

INSIDE...

OFFICIAL
2021 IRON
COUNTY
GENERAL
ELECTION
RESULTS



WEDNESDAY, NOVEMBER 17, 2021

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today

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*SUU
announces
football
coaching
change*



IRON
COUNTY

today

Water supply project, drought solutions to be discussed at community meeting

from CICWCD Staff

FOR IRON COUNTY TODAY

After the worst drought year on record, followed by drastic monsoon storms that resulted in damaging flooding throughout the Cedar Valley, water solutions are a top priority for community officials. The Central Iron County Water Conservancy District is hosting a community meeting to provide factual information about water challenges and solutions, and

its most critical project, the Pine Valley Water Supply Project.

Scheduled for Dec. 7 at 6:30 p.m., the meeting welcomes all to the Southern Utah University Hunter Conference Center Great Hall. Topics discussed will include water rights, financial plans, and environmental studies.

The Pine Valley Water Supply Project is set to bring 15,000 acre-feet of water to the valley, and although it won't eliminate the

need for aquifer recharge and other conservation and reuse projects, it will help to stabilize the underground aquifer.

The District has been working on acquiring water in Pine Valley, approximately 50 miles northwest of the Cedar Valley, since 2006. Water rights were secured in 2019, and the project is currently in the Environmental Impact Statement process with the Bureau of Land Management.

Paul Monroe, District General Manager, said the most recent study, completed by leading scientists and engineers and reviewed by the United States Geological Survey and Bureau of Land Management, predicts the District should be able to use all 15,000 acre-feet of its water right without measurably affecting the Pine Valley area or surrounding areas. The project will also be unique in that it will be powered exclusively by on-site solar panels.



STORY IN LIFE

COREY BAUMGARTNER

★ 2021 IRON COUNTY GENERAL ★

Election Results

Congratulations to each of those who have been elected to their positions of government responsibility in our Iron County communities. If there was ever a race that emphasized the importance of a single vote, this was the epitome of such a reminder. As we now go forward, may we each work together to support our leaders and our neighbors in continuing to make our cities and neighborhoods the best place to live, work and play.

For additional voting information, please visit: www.ironcounty.net.

Brian Head

MAYOR:		
Clayton Calloway	45 Votes	84.91%
TOWN COUNCIL:		
Shaun Kelly	22 Votes	20.75%
Dennis D. Van Nostran	30 Votes	28.30%
Marty Tidwell	30 Votes	28.30%

Registered Voters - Total 122
Ballots Cast - Total 53
Voter Turnout - Total 43.44%

Cedar City

MAYOR:		
Garth Orwin Green	3,818 Votes	50.36%
Maile Wilson Edwards	3,703 Votes	48.84%
CITY COUNCIL:		
R. Scott Phillips	4,705 Votes	31.03%
Ronald Riddle	3,497 Votes	23.06%
Derek Morton	2,671 Votes	17.61%
Carter Wilkey	2,471 Votes	16.30%

Registered Voters - Total 15,969
Ballots Cast - Total 7,582
Voter Turnout - Total 47.48%

Paragonah

MAYOR:		
R. Todd Robinson	124 Votes	54.63%
Daniel K. Abbott	102 Votes	44.93%

TOWN COUNCIL:		
Tom Milk	174 Votes	38.33%
Travis Isaacson	124 Votes	27.31%
Roger Jacobson	82 Votes	18.06%
Jessica (Jessie) Stewart	35 Votes	7.71%

Registered Voters - Total 372
Ballots Cast - Total 227
Voter Turnout - Total 61.02%

Parowan

MAYOR:		
Mollie Halterman	587 Votes	49.62%
Preston B. Griffiths	291 Votes	24.60%
Vickie L. Hicks	264 Votes	22.32%

TOWN COUNCIL:		
Rochell Topham	589 Votes	24.89%
Sharon Downey	520 Votes	21.98%
David M. Harris	518 Votes	21.89%
James M. Harris	459 Votes	19.40%

Registered Voters - Total 1,837
Ballots Cast - Total 1,183
Voter Turnout - Total 64.40%

Enoch & ICSD

Election results for the City of Enoch and the Iron County School District will be published in next week's paper due to the completion of their canvassing process on Tuesday, November 15th. For updated election results visit: ironcounty.net.

Utah's Executive Director for Cultural, Community Engagement speaks to Iron County Republican Women

by Tessa Douglas
FOR IRON COUNTY TODAY

Jill Remington Love, Executive Director of the Utah Department of Cultural and Community Affairs, presented to members and local legislators at the Iron County Republican Women's October lunch meeting.

Love oversees several state divisions, each with ties and services to rural Utah and Iron County. These include the Division of Arts & Museums, the STEM Action Center, the Division of Multicultural Affairs, UServeUtah, the Division of Indian Affairs, Division of State History, and

and sewer pipes for the Rio Grande Depot running along the archives' ceiling, and earthquake damage to the building. Love shared the hope that a new, better equipped home for the state's archives will be built, and shared preliminary plans to bring the space to reality.

She completed her presentation by explaining why Utah is redesigning its state flag and asked attendees to engage in the process. "Flags provide a banner for communities to rally under together and provide a positive feedback loop between great symbolism and civic pride," said Love. "A good flag design is simple, meaningful,



COURTESY TESSA DOUGLAS

"Flags provide a banner for communities to rally under together and provide a positive feedback loop between great symbolism and civic pride." — Jill Remington Love

the Utah State Library Division. She also chairs one of the subcommittees tasked with engaging the public in Utah's state flag redesign.

During the meeting, Love relayed some successes and challenges of each of the various offices. She explained that Utah had the first arts council in the nation, and that the Utah Library for the Blind supplies half of the U.S.'s materials for the visually impaired. During 2020, when Covid-19 shut down the other supply center, Utah became the provider for the entire nation.

Love also narrated the plight of the state's historical archives, which have been housed in the basement of the Rio Grande Depot building. The archives include records, artifacts, and photographs from the state's founding to now, and are in danger of deterioration due to where they are housed. Issues include lack of temperature and humidity control, water

distinctive, and does not use letters, words, or seals because they are difficult to identify at a distance." She shared several examples of neighboring state's flags, all of which met these parameters. She finished by asking the audience to think about how they see Utah and to consider how it might translate into a new state flag.

The Iron County Republican Women meet the third Wednesday of every month. ICRW is affiliated with both the Utah Federation and the National Federation of Republican Women. The goal of the organization is to educate and empower women who esteem the conservative principles and values set forth in the Republican platform. They also help elect Republican candidates to office. They desire to motivate more women to become involved in the on-going quest for good government. To learn more, visit www.ironcountyrepublicanwomen.com.

CHECK US OUT ONLINE...

ironcountytoday.com



COURTESY PHOTOS

Two service organizations will help others prosper with this much-needed donation. Canyon Creek Services (Left) and The Iron County Care and Share (Right).

Cedar City thrift-store donates “Treasures” to local non-profit organizations

from Rita Osborn

SOUTHERN UTAH AHEC/UTAH CENTER
FOR RURAL HEALTH

Community Presbyterian Church and their thrift store, Treasures, donated \$25,000 of funding to two local non-profit organizations in Cedar City this week. Canyon Creek Services and Iron County Care and

Share were recipients of two significant grants for specific projects the organizations could not find funding for.

Canyon Creek Services provides support for those in domestic violence situations. They lost funding for much-needed counseling services for their clients and this grant will provide those services again.

The Iron County Care and Share is our local food pantry for those in need and provides emergency shelter. The grant will fund much-needed security enhancements for their facility.

The Treasures Thrift Store is open Thursday through Saturday (10am to 4pm) and collects donations from the community and turns back the

proceeds to local organizations. Volunteers staff the thrift store. Community Presbyterian Church began in Iron County as a mission outpost in 1880 and has served the community ever since. Worship services are held on Sundays at 10:00 a.m. at 2279 No. Wedgewood Lane, and available online as well at <http://www.cedarpres.org>.

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opinion

FROM THE EDITOR

Happy Birthday Cedar City!



COREY BAUMGARTNER
MANAGING EDITOR

I don't know how many 170-year-olds are reading this, but now matter your age, we definitely live in a great city. Cedar City is just one of many iconic and historic Iron County communities in Utah's beautiful southern palette. Over the past couple of months we've been featuring stories about Cedar City. From its faithful founding to destructive fires and productive fame, there's a lot of history that also includes your stories.

This is not a judgmental question, but a quest, a challenge if you will...How are you contributing to the history of your hometown? You may not think you have anything to contribute to your community, but as one who has a unique perspective on the good people of Iron County, I'm confident every person reading these words can make a difference.

No matter how many birthdays you've had, or have left, I challenge you to leave a legacy and a great history by making a great future, one choice at a time, each day from here until then.

TO THE EDITOR

A heartfelt thank you

To all who attended the funeral of my dear wife, Camille Orton Woolsey (October 14th), I want to extend a special thank you for all of the love and support for her, myself and our family. Each of your cards, thoughts and prayers mean so much.

Thank you,

Charles Woolsey

Submit your letter to the Editor on our website ironcountytoday.com, or by emailing it 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.



THOUGHT OF THE WEEK

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So, throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover."

Mark Twain

Stickers to tantalize your ticker

Bryan Gray is a syndicated contributor to, not an employee of this newspaper. His opinions are solely his own and not of Iron County Today.

I admit it...I am a sucker for bumper stickers, roadside signs, and company marquee messages. Last week one of them in Utah made national news when an employee – not the owner – of a donut shop posted a sign on the door proclaiming that the company's employee shortage was due to government assistance checks. Some outraged customers then took to the internet to discover that the company had also been the beneficiary of "government assistance" – some \$100,000 in pandemic PPP loans from the SBA.

The messaging can be humorous and creative, often times both with a political message. During the Obama years, the common "Charlton Heston is my President" was a direct rebuke to any gun limitation; during the George W. Bush era, Democrats displayed bumper stickers saying, "A small Texas village has lost its idiot." Here are some of my favorites seen this past year:

BEST PANDEMIC STICKER: Wash your hands like you just chopped jalapenos and need to take your contact lens out.

BEST MUSIC SLOGAN: Songwriters don't die, they just de-compose.

BEST PARENT STICKER: You can't boss me around, you're not my daughter!

BEST ECONOMIC LABEL: Tax the Rich – Eliminate American jobs.

BEST SENIOR CITIZEN SLOGAN: Don't anger old people. At our age, life in prison is not a deterrent.

BEST SEASONAL MESSAGE: Spring is here. I'm so excited I could wet my plants.

BEST FITNESS MESSAGE: I named my dog "5 Miles" so I can tell my doctor I walk 5 miles every day!

BEST SPORTS STICKER: I golf; therefore I swear.

BEST REAL ESTATE STICKER: Got \$3 million? Buy a starter home in Park City.

BEST NEIGHBORHOOD SIGN: There is no such thing as a Poop Fairy, so clean up for your dog.

BEST HOME SIGN: No solicitors. Ask Doberman for details.

BEST CONSERVATIVE STICKER: Liberals want you to think you're poor; Conservatives want you to think.

And then there is another favorite I saw last night: If I get a ticket, I hope it will be for Disneyland!

cyclops

Bryan Gray

bgray@aphlagraphics.com



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opinion

Biden's vaccine mandate threatens our national security

by Reps. Chris Stewart & Devin Nunes

U.S. CONGRESS (R-UT)

During the presidential campaign, Joe Biden pledged to unify the country and "restore the soul of America." Instead, over the past ten months, he's sent a damaging message to the American people: nothing is more important than the Democrat-socialist agenda. Apparently, that includes the security of our nation.

