed under cold running water and finely sliced
- 1/4 cup cilantro, gently rubbed under cold running water and chopped

- 4 hamburger buns
- 1 avocado, peeled and sliced
- 1/2 head lettuce, gently rubbed under cold running water

In large bowl, mix ground pork, onion, garlic and chili powders. Add black-eyed peas and salt; mix well. Form into four loosely packed balls and refrigerate at least 30 minutes.

To make Caramelized Onions: In large skillet over medium-high heat, warm butter. Add onions, water and salt; cook, stirring, until onions soften and turn golden brown, about 5 minutes. Remove from heat and set aside.

To make Charred Green Chili Mayo: Place green chilies in hot cast iron skillet over medium-high heat. Cook, turning, until chilies begin to soften and turn black. Remove from heat and place in small bowl. Add mayonnaise, garlic and lime juice; whisk to blend. Add green onions and cilantro; stir well and refrigerate.

To make burgers: Warm cast iron or nonstick griddle pan over medium-high heat. Place pork balls on hot skillet; flatten with heavy metal spatula. Season with salt, to taste. Cook approximately 3 minutes; flip and cook 2-3 minutes until internal temperature reaches 145 F.

Lightly toast buns. Place each burger on toasted bun with slice of cheese, Caramelized Onions, Charred Green Chili Mayo, avocado and lettuce.