In less than one month, President Biden plans on firing a significant number of intelligence officers who will not comply with his vaccine mandate. This decision-making is beyond partisan – it's outright dangerous.

For months, President Biden's excessive mandates have plagued the U.S. economy and individual liberty. As a near record-high number of jobs go unfilled and workers are paid to stay home, thousands of heroic health care workers, police officers, and firefighters are being fired due to the vaccine mandates. For those who don't find these consequences reason enough to abandon the mandates – although we can't imagine that's many people – there's even worse news: this is now a national security concern.

The Intelligence Community (IC) plans to enforce the vaccine mandate on its employees and contractors. And as is the case with many businesses across the country, those who refuse to get vaccinated will be fired.

The specific details are classified, but the vaccination rate for some agencies is as low as 60 percent. This means that across the IC, a significant number of employees will be dismissed on the same day – December 8.

As members of the House Permanent Select Committee on Intelligence, we have a unique understanding of the growing threats we face as a nation. China is increasingly aggressive toward Taiwan,

testing hypersonic missiles, and conducting a brazen campaign of intellectual property theft against the United States; al Qaeda and the Taliban are greatly empowered in the wake of our disastrous withdrawal from Afghanistan; Russia continues its aggression toward its neighbors; and North Korea is advancing its nuclear weapons programs.

We could go on, but our point is clear: we cannot afford a mass purging of experienced IC personnel, let alone all at once. Replacing these professionals would take between 12 and 18 months – far too long to be defending the nation with one arm tied behind our back.

By weeding out those who oppose the mandates, the administration is rejecting any personnel who has legitimate concerns. This includes those who are pregnant, have natural immunities, pre-existing medical conditions that leave them vulnerable, or genuine religious apprehensions.

One can also reasonably ask whether the Biden administration believes that a benefit of this policy will be to shrink a demographic within the realm of government service that the administration perceives to lean conservative.

None of this is even to mention how these employees might react to being fired over a personal medical decision. It is a legitimate concern to create significant numbers of unemployed intelligence professionals with Top Secret clearances. These

officers very well may feel betrayed, angry, and underappreciated by a country they chose to protect.

Last month, Republicans on the House Intelligence Committee wrote a letter to the Director of National Intelligence and Under Secretary of Defense for Intelligence and Security. We expressed these concerns and asked how they might be prepared to address them. Unsurprisingly, we haven't heard back.

So, all of this begs the question: which is a bigger national security threat? Retaining those IC employees who are unvaccinated, or firing a significant number of full-performance intelligence officers amid growing threats from every single one of our foreign adversaries?

This question needs to be answered before December 8.

The solution is clear: for the sake of personal freedom as well as our national security, President Biden should rescind the vaccine mandate.

OP/
ED



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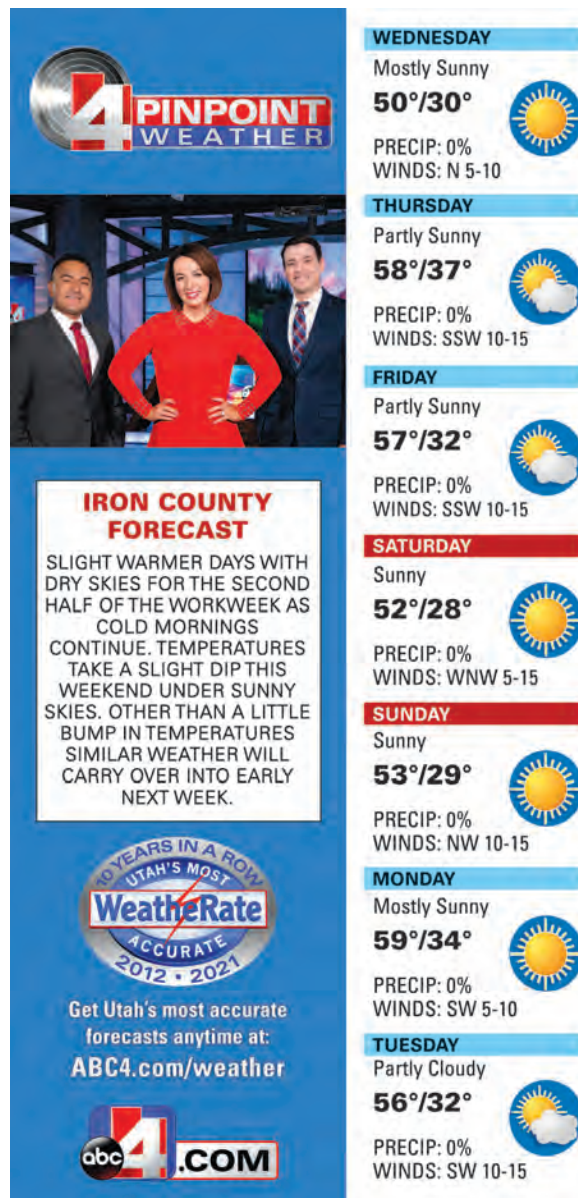
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IRON COUNTY FORECAST

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WINDS: SSW 10-15

FRIDAY
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52°/28°
PRECIP: 0%
WINDS: WNW 5-15

SUNDAY
Sunny
53°/29°
PRECIP: 0%
WINDS: NW 10-15

MONDAY
Mostly Sunny
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WINDS: SW 5-10

TUESDAY
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2 Pork Roasts
5-lbs Bacon
6 Pork Chops
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'Breaking Bad' and breaking scientific boundaries

by Christina Schweiss

FOR IRON COUNTY TODAY

On November 11, Dr. Donna Nelson — the chemist behind Breaking Bad — was the APEX speaker of the week.

Nelson was introduced by Frank Hall, the Dean of the College of Science at SUU. Friends for more than 20 years, Hall explained that Nelson is a chemistry professor at the University of Oklahoma. Her recent research focuses on chemistry education, and she is correcting organic chemistry textbooks.

In an article in Chemical and Engineering News magazine, Vince Gilligan said that

"Getting science details correct was important, much scientific information for the show was researched because the show's budget didn't allow for a paid science advisor. We welcome constructive comments from a chemically-inclined audience." Nelson read this and knew she had to volunteer for this hit television show to succeed even more than it already was.

Nelson claimed that there were at least three benefits to taking this job as chemical advisor. Those benefits include, "To be able to affect how science and scientists are portrayed on television. Producers and writers would learn more about their subjects and the public in viewing the finished project would get to see scientific information correctly."

When she met with the Breaking Bad team for the first time, they asked her all sorts of weird questions. "What kind of person becomes a scientist? How does a scientist talk to people? These people had not met a scientist."

This project was completely

different from anything Nelson had done before. "Throughout my interactions with the Breaking Bad team, it seemed I was in a different world," she explained. "Vocabulary was different; they wanted to learn mine and I wanted to learn theirs."

After describing all the scientific details, which occur behind the scenes of the show, Nelson said that "In Breaking Bad the science is so spectacular, it becomes a different character."

Wanting to get one message across to the audience of Breaking Bad — if she is going to do all of this for them — Nelson

wanted it to be "the general public does not sufficiently value science and scientists."

Furthering her thought, Nelson explained that "the general public does not appreciate science and scientists. The general public doesn't realize that everything that brings them all of their conveniences that they enjoy is brought to them by scientists. They don't

realize that without us they would have nothing."

Leaving the audience with some advice, Nelson suggested that everyone must "maintain honesty, ethics, and integrity in everything you do in your professional and personal lives. Dream big — if you shoot for the moon, you might hit Mount Everest. Be persistent. If it is what you want to do, do it. Make yourself happy. Be ready and be able to recognize a great opportunity and seize it."

The next APEX event, which will occur on November 18 will be The Lincoln Project. For more information, go to <https://www.suu.edu/apex>.

"In Breaking Bad the science is so spectacular, it becomes a different character."

Dr. Donna Nelson

Dr. Donna Nelson was last week's SUU's APEX guest. Nelson gave a presentation all about the chemistry behind the dramatic TV series, Breaking Bad.



KATIE ENGLERT

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WATER

« CONTINUED FROM PAGE 1

"We've used the best science available to make sure that the project won't have a negative impact on wildlife species, cultural areas, springs, or the environment in general," Monroe said. "If there are unforeseen impacts, the project has mitigation plans in place to make water resources whole and/or provide a net benefit to the environment."

The project will require a significant regional financial investment, but it is feasible, and it is important to invest in the region's future, said David Harris, District Board Member and Enoch City Council Member.

According to a recent Salt Lake Tribune article these groups have created an organization and website called the "Iron County Water Conservatives." None of these entities, their partners, representatives or board members live in or are associated with Iron County.

The Dec. 7 community meeting is open to all. Comments or questions may be submitted prior to the meeting at <https://cicwcd.org/pvwsproject/> or in writing at the District Office, 88 E. Fiddlers Canyon Road, Ste. 220.

The Central Iron County Water Conservancy District (CICWCD) is charged with conserving, developing and stabilizing the Cedar Valley water supply for the benefit of all current and future water users/consumers in the



Fresh water flows freely from one of the designated PVWS test wells.

COURTESY CICWCD

District Board Member Tyler Melling, who is also a Cedar City Council Member, said the PVWS Project is an important component of the valley's future, especially with the impending reduction of water rights. He said it is important to conserve, recharge excess runoff into the aquifer, and acquire more water.

"None of these options is enough to meet those goals on its own, but we do have a path forward when combining those options," Melling said.

The project is facing opposition from environmental activist groups that are located outside of Utah.

region. The Water District educates residents about conservation, reuse and water import strategies as it strives to meet the challenges of an overdrawn aquifer, climate changes, community growth and residential development. Efforts include sustaining and bolstering the declining aquifer with recharge projects, designing personalized home water use plans and managing the Pine Valley Water Supply Project for meeting Cedar Valley's water needs into the future. To Get to Know Your H2O and learn more about how to conserve water, visit www.cicwcd.org.

BOOKINGS

Below are bookings as reported by the Iron County Sheriff's Department and Cedar City Police Department. Those arrested are innocent until proven guilty.

NOV 8

Keith C Smith
CEDAR CITY, UT
DUI, CDL - Susp/Revoke, Unsafe Lane Travel

NOV 9

Christopher L Coulter

CEDAR CITY, UT
Burglary, Prob/Parole Violation

NOV 10

Ann Woolsey
NEPHI, UT
Retail Theft

NOV 11

Daniel J Engstrom
CEDAR CITY, UT
DRUG - Poss C/S, Paraphernalia, Wrong Plates on Veh

NOV 12

Tyler J Sabey
EVANSTON, WY
DRUG - Poss/Use of C/S

Cameron Larsen
PROVO, UT
DRUG - Dist/Off/Arrange Dstbn of C/S, Paraphernalia

Kevin L Price
CEDAR CITY, UT
Prob/Parole Violation

NOV 13

Olajuwon L Dixon
CEDAR CITY, UT
DRUG - Poss C/S, Minor Purch/Consume Alcohol,

Retail Theft

Thane D Smith
CEDAR CITY, UT
Assault on Police/ Military in Uniform, DV - In Presence of Child, Resist/ Interfere w/Arrest

NOV 14

Jeffrey T Weber
CEDAR CITY, UT
Prob/Parole Violation, Disorderly Conduct

Matthew H Bennett
CEDAR CITY, UT
Retail Theft, Aggravated Assault, Poss Dangerous Weapon, DRUG - Poss C/S

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public & health

New deadlines for Thanksgiving issue

With the Thanksgiving holiday arriving, the newspaper deadlines are being moved up to Thursday the 18th. The newspaper will be sent to the printers on Friday (19th) rather than Monday (22nd). This will allow for the newspapers to still be delivered on time and allow our dedicated deliverers to spend more time with their families.

All submissions after Friday's deadline will be printed in the following week's newspaper, December 1st. We apologize for any inconvenience to our advertisers, contributors and readers and thank you for your understanding and support of our newspaper and our deliverers.

Corey Baumgartner, Managing Editor

Assistance needed to distribute family holiday meal boxes

Family Meal Boxes for Thanksgiving Iron County Care and Share is seeking community partners to help the organization build and deliver over 1,250 family meal boxes for the Thanksgiving and Christmas holidays to serve the 10,000 individuals in Iron County who live in poverty and may not have the ability to provide a holiday meal for their family.

The need for food and shelter has increased significantly over the last year and many are turning to local food pantries for the first time, even here in Iron County. This includes a significant increase in community members over the age of 60.

"In a typical year our food pantry serves 800 unduplicated families," says Peggy Green, executive director of Iron County Care & Share. "In 2020 we served 1,250 unduplicated families, which is an over 50% increase in local assistance. The majority of that growth is from families or individuals who have never reached out to Iron County & Share before."

Community members who wish to partner with the organization to serve families during the holiday season can donate food items from the Holiday Meal Box Shopping List or make monetary donations both available by visiting careandshare-ut.org, texting the word "solutions" to 50123 or via Venmo @ICCSUT. "We are able to serve our community with dignity and love because we have incredible partners that support our mission and programs," says Green. "And our doors would not stay open without this critical support."

To learn more, visit careandshare-ut.org.

Peggy Green, Iron County Care and Share

Holiday Assistance open for applications and donations

The Iron County Holiday Assistance (ICHA) program is gearing up for the 2021 holiday season and is currently accepting applications and donations. The application process is on-line, in both English and Spanish, at www.suu.edu/community. Applications will be accepted through November 22. Program staff are encouraging that donations be made by December 1.

ICHA relies completely on donations to support the program, which serves over 500 families and seniors on fixed incomes, as well as 1,200 children here in Iron County. You, your business, church group or other organization can help! Donations of

new, unwrapped toys and gifts, as well as stocking stuffers for children aged 0-17, are needed. Hams, turkeys, or turkey breasts are also needed. Gift and food items can be dropped off at the SUU Community Engagement Center, 417 W. 200 S. Gifts can be dropped off at the Cedar City or Enoch City office buildings or at either Cedar City State Bank of Southern Utah location. Monetary donations can be made online at www.suu.edu/community.

Gifts and holiday meal boxes will be distributed the week of December 6-10. In addition to providing help during the holiday season, ICHA also serves as a central coordinating organization. ICHA works with other local assistance organizations including Care and Share, Toys for Tots, and Shop With a Cop, to ensure that families in need of assistance receive help from only one organization, allowing local resources to be distributed farther.

Iron County Holiday Assistance relies on individuals, families and businesses to help everyone in Iron County have a merry Christmas. Please consider making a donation. Community members can also help by making sure families in Iron County who are in need of assistance complete the on-line application by the November 22 deadline.

Pam Branin

Why gut health is important

There are more than 70 million people in the U.S. struggling with digestive diseases. Taking care of your gut health keeps the proper function and balance of bacteria in parts of your gastrointestinal tract. Optimally, organs like the esophagus, stomach, and intestines all work side by side to allow us to eat and digest food without feeling any discomfort.

The food we eat is broken down in our guts where it is turned into nutrients, ready to enter our bloodstream. This won't be as pleasant if you have an unhealthy digestive system. A healthy gut contains immune cells and healthy bacteria that fight infectious pests, such as viruses, fungi, and bacteria. But how do you know if you have an unhealthy gut?

Signs Of an Unhealthy Gut

Low-Quality Sleep

An unhealthy gut causes sleep disturbance. Poor sleep and insomnia potentially lead to chronic fatigue, which kills one's productivity.

Serotonin, one of the hormones of happiness, is actually produced in the gut. For this reason, having an unhealthy digestive system leads to producing less serotonin, which could possibly make your life miserable.

Food Intolerance:

When you have difficulty digesting certain types of food, you experience food intolerance (which is different than food allergy). If you're experiencing some gastric upset, you may want to tune into yourself and start remembering what foods are causing it.

Unintentional Weight Change:

Caloric consumption is the primary reason why people lose or gain weight. But an unhealthy gut leads to our body having issues absorbing nutrients and it can damage our body's ability to store fat or regulate blood sugar. If we're not properly absorbing nutrients, that means our appetite increases to make up or the deficit—which can push us to overeat.

Irritated Skin:

An unhealthy gut harms us from the inside and

the outside. An inflamed gut can lead to leaked proteins from the gut to the skin which causes irritation and itching. An unbalanced digestive system could lead to skin disorders such as eczema.

Autoimmune Conditions:

Numerous studies have shown the impact of the gut on the immune system. An imbalance of microbes within the intestines might lead to obesity, high blood sugar, high cholesterol, and other disorders.

Research has shown that an irritated gut makes people more susceptible to chronic disease, such as: Celiac Disease, Ulcerative colitis, Irritable bowel syndrome (IBS), Type 1 diabetes, Crohn's disease.

4 Quick Ways to Improve Gut Health:

Fermentation is Your Friend!

Kombucha, plain unsweetened yogurt and kefir are just a few ways to give your gut the good bacteria it needs. Check the label! It should say "contains live active cultures."

Drink Bone Broth

In short, proper bone broth contains a lot of glutamine. Glutamine can help increase nutrient absorption in the gut and it is anti-inflammatory.

Eliminate the Gut Bombs

Stop eating the foods that cause these unfortunate occurrences. Processed foods and synthetic ingredients are often culprits of gastrointestinal distress.

Eat the Right Foods

Blueberries, broccoli, almonds, dark chocolate, whole grains, beans, fresh fruits and veggies provide diversity to your gut biome! The broader range of bacteria introduced by food into your gut, the more health benefits you'll enjoy.

Would you like to develop a nutrition plan or sit down with us to talk about your health and physical goals? Call IFS Studio today or visit us on the web at www.ifsstudio.com.

Michelle Crompton

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Depression, anxiety worsened during the Pandemic, new Intermountain study finds

by Jess Gomez

INTERMOUNTAIN HEALTHCARE

The COVID-19 pandemic has not only affected the physical health of millions of Americans, but it's also taken a toll on the country's mental health.

A new study by researchers at Intermountain Healthcare in Salt Lake City finds that depression remained common during the pandemic and worsened for some patients leading to increased visits to the emergency department for treatment of anxiety and chest pain.

Researchers found that nearly 40 percent of patients studied reported new or continuing symptoms of depression during the first year of the pandemic. They say the study of 4,633 patients is further evidence of the pandemic's negative impact on people's mental health and physical well-being has been significant.

Findings from the study were presented this weekend at the American Heart Association's virtual 2021 Scientific Session.

"These findings are significant. In looking at the first year of the

pandemic, we are already seeing the mental health effects on our patients," said Heidi T. May, PhD, cardiovascular epidemiologist at the Intermountain Healthcare Heart Institute and principal investigator of the study.

"We already know that depression raises a person's risk for developing cardiovascular disease and other chronic health problems, so this is

of this study, "before" was between March 1, 2019, to February 29, 2020, and "during" was between March 1, 2020, and April 20, 2021.

Patients were separated into two groups: those with no depression/no longer depressed, and those who remained depressed/became depressed. Using electronic health records, patients were then assessed

than those without, and 1.8 greater for anxiety with chest pains compared to non-depressed patients.

Dr. May said it is important to identify people with depression because "we know that it's a strong risk factor for cardiovascular disease; and if people are becoming more depressed because of the pandemic, in a few years, we could see a higher incidence of cardiovascular disease."

"Clinicians should be acutely aware of their patients' mental health so that it can be addressed and treated immediately to improve the overall quality of their lives, and hopefully avoid the development of subsequent health problems in the future. This is vital because the pandemic is still not over," she added.

Longer follow-up is needed to determine potential long-term effects from the pandemic may be on mental health, Dr. May said.

Other members of the Intermountain research team include: Tami L. Bair; Viet Le; Joseph B. Muhlestein, MD; Stacey Knight; Jeffrey L. Anderson, MD; Kirk U. Knowlton, MD, and Benjamin D. Horne.

"This is very concerning and highlights the importance of screening patients and providing mental health resources that they need"

Heidi T. May, PhD, cardiovascular epidemiologist

very concerning and highlights the importance of screening patients and providing mental health resources that they need," Dr. May added.

For the study, researchers examined 4,633 Intermountain Healthcare patients who completed a depression screening that is a standard part of primary care at Intermountain Healthcare, before and during the COVID-19 pandemic. For the purposes

for follow-up emergency department visits for anxiety and chest pain.

Researchers found that among depressed patients, depression screening scores were higher during the pandemic than before it. Depression was also associated with increased emergency department visits for anxiety.

They found that the odds of visiting an emergency room for anxiety was 2.8 greater for people with depression

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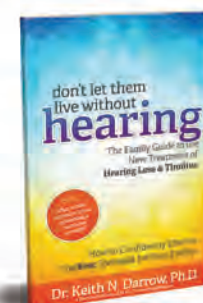
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showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

SUU'S BALLROOM DANCE COMPANY PRESENTS

REVOLT

by Zina Johnstun

FOR IRON COUNTY TODAY

Southern Utah University's Ballroom Dance Company is pleased to present their Fall Showcase titled *Revolt*. The company is made up of three ensembles that perform with more than 50 students. They focus on ballroom dance styles such as the elegant waltz, electric American swing, rhythmic samba of Brazil, and many more. Performances will be on November 19 and 20, 2021 at 7:00 p.m. in the SUU Auditorium Theater. Tickets can be purchased from a company member for \$5 or at the door for \$7.

Chandler Guzzle, the Ballroom Company Director, shares about the company's back concert, "The positive difference is getting that green light to finally perform live again. We've been waiting for that for a very long time. For this show, we are really excited to show what we've been working on over the last year and a half. Last semester, we were able to do a virtual show that was pre-recorded and a really great experience, but getting to perform in front of an actual audience is what we live for. Not

having that cheering section for our virtual concert was kind of strange. All of the dancers have worked extra hard this semester to make sure this show is a big comeback."

Samantha Adams, senior at SUU and Vice President of the Company, says, "I grew up a 'normal' dancer so this is a whole different environment for me, but I

found that I love ballroom dance so much. The people in this company are amazing so it is fun and are all very excited to be back on stage. We would love to have as many people as we can be there!"

Gage Kevern, a junior Mechanical Engineering major, the President of the Ballroom Dance Company, as well as the coach for the intermediate company, shares, "This show is a big deal for us because it's our first show back from a long time of not being able to do any kind of live performance. For me, it is actually only my second live performance on the SUU Ballroom team."

Come see these performers perform for a live audience for the first time in a year and a half. Tickets are \$7 at the door and \$5 from a company member beforehand. The company will have a booth set up across from Chick-fil-A in the SUU student center to purchase tickets.

The SUU Ballroom Dance Company is ready to show off their hard work and foot work after finally being able to perform live again.

Successful season for Falcon Marching Band

from David Jordan

DIRECTOR OF BANDS AND ORCHESTRAS

The Canyon View High School Marching Band brought home several awards this past season. On September 25 they competed in the NEBO Tournament of Bands in Payson and placed 2nd. On October 30 they competed in the Mt. Timpanogos Invitational in American Fork and placed 1st! On November 5 they concluded their season with a 3rd place finish at the Red Rocks Competition at Dixie State University. The band also received the Outstanding Visual Award at Mt. Timpanogos. Their color guard, led by Marnie Horman, was exceptional this season and received the Outstanding Color Guard Award at NEBO and Mt. Timpanogos. Congratulations to the Canyon View Falcon Marching Band!



COURTESY DAVID JORDAN

The Canyon View Falcon Marching Band musicians proudly pose with their hard-earned trophies won this past season.

My hallway bulletin board

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

I was outside my classroom at SUU one day last week waiting for the previous class to end so that I and my students could enter the room. They were congregating in the hallway, talking, laughing, sharing things from their phones, but I stayed a few feet away from them. In the first place, they weren't wearing their masks and I didn't want to be in the midst of all that exhaling going on. But more importantly, there is nothing like the appearance of a teacher to change the dynamic of a group of students outside of a classroom setting. I mean, seriously! They would have to change their topics, change their language, try to think of something appropriate to say in my presence. So, I spared them that awkwardness and pretended to read the nearby bulletin board. (Was I trying to eavesdrop? Of course not. Well, maybe. Yes, I was.)

And I was actually drawn into the diversity of announcements on the bulletin board. It came to me that if a member of the SUU community couldn't find a place to fit in, he/she wasn't trying. One flyer was recruiting square dancers! It had cartoon figures of some dancers and gave information about where and when to "get a taste of square dancing", and then advertised beginners' classes set for January of next year. I had such a picture of someone reading that and thinking, "I want to do that! Do I dare? Is it nerdy? Should I go alone?"

My heart was cheering that perhaps-lonely student on. Absolutely go check it out!

Another flyer asked "Know How to Sew? We Need You!" It featured a drawing of a sewing machine and said, "Join Days for Girls", and gave the day and time for weekly meetings. My first thought was that some guy will take offense at not being invited; such is the way of the world, right now. Sigh. But mostly, I was very curious about what they are doing. Is the purpose to improve skills, sew things for some charitable purpose? Again, I wanted to encourage that quiet girl reading it to investigate. Go see what it is about!

There was an invitation to participate in research having to do with kidney function in athletes. It would take only 10-15 minutes and there was a chance to win one of six \$50.00 Amazon gift cards. Open to only serious athletes, apparently, but it did involve bodily fluids. No, thanks.

An interesting flyer advertised a two-day Family Matters Conference, with the subject of "resolving conflict". One of the topics was "Making a magnificent relationship by changing six things". Six, huh? Is it worth it? Maybe one or two but six changes is a lot to ask.

Here's notice of a scholarship for outdoor rec majors, information for a study abroad in New Zealand in May, and an advertisement for our departmental opera. Let me see—there's more...Oh wait. My students are sitting in class, waiting for me. "Here I come."



SUU ALUMNI & COMMUNITY RELATIONS PRESENTS

Marie OSMOND

A Symphonic Christmas

SPECIAL GUESTS



DAVID OSMOND



DANIEL EMMET

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SUU
Alumni &
Community Relations

Artists donate funds to 'Zion Forever Project'

FUNDS TO SUPPORT EDUCATION AT CEDAR BREAKS NATIONAL MONUMENT

from Zachary Almaguer

COMMUNICATIONS MANAGER, ZION FOREVER PROJECT

With construction of the new Visitor Contact Station at Cedar Breaks National Monument well underway, the local community continues to raise funds in support of the initiative and future educational programming.

Local artist Arlene Braithwaite coordinated with other artists in the Iron county community to raise funds through the sale of their paintings and other works including glass sculptures, wood carvings, and decorative quilts and printmaking. Their combined efforts raised \$7,000 to be donated for educational programs to the Zion Forever Project, the official non-profit partner of Cedar Breaks.

The art event was hosted at Cedar City's Library in the Park with sales coordinated through Artisan's Gallery located at 94 W. Center St in Cedar City Utah. Park Superintendent Kathleen Gonder and Zion Forever's Assistant Director Stephani Lyon were on hand Monday, November 8th at the Art Center Gallery, located at 111 S. Main, to receive the funds and show their appreciation to all of the artists and the community for this amazing effort that will have a lasting impact of funding natural and cultural education at the monument.

"As a longtime resident and lover of our public lands and the outdoors, we all have an obligation to help fund these efforts for the residents of Iron County and the visitors that come from all over the Nation and the world," expressed Arlene Braithwaite, event coordinator and artist.

Assistant Director of the Zion Forever Project, Stephani Lyon, added, "This effort truly was started

at the grassroots; The Zion Forever Project will use these funds in coordination with the park to ensure they are put to the highest and best use when it comes to enhancing the visitor experience at Cedar Breaks. The monument is not only a protector of the natural resources, but an economic driver here in Iron County, we could not be more proud."

Kathleen Gonder, Cedar Breaks National Monument Superintendent shared, "We have been so excited to see the local community get involved in what happens up here on Cedar Mountain. I want to invite each and every resident of Iron County to take a trip up here to the Monument and see the work being accomplished. When the facility is finished, we invite everyone to the ribbon

cutting event to celebrate with us."

Participating Artists: Debbie Robb (Watercolorist), Nick Froyd (Oil Painter), Mona Woolsey (Watercolorist), Brad Holt (Oil Painter), Ron Walter (Oil Painter), Mary Jabens (Oil Painter), Megumi Dold (Watercolorist), Arlene Braithwaite (Pastels), Tiffany Marchant (Oil Painter), Rob Hale (Oil Painter), Erin Shakespear Bishop (Oil Painter), Micah Player (Illustrator), Kim Twitchell (Glass Sculpture), Robyn Twitchell (Wood Carving), Carrie Trenholm (Fused Glass), Valarie Orlemann (Oil Painter), Diane Asay (Watercolorist), Dorothy Uherka (Watercolorist), Tina Dickenson (Historic Quilt), Sue Cottter (Printmaker), Tina Davis (Watercolorist), Diane Walsh, Steve Yates, Debbie Robb (Sales and Accounting).



TIFFANY STOUTER, ZION FOREVER PROJECT

Local artists proudly display their talents and also used them to help support the natural and cultural education at the Cedar Breaks National Monument.

Fall in love with the SUU Symphony Orchestra

by Ashley H. Palmer

SUU PUBLIC RELATIONS COORDINATOR

The SUU Music Masterworks Series will present the Fall Symphony Orchestra Concert featuring guest artist Dr. Laura Grantier on Wednesday, November 17, 2021, at 7:30 p.m. in the Heritage Center Theater. Tickets are \$10 for adults, \$8 for alumni with card, and \$5 for youth. SUU faculty/staff (and one guest) and students can attend for free with a valid ID card. Tickets can be purchased at the America First Event Center Box Office, at the door the night of the performance, or online at www.suu.edu/arts.

The SUU Symphony Orchestra is a dedicated group of student musicians who rehearse and perform orchestral masterpieces from both the standard repertoire and newly composed literature. The concert will feature music from Carl Maria von Weber and Antonin Dvorak.

Celeste Stephenson, senior Music

Education major from Delta, Utah, shares, "I've loved being in the SUU Symphony Orchestra! I get to play in string orchestras often, but playing in a symphony orchestra is a chance anyone should take if they can. There's something different about having entire brass and woodwind sections backing you up! I'm excited to play The New World Symphony at our upcoming concert; the piece shows off

all of the instruments in the orchestra and includes almost impossibly quiet moments as well as incredibly powerful ones."

Dr. Grantier will play the *Weber Concerto in F minor* for the Clarinet and Orchestra. A native of Denham Springs, LA, she earned a Bachelor of Music from the University of Alabama, an MBA from Averett University, and a Doctor of Musical Arts from the

Catholic University of America. Dr. Grantier joined SUU as Director of Woodwinds and Assistant Professor of Clarinet at Southern Utah University in August 2021. For 26 years, she was a member of the United States Navy Band in Washington, D.C. where she served as Principal Clarinet, Woodwind Leader, Clarinet Section Leader, and Harborwinds Clarinet Quartet Leader. She performed over 2,250 public concerts, military ceremonies, education workshops, and high-profile protocol engagements for high-ranking dignitaries, including the President of the United States, Vice President of the United States, and Secretary of the Navy.

Fall in love with the sounds of orchestral music at the Symphony Orchestra Concert featuring guest artist Dr. Laura Grantier on Wednesday, November 17, 2021, at 7:30 p.m. in the Heritage Center Theater. For more information about SUU Department of Music concerts, please visit www.suu.edu/arts.



COURTESY SUU

Every musician and instrument in the orchestra will have their moment to shine and show off during the concert.

A SALUTE to SERVICE



There are few things more powerful and emotional than seeing and hearing veterans speak of their love and sacrifices for this great country we each call home.



by Corey Baumgartner

IRON COUNTY TODAY

It was a beautiful morning to celebrate Veterans Day in Cedar City. Even the winter weather paused to participate with all those paying tribute to each of the brave men and women who have given and continue to give their lives for the freedoms we enjoy.

Held at the Cedar City Veterans Park Vietnam Memorial, the event began with a presentation by the Iron County Coalition (American Legion, Veterans of Foreign Wars, Marine Corps League and SUU Veterans) and musical numbers from the East Elementary 5th Grade Choir.

American Legion Post Commander Darrin Duncan welcomed the audience, which included veterans, first responders, friends and families of veterans. "I'm so grateful to live in this free country and those who have given their lives to keep our country free," he expressed.

Following Commander Duncan's opening remarks, a prayer was offered by veteran Sheridan Hansen, who asked a special blessing on all veterans and their families, including those with



any health concerns, who have served to protect our freedoms and lives to enjoy. He also spoke of the importance of honoring our flag, "the symbol of our country and which represents those who have and continue to serve."

A rousing rendition of the National Anthem was then sung by Bob Petersen, a former member of

the Mormon Tabernacle Choir, now known as the Tabernacle Choir at Temple Square. The Choir then sang God Bless America and the morning's speaker, Dennis Robison, shared some very patriotic and poetic words on the American Flag.

"The American Flag has been a symbol of unity and pride in the United States for more than 200 years and continues to serve as a symbol of pride, valor and history." He added that "The flag represents millions of military men and women that have lost their lives in the battles and wars they have fought."

"I'm so grateful to live in this free country and to those who have given their lives to keep our country free"

Darrin Duncan, American Legion Post Commander

see **VETERANS DAY** » 22

PHOTOS BY COREY BAUMGARTNER

Nature Hills Farm to hold 'Christmas on The Farm'

by *Rachelle Hughes*

FOR IRON COUNTY TODAY

Take a ride through a Christmas wonderland, visit Santa Claus, play some reindeer games, or find the perfect tree all at Christmas on the Farm by Nature Hills Farm this November and December.

Now hosting its third year of old-fashioned Christmas celebrations, Nature Hills Farm has added more days and more events to its event. Tickets are being presold online for November 26-27, and December 4, 8, 11, and 15. Events are held on Wednesdays from 3 p.m. to 6 p.m. and Fridays and Saturdays from 10 a.m. to 4 p.m. Visit Naturehillsfarm.com for more info and tickets.

"We started this event because nobody else was doing anything like it and we wanted something fun for the kids to do during Christmas that was different," said farm owner Heather Carter.

The lineup of activities has some traditional Christmas activities and some fun surprises. A caroling hayride, a visit with their farm Santa



NATURE HILLS FARM

where kids can share their Christmas wishlist or a mailbox for delivering letters to Santa are all part of the experience. But visitors can also help the elves make a toy or help tie a quilt, play games or sip hearty farm-fresh soup and hot cocoa from the Cocoa Cafe.

Visitors are invited to wander the farm, visit the animals, and enjoy the holiday displays and lights. Live Christmas trees are available from the farm's Christmas Tree Forest for those hunting for their perfect tree. Hourly storytime with s'mores around the firepit and photo opportunities are also available during the time spent at the event. Nature Hills Farm will also have donation boxes set up for food, coats, and presents.

Carter wants families to "make memories and new family traditions and enjoy the true spirit of Christmas this year at Nature Hills Farm," she said. She is stocking the Farm Store with homemade gifts that get more unique each year she promises.

Tickets are sold in time slots to avoid overcrowding and to create an enjoyable experience. They can be purchased online at Naturehillsfarm.com.

ONGOING OPPORTUNITIES

GOVERNMENT

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

3rd Sat, 9-10:30 am • Pastry Pub, 86 W Center, Cedar City

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Auxiliary

3rd Wed, 6 pm, Cedar Library, 303 N 100 E, Amer. Legion Conf. Room • (435) 704-6654

Bikers Against Child Abuse

1st Thurs 7 pm • Courtyard Marriott (1294 S Interstate Dr, Cedar City), Cedar Breaks Conference Room

Elks Lodge #1556

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

Lion's Club

Tues, 12 pm • Call Pres. Roger Shurtz for mtg. info. Everyone welcome! (435) 590-2896

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

Red Road to Sobriety • Mon, 6 pm Paiute Indian Tribe of Utah, 440 N Paiute (435) 586-1112 Ext. 307

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

The Great Fact • T, F, Noon. • True Life Center (TLC) 2111 N. Main. • (702) 802-1332 or (702) 533-7856

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

Women's Meeting • Sat, 10:30 am

My Story • Sat, 8 pm

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

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

Al-Anon

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

Al-Anon • 1st, 3rd Tues, 7-8 pm • Call for info: (435) 704-8984

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

Hope for Today (Family Groups)

Thurs, 6 pm • (435) 559-3333

Alzheimer's Caregiver

Online Meetings: 2nd Fri, 5:30 pm, 4th Mon, 5:30 pm • RSVP to mjmillar@alz.org or (435) 238-4998 x8773

ARP—Addiction Recovery

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

Caregivers

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

Celebrate Recovery

(Christian 12-Step Program) Wed 6:30 pm • True Life Center, 2111 N Main, Cedar City. We believe that through Christ we can be victorious over any hurts, habits, hang-ups (Phil. 4:13) • Jeff J 801-638-1800, Gary D. 702-303-5662.

Helproom

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

Multiple Sclerosis

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

Narcotics Anonymous

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

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

Candle Light 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.

Pornography Addiction Recovery for Men

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

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

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

Southwest Parkinson's Alliance

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

CLASSES/ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Book Club

2nd Thurs, 7 pm • Cedar Library 303 N 100 E.

Cedar Chest Quilters' Guild

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

Cedar 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. Organization of business people. Stimulate business through exchange of ideas, information, referrals. www.cedarprofessionals.org

Color Country Pickleball

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

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.

Explorer Bible Club

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

Hey Cedars Square Dance

Mon, 6:30-8:30 pm • Cedar City Visitors Center, 581 N Main, Cedar City

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

Senior Yoga Classes

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

Southern Utah Woodturners

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

StrongBoard Classes

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

Tae Kwon Do Class

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

Tai Chi For Arthritis

Wed & Fri, 9:30-10:30 am • Cedar Senior Center, 489 E 200 S. FREE low-impact, health benefitting exercise for Seniors. Helps with coordination, balance, flexibility and more. To register – contact Maria Bailey (435) 673-3548. Space limited.

Take Action for Freedom

Wed, 7 pm • Stahl West 600 N. Airport Road, Cedar • Help preserve our Constitution, Republic, voting laws, medical freedoms, traditional education curriculum, 1st & 2nd Amendment Rights, education on CRT & Southern boarder issues/illegal immigration & local/county/state Legislature issues

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)

Wellness Place

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

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

calendar

WED, NOV 17

TAKE A HIKE DAY

CHARACTER SKETCHES "NATIONAL BOOK Award" - Celebrates the best literature in America." (Wed 6:30-7:30pm) Cedar City Library [303 N 100 E], 435-586-6661. All skill levels welcome.

WONDER WEDNESDAY (4-6PM) ARTSFUSION at SUMA (13 S 300 W). Admission FREE for students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities.

CANYON VIEW HIGH SCHOOL FALL MUSICAL - "Guys and Dolls" (7pm, Nov 17th-22nd) at Canyon View High School (166 W 1925 N), pre-sold tickets \$7 adults and \$10 preferred seating. Days, Times and Tickets, available online at our.show/cvhsguysanddolls.

THURS, NOV 18

PRINCESS DAY

SUU APEX EVENT - (11:30AM) @ SUU Hunter Conference Great Hall (351 W University Blvd, Cedar City), FREE admission is FREE. INFO and the Event Stream Link visit www.suu.edu/apex. **SPEAKER:** The Lincoln Project - Our Political Landscape



GROOVACIOUS ART WALL GALLERY: JACKIE Hodges. (6-8pm) @ Groovacious (195 W 650 S, Cedar City). Art display will remain until the end of the year. INFO: Groovacious Records (435) 867-9800.

BRIGADOON - PAROWAN HIGH SCHOOL (7pm, Nov. 18-20, 22, 23) @ Parowan High School (168 North Main). Tickets \$5 at the door.



FRI, NOV 19

INTEGRATION DAY

BRIAN HEAD RESORT OPENING DAY (9:30AM - 4:30pm) @ Brian Head Resort (329 S Hwy U-143) Skiing, snowboarding, hot drinks, and The Greatest Snow On Earth! Bring your family, friends, and warm clothes for an unforgettable weekend in the cold-weather permitting. Early season conditions exist on the slopes! Your Responsibility Code (<http://www.nsaa.org/safety-programs/responsibility-code/>). Tubing will NOT be open this weekend! INFO: www.brianhead.com, Instagram and Facebook for more updates.



ART AFTER DARK: PRINTMAKING (5-7PM) @ SUMA (13 S 300 W, Cedar City). 21+ event. Tickets \$20 on Eventbrite.com. Ticket includes two drink tickets, cotton tote bag you can print on or use to carry home your new creations! Guests invited to bring any material they would like to use or print on. White or natural colored cotton or silk fabrics will have the best results, especially if printing on clothing.



TALON CRAFT FAIR (5-9PM) @ CANYON View High School (166 W 1925 N). Admission \$1. Enjoy a day with food, craft vendors, live entertainment, and more. INFO: www.cvtalons.wixsite.com/talons or call (801) 898-6347.

SUU SOUNDS OF JAZZ (7PM) @ HERITAGE Center Theater (105 N 100 E, Cedar City) SUU Jazz Ensembles bring back the soul of jazz legends. Tickets \$10 adults, \$8 for alumni with card, \$5 for youth. SUU faculty/staff (and one guest) and students can attend for free with a valid ID card. Tickets can be purchased at the America First Event Center Box Office, at the door the night of the performance, or online at www.suu.edu/arts.

SUU BALLROOM DANCE COMPANY - REVOLT (7pm, Nov. 19-20) @ SUU Auditorium Theater. Three ensembles focus on ballroom dance styles such as the elegant waltz, electric American swing, rhythmic samba of Brazil, and many more. Tickets can be purchased from a company member for \$5 or at the door for \$7. INFO: www.suu.edu/arts.

SAT, NOV 20

ADOPTION DAY

DAR CRAFT FAIR & FUNDRAISER (10am-2pm) @ Blaine Johnson Center (59 N 110 W, Cedar City). The Bald Eagle chapter of the Daughters of the American Revolution invite you to join their quilters, bakers, painters and jam makers for the very best items and home-made goodies for sale. Bring your Christmas list! Bring a friend and get a coupon at the door for 10% off total purchase.

FESTIVAL CITY FARMERS MARKET (10AM TO 1pm), @ 45 W Center Street. Every Saturday rain or shine. Artwork, baked goods, crafts, custom semi-precious stone, costume jewelry, farm fresh produce, homemade brownies & candies, home style treats, homemade jams & jellies, homeopathic items and 100% real honey. Free gift for fathers.

SATURDAY FARMER'S MARKET (10AM TO 1pm), @ IFA, 905 S Main. Good weather outside, bad weather inside. Farmers with vegetables, fruits, eggs, honey, baked goods & breads, meats, tamales, food vendors, hand-crafted items including soaps, lotions, jewelry, clothing, home décor and gifts for all ages. For booth prices & info: (435) 559-1657.

SIREN: SMALL BUSINESS FALL FESTIVAL (3pm) @ Siren Barber and Beauty (684 S Main St, Cedar City). Pre-Black Friday Sale to support small businesses at the Siren. INFO, or to participate as a small business, call Kris (435) 559-7932, email sirens.barberbeauty@gmail.com.

SUN, NOV 21

WORLD HELLO DAY

"BEFORE YOU CRITICIZE SOMEONE, YOU should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes." — Jack Handey

MON, NOV 22

GO FOR A RIDE DAY

SUU PERCUSSION ENSEMBLE - PLAYERS Choice (7:30pm) @ Thorley Recital Hall of the SUU Music Building. FREE and open to the public. Dr. Lynn Vartan will direct her students in this ensemble and play along. INFO: www.suu.edu/arts.



TUES, NOV 23

FIBONACCI DAY

SUMA - EXHIBIT: THIS EARTH NOTES - OBSERVATIONS (Mon-Sat 11am - 6pm. Thru Dec 23) @ SUMA (13 S 300 W, Cedar City). Admission FREE. INFO: www.suu.edu/suma. 37 former artists-in-residence at the Montello Foundation interpret nature and its meaning.



HEY CEDARS SQUARE DANCE CLUB (6:30 - 8:30pm, Nov 23 and 29, Dec 6 - Dark) Thank you to all who attended our "A Taste of Square Dancing." Join us for our new square dance class begins on January 3, 2022. INFO: Neil (909) 477-9795.

WED, NOV 24

UNIQUE TALENT DAY

CHARACTER SKETCHES "NATIONAL BOOK Award" - Celebrates the best literature in America." (Wed 6:30-7:30pm) Cedar City Library [303 N 100 E], 435-586-6661. All skill levels welcome.

PRECEPT UPON PRECEPT BIBLE STUDIES (6:30 to 8:45pm) @ Cedar City Public Library (303 N 100 E). Straight-forward investigative approach to Bible study. Attendees discover truth by using three skills; observation, interpretation and application. Nondenominational studies consist of homework, discussion, and DVD lecture by Bible teacher Pete Delaney. Interested students call 435-267-2234 or 435-238-3078 for info/register. Visit: www.precept.org.

Want your event on our calendar?

There is no charge for calendar items. Your submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. The deadline is Friday at noon. The calendar is not to be used for advertising. Items will be printed at our discretion.



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"Blank Canvas"

Each day is full of decisions. Like a blank canvas, your life is waiting for you to choose the colors of the day and paint your mortal masterpiece. Some days you might feel like there's not enough canvas to hold all the beautiful things you wish to paint. Other days you feel like the canvas is too big, or your paints have dried up, your brushes are broken, or you just don't feel like painting today. I understand. That's a difficult rut to be stuck in.

Not to compare artists (Rockwell and Ross), but to paint another point of view on the canvas of our minds; we can watch artists like Bob Ross on television, who can pick up a paintbrush and 30 minutes later have another seemingly effortless completed masterpiece. Sometimes his creative commentary is worth more than his painting lesson. Because some days we feel like "making friends with a tree," other days we feel like talking to the trees. Other days, our "happy little clouds" are stormy and threaten to discourage us with another deluge. Yet, we continue to create, hoping that there is a happy sun behind those discouraging clouds.

Although, how many days do you beat yourself

up because of the canvases (days) you have left blank? Or, felt they were wasted because you couldn't choose the right colors, or figure out exactly where to put each flower, cloud, tree, river, or mountain? Sometimes you can't choose every piece of your painting, but you can choose to still be at peace as you realize that life isn't about painting every picture perfectly, avoiding every storm, or forging every stream and climbing every mountain. Sometimes, despite the blank spots and

battle scars on your canvas, you just have to keep fighting and painting through the pain.

Maybe you think all your paint (potential) has dried up because you've stopped believing you have a future worth painting? Perhaps

you're trying to paint using only paints from your past to try and create the masterpiece of your future? Are you still using colors of regret, doubt and fear to try and paint a serene scene that gives you hope for the future?

If your life has been or is now a mess, you can find a way replace your palette with better colors and get some new brushes. You can learn to paint through the pain, if you will allow yourself to brush off the past and start believing in yourself and see each blank canvas as an opportunity to get better.

Whatever you've painted or neglected to paint in the past—whatever the reason—today it's time

the rut
LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



NORMAN ROCKWELL

to pick up the paintbrush of potential, replace or add some new and hopeful colors to your palette and see what you can create on today's blank canvas.

Who knows what masterpiece is waiting for you at the end of today. This week, I dare you to believe in and create your best works of heart.

Am I required to treat my children equally in my Estate Distribution Plan?

by Jeffery J. McKenna

FOR IRON COUNTY TODAY

No. The manner in which you wish to distribute your assets upon your death is very personal in nature. You may choose to have your assets distributed equally among your children or in whatever proportions you may deem appropriate. If you do not take your estate planning into your own hands, the state in which you live will normally have its own distribution scheme, which seldom represents a decedent's wishes. Since every person's situation is different, your estate planning attorney will draft your estate planning documents to comply with your wishes while, at the same time, directing you toward realistic and tax-effective goals.

You may want to disinherit a child for several reasons. Your child may have sufficient resources of his or her own; your child may be undeserving of an inheritance; your other children may have greater or special needs; or you may not want to compound a child's own estate tax liability. Most state laws permit you to totally disinherit a child, regardless of reason. However, care must be taken in order to effectively disinherit a child.

First, it is important that you have a will or a trust. If you die intestate (without an estate plan), state laws provide that your children are entitled to a share of your estate. Therefore, if you die intestate, the child you wanted to disinherit will share in your estate against your wishes. If it is your intention to disinherit your child, it is imperative to specifically reference that child by name in your will and/or trust and acknowledge that you are intentionally not providing for that child. Failure to do so could allow that disgruntled child to claim that he or she was unintentionally "omitted" from your estate plan and force a share of your estate, thus thwarting your wishes.

Using a trust may provide additional benefits

"Should your disgruntled, disinherited child choose to challenge the validity of your trust, he or she confronts a number of obstacles"

over a will when intentionally disinheriting a child. Because trusts are not automatically subject to the jurisdiction of the probate court, the notification requirements of the probate court do not apply. The trustee of your trust is under no obligation to provide the disinherited child with the details of your estate plan since he or she is not a beneficiary. Additionally, should your disgruntled, disinherited child choose to challenge the validity of your trust, he or she confronts a number of obstacles not present in the probate process.

Disinheritance is a personal issue. One who wishes to disinherit a child may find that there are other effective options, such as putting assets in a separate trust for that child, with a trustee of your choice making the decisions of what the money can, and can not, be used for. It may be wise to consult an estate planning attorney to become informed of all your options before making decisions that affect the distribution of your estate, and possibly the harmony of your family, once you are gone.

Jeffery J. McKenna is a local attorney serving clients in Utah, Nevada, and Arizona. He is a shareholder at the law firm of Barney McKenna and Olmstead. He is a founding member and former President of the Southern Utah Estate Planning Council. If you have questions regarding this article or if you have a topic you wish to have addressed in this column, you can call 435 628-1711 or email jeff@bmo.law.

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history

Traces remain of the old Newcastle Reclamation Company

by Jay M. Jones

FOR IRON COUNTY TODAY

Water has always been the major factor in the development of Southern Utah. Irrigation has been and continues to be essential for growing crops in the region. Early agricultural settlements were established where water sources were most accessible and reliable. Communities flourished or withered with the water supply.

As communities grew and younger generations sought places for themselves, the search for water expanded and water projects became more ambitious. During the early part of the 20th century some notable irrigation projects were implemented in Southern Utah. The Hurricane Canal, the Upper and Lower Enterprise Reservoirs, and the development of canals to irrigate farm lands along the lower Sevier River in Millard County are a few examples of impressive water projects from that era.

One of the most ambitious water projects from that time period was a privately funded endeavor intended to bring water from Pine Valley Mountain in Washington County into Iron County. An article from the Salt Lake Tribune on 2 June 1912 states:

“One of the greatest irrigation enterprises established in the state of Utah is that at New Castle. . . . Men who have lived for years in that vicinity are surprised at the thoroughness with which the water is being conserved, and the visitor is astonished to find such a stretch of cultivable land in one compact body. In few places in the west is to be found a tract quite like that at New Castle, according to authorities, every acre under the new project being good farming land.”

The fertile soil of the Escalante Valley lacked only water to fulfill its potential to become one of the most productive agricultural areas in the state. The Newcastle Reclamation Company was

established in 1908 to bring water from the Pine Valley Mountains to the dry desert. George W. Middleton, Thomas W. Jones, N. T. Porter, Fred W. Walton, David W. Moffat, J. L. Sevy and D. Forsyth were leaders and shareholders in the company.

The company made plans for extensive development

waters from the Santa Clara River above the town of Pine Valley to Grass Valley, about three miles to the north. Much of the labor for the canal came from Japanese workers who had previously been employed as miners in Utah and Nevada mining camps. It was completed in 1914.

Construction of the Grass

then through a tunnel that had been constructed through the ridge and into Pinto Creek and eventually on to Newcastle. This was one of the first projects to move water from the Colorado River drainage into the Great Basin.

When water was first diverted into the canal, downstream water users on

Newcastle company water rights were dissipated.

Also, a rancher at Grass Valley was not pleased that his grazing land had been seriously degraded. The fact that the Newcastle Reclamation Company had gone through a legal process to condemn the property for the reservoir did not reduce the hurt experienced by the rancher, and additional lawsuits were to follow.

It was an even more fundamental problem, however, that was to finally doom the Newcastle Reclamation Company. The Grass Valley Reservoir did not hold water very well. The basalt rock underneath the valley floor had cracks and crevices that allowed water to seep through and eventually find its way back to the Santa Clara River. It appeared that Mother Nature held the trump card.

When debts mounted and revenues diminished, the Newcastle Reclamation Company was dissolved. As the principals of the company met to divide the assets and obligations of the company among themselves, it turned out that each man was willing to do more than his share to settle the debts.

The full vision of the Newcastle project did not materialize as planned, but partial fulfillment of that dream can be seen today. Agriculture prospers in the Escalante Valley, limited only by the availability of more water.

The large hotel built by the Newcastle Reclamation Company was later destroyed by fire. One of the fine homes built by the company in Newcastle was moved to 200 West in Cedar City in the 1930s and is now part of Cedar City's historic district.

The Grass Valley Dam remains in place, although it does not guard a permanent reservoir. The canal from Pine Valley is now the Canal Trail, which originates from the Mitt Moddy Campground in the Pine Valley Recreation Area. And some water still flows seasonally through the tunnel from Grass Valley into Pinto Creek, although only a fraction of what was originally intended. The traces that remain confirm the grandeur of the unfulfilled dream.



HISTORICAL THREADS

(Above) The canal from Pine Valley to Grass Valley, built in 1914 in Washington County, is now used as a recreational bicycle and walking trail. (Below) The trench to the tunnel that goes from Grass Valley to Pinto Creek on the other side of the ridge, was one of the first diversions of water from the Colorado River drainage to the Great Basin.



PHOTOS COURTESY JAY M. JONES

of the Newcastle area. They developed the site for Newcastle, built a large hotel and some homes, and planned for the development of farmland and the infrastructure to deliver irrigation water to the land. That infrastructure included canals, a dam, and a tunnel.

The canal moved head-

Valley Dam began in 1911 and was finished in 1917. It was constructed at the southern end of Grass Valley, measuring 75 feet high and 450 feet across.

As water from the canal filled the reservoir and covered the valley, water on the northern end of the reservoir would flow into a trench and

the Santa Clara River took notice that their river had mostly dried up. Although the Newcastle Reclamation Company had secured water rights, the farmers in the town of Central had a history of using the water and took the issue to court. The court ruled in favor of the farmers in Central, and part of the

New book, 'Singaway', honors historical Utah Parks Company

by Janet Seegmiller & Ryan Paul

FOR IRON COUNTY TODAY

The Utah Parks Company History Project announces the publication of an illustrated book that celebrates thousands of employees who spent their summers working in Zion, Bryce Canyon, Cedar Breaks and the North Rim of the Grand Canyon from the 1920s to the 1970s. *Singaway: Working and Playing for the Utah Parks Company, 1923 -1972* is the culmination of a ten-year effort to record the stories of once young adults from across the United States who worked as cooks, cabin maids, dishwashers, waitresses, bus drivers/gearjammers and bellhops at the national parks and monuments of southern Utah and northern Arizona.

Tourists – fondly called “dudes” – came by Union Pacific trains from across the country to the small depot at Lund, Utah, northwest of Cedar Valley. In some years, their railroad cars were transferred to an engine that came to the Cedar City depot, where Utah Parks



COURTESY UTAH PARKS COMPANY

Employees at the Bryce Canyon Lodge join together in singing to welcome the new “dudes” brought in by the “gearjammers” to see the beauty of southern Utah.

busses picked them up and they were off to stay in the canyons. When the trains were not coming to Cedar City, busses picked up the dudes at Lund and brought them to the El Escalante Hotel and then on to the parks. They were fed and entertained and taught both local and geologic history by the “gearjammers” and other UPC employees. When their visits had ended, the employees gathered on lodge porches to sing them away with original songs that invited them to come back again “to see our glorious canyons.” Hence, the title, “Singaway.”

The book memorializes additional park history including details of building the lodges, cabins and hiking trails, the tragic fires of 1932 and 1966, and enjoying Zion’s swimming pool, as well as the musical programs that entertained the dudes each evening after sundown in lodge auditoriums.

The project was a collaboration of the SUU Special Collections at the

see **SINGAWAY** » 20

schools

ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

Three Peaks Elementary

The Three Peaks Elementary 5th grade students wanted to do something special to recognize and remember our Veterans. They wrote their thoughts about what living in America makes them thankful for and built a giant American flag, connecting all of the things that make this country so terrific. Some students, on their own time, visited Cedar City’s Veterans War Memorial wall with their families and made rubbings of names representing loved ones who served our wonderful country. Some of these rubbings are proudly displayed on our school bulletin board. Third grade students learned all 4 verses of the “Star Spangled Banner”, recorded the song, and shared it with parents and the school. All of the other grade levels participated in some type of activity to honor our veterans. We are thankful for all who have served and those who continue to serve. They have our deep respect and admiration.



Fiddlers Canyon Elementary

Thank you to everyone who participated in our Feed Your Family fundraiser at Culver’s for Fiddlers Canyon Elementary!

We received over \$500! These funds help support our school through programs and events like reading calendars, Watch DOGS (Dads of Great Students), Dr. Seuss Week, and teacher classroom grants. We are so grateful for your support. Mark your calendars for next month’s Feed Your Family fundraiser at Panda Express on December 6. Thanksgiving break begins Wednesday, November 24. We will not be holding a PTA meeting this month.

Iron Springs Elementary

Iron Springs Elementary third graders presented a Veterans Day program to the school, their parents and any Veterans who were able to attend. They shared their love and gratitude for the service men and women who have selflessly given of themselves to our country through both word and song.



Enoch Elementary

Enoch Elementary honored Veterans on November 11. Students cheered for the military men and women in attendance at the Veteran’s Day Program. The students learned about freedom, selfless service, and what patriotism means. They also sang American Kid, Grand Old Flag, and other songs that show respect for our country. Principal and Army Veteran, Daniel Ekker, spoke about his service and what it means to honor the flag. He shared memories of his role model, his father, and how he inspired him to join the military as well. The entire school gave a moment of silence in

remembrance of those who gave their lives for our freedom.



East Elementary

East celebrated Veterans Day in a big way! Our halls were lined with stars honoring veterans that we know and love. Posters were created thanking our veterans, each grade level practiced and performed a patriotic song for our Veterans Day assembly, and we had a parade. During the parade each student carried a thank you poster to let our veterans know how much we appreciate them. Earlier that day our fifth graders were able to attend the Veterans Day ceremony at Veterans Memorial Park where they performed a musical number called “Thank You, Military.” In addition to East’s celebrations, two of our fifth-grade students, Riley Woods and Zoey Jensen from Mrs. Blackner’s class won SUU’s Veterans Day poster contest! Congratulations, girls!



South Elementary

On Thursday, November 11, we enjoyed a Veterans Day assembly. The first-grade students performed. We were also privileged to hear from the Master Singers. South Elementary is thankful for our veterans and their service.



Escalante Valley Elementary

Our annual 3rd grade Veteran’s Day program was a success, with patriotic songs, speaking parts, and recognition of our veterans in attendance. Due to the fact that we were unable to hold assemblies last year, the 3rd grade class invited the 4th graders to help them present at this year’s program. Veterans also enjoyed a special musical number from the 5th and 6th grade students.



schools

CVHS honors Veterans with flag ceremony

from Brooklyn Rushton
& Amyanne Rigby

FOR IRON COUNTY TODAY

Principal, Dennis Heaton, spoke to seniors at Canyon View about his service to our country as well as those from his immediate family. In a touching tribute, Heaton shared personal memories of his dear friend and fellow soldier, Army Sgt. 1st Class Ronald T. Wood. Wood, a former member of the 2-222nd Field Artillery Unit, died in the service to his country on July 16, 2005, as part of Operation Iraqi Freedom while serving in the 1-148th

Student Body Historian, Booklyn Rushton, welcomed her fellow classmates, Spirit leader, Brock Belnap led the students in the pledge of allegiance, and Senior Class officer, Katelyn Pace sang the National Anthem to open the program. Students reflected on the humble beginnings of our country as the flag was raised.

Cedar City Police Officer and local serviceman, SRO Eric Heaps also known as commander of HHB 2/222 FA, concluded the event by demonstrating to those in attendance how an American Flag should be properly retired when it can no longer be displayed in a dignified manner. The students proudly looked on while witnessing this patriotic event. As flags were retired, students had the opportunity to reflect upon the constant



As part of the special ceremony, students learned how to properly dispose of an American Flag.

CONNER HOLMES

building of our country and the constant sacrifice. The Falcons at CVHS gained a better appreciation for those who have fought for our nation's freedom.

CVHS Student Government Officers, Staff, Administration, and Student Body would like to extend our gratitude to the heroes that live amongst us. Iron County is proud to house some of the most incredible unsung heroes from the ranks.



The Macho Man volleyball tournament was a hit, literally, for all grade levels.

CANYON VIEW FALCONS

NEWS from the NEST

For the first time, Canyon View proudly announces Julianne Valarious as athlete and artist of the week! How she balances all of her extracurricular activities in such a graceful manner, no one knows. She is an excellent tennis player, and an angel on the strings of a violin. She takes great pride in her school work, and is a dedicated student. Not only does Julianne kill it in the class, but she always does it with a smile on her face. She is one of the kindest young ladies you will ever come across. Canyon View is proud to call her one of our own.

Other news from the nest includes: CVHS Swimmer, Max Cannon signing with BYU's swim team and Erin Robinson signing to play softball at Salt Lake Community College.



BROOKLYN RUSHTON
CONTRIBUTOR

Heather Rollins, the CVHS Sports Representative chaired the annual student government sponsored "Macho Man" volleyball tournament.

Teams competed from all grade levels in pool play followed by a single elimination tournament. The first place team consisted of the following

players: Anthony McClune, Josh Butler, Caleb Green, Dawson Talbot, Symon Hunter, Brock Marsh, Axel Bjerga, and Tristin Martinez.

Upcoming events at CVHS include: CVHS

Theatre Department's production of Guys and Dolls, November 17-22, and the CVHS Christmas Ball, Saturday, December 4, 2021. Funds raised from the Christmas Ball go to help CVHS students who are in need this Christmas season.



Grateful Gateway students stand near the street to wave and welcome veterans as they drove by.

COURTESY AMY GIBSON

Gateway honors veterans in drive-thru radio show

from Amy Gibson

FOR IRON COUNTY TODAY

Gateway students held their annual Veterans Day celebration with a twist—a radio show! This year

our students wrote, produced, and voiced a live two hour show. There was not only voice commentary but also songs and content that were submitted by all grade levels. Our National Junior Honor Society

helped in the kitchen making and packing up breakfast for our Veterans. Thank you signs lined the parade route, and students let the drivers know our station so they could tune in. One by one, classes

came down to wave and cheer our honorees. As they drove through, they were given breakfast, thank you notes, and poppies. Many thanks to all who made it possible including our Vets for their service.

people

97TH
BIRTHDAY

Clifton Boyd Call

So grateful to wish this WWII veteran a Happy 97th Birthday. Clifton Boyd Call, born 11-23-24 to Orvis Truman Call and Hazel Isabel Kite Call. We love you Papa! from your daughters Peggy Call Aitken (husband Conrad) and Nancy Call Warner (husband Max) and your grandchildren and great-grandchildren.



ENGAGEMENT

Jon & Ellie

Congratulations on your engagement, Jon and Ellie! SUU sweethearts!



MISSION

Sister Sarah Anne Winn

Sarah Anne Winn has been called to serve in the China Hong Kong Mission. She will begin her service on December 27, 2021. She will learn Cantonese and serve for 18 months. She leaves from the Sunbow Ward in the Cedar City Utah Canyon View Stake.



A group of tourists pose as they prepare to get on the tour bus and go visit the nearby national parks of southern Utah.

COURTESY UTAH PARKS COMPANY

SINGAWAY

« CONTINUED FROM PAGE 18

Sherratt Library, the Iron County Historical Society and Frontier Homestead State Park. Former ICHS officers, Ryan Paul and Janet Seegmiller, are authors of this book which was published in cooperation with Zion National Park's Forever Project.

Copies are available for purchase at the Cedar City/Brian Head Tourism Bureau, 581 N. Main Street, Frontier Homestead State Park, 635 N. Main Street, at the ZNP Forever Project Store inside Zion Park, and online at <https://zionpark.org/singaway>.

NON-PROFIT SPOTLIGHT

Free Bronze Military Plaque Cleaning
Made Available to Iron County Families

As we approach the holiday season, we as a community want to remember and honor the great men and women who served our country and provided us with the freedom we enjoy. **HEADSTONE RESTORATION** is offering to clean any individual bronze veteran's plaque in Iron county for **FREE** on a first come first serve basis contingent upon weather. This offer is valid through December 1, 2021. To request this service be provided for your veteran call **435-865-7343** and mention you saw this story.

Melvin Baldwin,
1927 -- 2011

STORY 4 OF 6

A native of Cedar City, Melvin Baldwin joined the Navy in January 1945 when he was seventeen years old. After six weeks of training in San Diego, California, he was assigned to the USS Kitkun Bay, an escort aircraft carrier. The ship usually had a crew of 1,500 to 2,000 men on board.

Starting out as a flight deck hand, Melvin was later assigned as a Quartermaster. His duties included recording the course of the ship and the weather, and making annotations to correct maps. He was often on the bridge of the ship where the officer on deck was guiding the ship.

The Kitkun Bay carried Torpedo and Fighter planes on board. At times the planes wouldn't quite make it back to the ship or they would miss the arresting cables stretched across the deck, with the planes ending up in the ocean. Small boats would then be sent out to rescue the pilots.

In September 1945, the carrier escorted Admiral F. J. Fletcher who would receive the formal Japanese



Mel and Connie Baldwin.
Below, the USS Kitjun Bay.



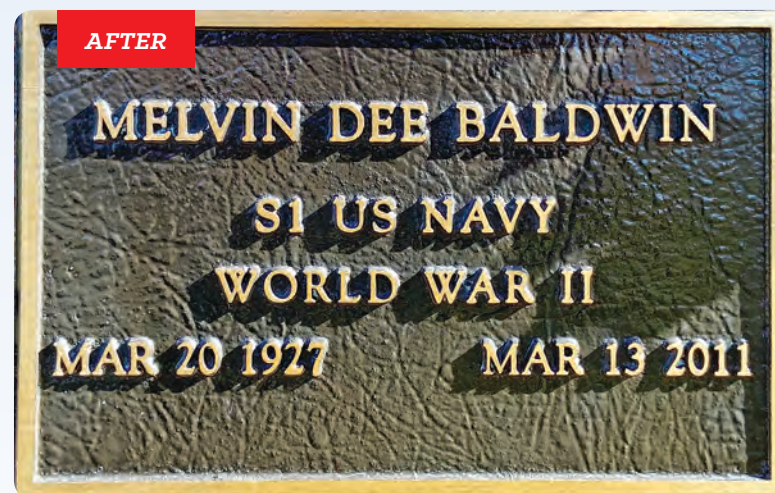
surrender of its northern islands.

The Kitkun Bay picked up American Prisoners of War from the

island of Honshu and transported them to Tokyo and Yokohama. It was amazing to Melvin to see the devastation in Japan. The buildings in the middle of the towns were leveled and destruction was all around.

After the war ended, extra bunks were welded to the hanger deck of the Kitkun Bay and troops were ferried back to the United States as part of Operation Magic Carpet.

Melvin served in the Navy for one and a half years and was discharged July 12, 1946. Soon after returning to Cedar City, Melvin married Connie Simkins and they are the parents of five children. For several years he worked in the chemistry lab at the Columbia Iron Mines. Later, he taught math at Cedar High School for many years. He passed away in 2011.



Spotlight Proudly Sponsored by:



Cedar City Rotary Club



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HeadstoneRestoration.com 435-865-7343



faith

GOD'S
playlist

Corey Baumgartner

news@ironcountytoday.com



What words come to mind when you hear the word, “Warrior”? Do you imagine a camo-clad fighter with a helmet and gun? Perhaps you imagine them on the battlefield of a blazing distant desert or a dark and dangerous jungle, with bullets zipping past them. Recently, we just celebrated such warriors who have and are continuing to fight for our freedoms.

What makes a warrior? Their signature on a dotted line? Their armor and weapons? Their training? Perhaps it’s their courage and commitment to go wherever they’re needed to fight? In your own everyday life, have you ever considered yourself a warrior and even a hero?

What words and situations do you think come to God’s mind and heart when He hears the word “Warrior”? While I do not pretend to know His thoughts (1st Corinthians 2:4-16), I have seen His warriors fight on many battlefields, including the many I have fought and am currently fighting upon.

“Warrior” (Hannah Kerr)

I know God loves His warriors. For He sees and hears every warrior, every day. He sees the ones with the broken hearts and broken dreams. He sees the single mothers and fathers down on their knees pleading for strength, guidance and help to keep going for their children. God sees the young men and women struggling to find someone to turn to they can trust to help them overcome an addiction, or share their heartfelt of hurts with. God sees everyone who has fallen into temptation, who feels lost, worthless, useless, discarded and disregarded.

These hurting heroes may not look much like warriors, but they do to God because He knows their hearts (1st Samuel 16:7). We may only see unkempt clothes, criminal records, crass conversations and company, but God sees a precious person, a warrior and a winner. No matter who and where you are today. No matter how many fires you’ve walked through or gutters you’re crawling through now, God isn’t giving up

on you and I challenge you not give up on Him. It’s time to shout the battle cry of a warrior not a worrier.

This doesn’t mean the battles won’t be difficult, or painful, but it does mean you will never fight alone and no matter how many times you fall, the Lord will always be there with outstretched hands to lift you back up. His light will never stop shining or burning bright and His love is the armor to help protect you in every fight. If you need a reminder today of how important you are, may this be one.

With all the good people who have and are falling down around us each day, we must remember that we are each warriors and heroes.

We each have something powerful and valuable to contribute to this world. Whether it’s in your home, classroom, workplace, church, or just at the grocery store, you can be a warrior and be a hero by making a difference in someone’s life this week. Believe and be ready.

“We each have something powerful and valuable to contribute to this world.”

Escaping Childhood Trauma (Part 5)

by Edy Meredith

FOR IRON COUNTY TODAY

One of my friends recently handed me a 4-page essay about acquiring the best mental, physical, and spiritual health in daily thoughts, beliefs, speech, and behaviors. This is probably the one goal that most of us can agree is worth pursuing. It is a pursuit because many during childhood have suffered the consequence of trauma—sometimes physical as well as psychological and mental—at the hands of family members or other bullies. While many repeat the idea that children are resilient and able to cope with difficulties, I recently came across a book that documents that the consequences of trauma can last a lifetime.

Trauma is the Greek word for “wound”. Although the Greeks used the term only for physical injuries, nowadays trauma is used to refer to emotional and mental wounds as well. We now know that a traumatic event can leave psychological symptoms long after any physical injuries have healed. The psychological reaction to trauma now has an established name: post-traumatic stress disorder or PTSD. It usually occurs after an extremely stressful event, such as wartime combat, natural disaster, and sexual or physical abuse. Its symptoms may include depression, anxiety, flashbacks, and recurring nightmares. These types of injuries can prevent

an individual from living a full and productive life, but they can be overcome. There is even a profession called “child life specialists” on staff at local hospitals and clinics to help children and their families recover.

In the book “The Body Keeps the Score” by Bessel A. van der Kolk M.D. he states on page 1: “One does not have to be a combat soldier or visit a refugee camp in Syria or the Congo to encounter trauma. Trauma happens to us, our friends, our families, and our neighbors. Research by the Centers for Disease Control and Prevention has shown that one in five Americans was sexually molested as a child; one in four was beaten by a parent to the point of a mark being left on their body, and one in three couples engages in physical violence.”

Although trauma may be difficult to see after a physical injury is healed, trauma “leaves traces on minds and emotions, on our capacity for joy and intimacy, and even on our biology and immune systems...Trauma not only affects those who were exposed to it, but also those around them.” It may be time to bring family secrets out into the open to heal the survivors because our body and mind are keeping score. Is that score keeping you from living fully and affecting other family members as well?

I always go to the Good Book when a door opens in my mind and

the ghosts of yesteryear try to fly out and disturb my peace. I turn to Psalm 27 by David where I find comfort especially in verses 1-3, 11, and 14. Do you have hidden wounds? Join me in healing with the following:

“The Lord is my light and salvation; Whom do I fear? The Lord is the strength of my life; Of whom shall I be afraid?”

When the wicked came against me to eat up my flesh, my enemies and foes stumbled and fell. Though an army may encamp against me, my heart shall not fear; Though war may rise against me, in this I will be confident...Teach me Your way, O Lord, and lead me in a smooth path...I wait on the Lord; Be of good courage, And He shall strengthen your heart.”

Turn to the Great Physician and give thanks for His help.

DIFFICULT QUESTIONS & TRUTH 101.44

HELP NEEDED AT PAROWAN SENIOR CENTER

VOLUNTEERS NEEDED

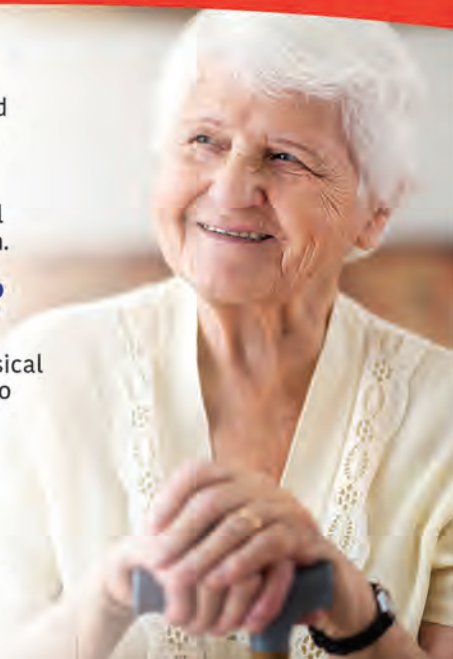
The Parowan Senior Center is in need of volunteers to be a Receptionist on Monday’s and Thursday’s from 8:00 a.m. until 10:30 a.m. This person would answer the phone to take meal reservations and give out information.

ARE YOU A MUSICIAN?

We are also looking for volunteers willing to play the piano or other musical instruments during lunch from 12:15 to 1:00 p.m.

FOR MORE INFORMATION
PLEASE CALL:

Curtis Crawford, 435-225-1222
or email: ccrawford@ironcountytoday.com



obituaries

AllaMae Bennett Jensen



After 90 years of love, laughter and service, AllaMae Bennett Jensen passed away on November 9, 2021 in Cedar City, Utah. She was born May 28, 1931 in Sunnyside, Utah, to Milton Leroy Bennett and Hazel Emma Turner. She graduated from South High School in Salt Lake City where she enthusiastically sang in the choir. She attended Westminster College. Later, she conducted music at Primary Children's Hospital. She met Elwood Stanley Jensen when her brother Merle brought him home on leave from the Navy. They

married on June 25, 1954 in the Salt Lake Temple. For the next 67 years, she was his loving companion and kept him entertained with her witty sense of humor.

AllaMae loved working at North Elementary as a teacher's aide where she made many friends, children and coworkers. She volunteered for many years at Valley View Medical Center and actively served others in her church congregation and community in countless ways. She loved to reach out to all she met with a friendly smile and a little humor to brighten their day. She enjoyed readings, poetry, crocheting, quilting and flower gardening. She always spoiled her grandchildren and great-grandchildren with lovingly crafted letters and packages of goodies and gifts. Ever the thoughtful hostess, she left her loved ones with warm memories of traditions and delicious food made especially for them. Some of her most cherished time was spent on a full-time mission to Munich, Germany and the Joseph Smith Memorial Center in Salt Lake City. She also served faithfully with her husband for five years in the Family History Center in Cedar City as well as in the St. George Temple. Her steady faith motivated her long life of selfless service.

She is survived by her husband, Elwood Stanley Jensen, her younger brother, Merle Bennett (Linda), and four children: KristyLynn Spencer (Robert), Brian Jensen (Bonnie), LeeAnn Green, Darren Jensen (Michelle). Her 17 grandchildren and 28 great-grandchildren will miss her dearly. She was preceded in death by her parents and 4 siblings: Viola Croft (C.M.), Louise Bennett (Ned), Alvin Bennett (Louella), and Lavon Thompson (George).

A viewing will be held on Thursday, November 18 from 5-7pm at Southern Utah Mortuary, (190 N. 300 W. Cedar City, Utah) A family graveside service will be held on Friday, November 19 at 1pm at Cedar City Cemetery. Interment will be in Cedar City Cemetery, under the direction of Southern Utah Mortuary.

Garn Orton Page



Garn Orton Page, 90 years old, happily passed away at the home of his daughter, Kathy Page, November 13, 2021, in Cedar City, Utah. He is the second to last of his generation to go. His Sister Vernetta Marshall will be the last. His wife, Rose Bentley Page, preceded him in death. His parents are John G. and Maggie O. Page. He was born in Parowan, Utah and spent his youth there. He graduated from the university in Cedar City and then spent most of his time in Las Vegas as a Math Teacher and entrepreneur,

spending his later years back in Parowan.

His 7 children and their spouses are: Leland (Silvia Page), Kathy (Rickie Hunsaker), Dorian (Joyce Page), Annette (Del Hulet), Jackie (Randy Klein), John (Louise Page), Sylvia (died from childhood disease). Garn and Rose have a large posterity.

Funeral services will be held November 20, 2021, at 1:00 P.M. in Parowan at the chapel of the Church of Jesus Christ of Latter-day Saints (East building on Main St.). Interment will be in the Parowan cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent at www.sumortuary.org.



Barbara Widhalm

Barbara Widhalm passed away on Nov 10th. She is survived by her husband Robert, and 4 children; Brenda Close, Robert, David and Christine Wadsworth, 12 grandchildren, and 10 great-grandchildren. She was preceded in death by 1 grandson, parents and 2 brothers.

Janet Louise Hite



Janet L. Richling, Dahl, Hite, 83 of Enoch, Utah went to be with the Heavenly Father on November 11, 2021, after an extended illness. She was born December 17, 1937, to John Richling and Alice Bennaka Richling in Horton, Kansas.

She was a devoted member of the Community Presbyterian Church of Cedar City, Utah. She was a loving wife, mother, grandmother, great-grandmother, and sister.

She was preceded in death by her parents, John and Alice Richling,

daughter, Susan Dahl, and three brothers, Bob, Tommy, and Johnny.

Janet is survived by her husband of 43 years, Fred Hite; daughter, Margaret (Peggy) Dahl; two grandsons, Eric Consolo and Trevor Wooldridge; three great-grandchildren, Kitiara Enns and husband Spenser, Katrina Consolo, and Miles Allen; three sisters, Joyce Salazar, Carolyn Vancil and husband Bob, and Linda Denver; many nieces and nephews and brothers and sisters-in-law.

In lieu of flowers, memorial contributions may be made to Community Presbyterian Church at 2279 N. Wedgewood Lane, Cedar City, UT.

Visitation will be at Southern Utah Mortuary (190 N 300 W, Cedar City, UT) on Thursday, November 18, 2021, from 10:00 am to 12:00 pm. A graveside service will be held Thursday, November 18, 2021, directly following the visitation at the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent to www.sumortuary.com.

Stephan Allen McKibben



Surrounded by his family in the LDS hospital in Salt Lake City, Stephen Allen McKibben passed away due to organ failure on November 9, 2021.

He was born September 29, 1940, in Long Beach, California, to Dwight McKibben and Lavelle Leatz McKibben.

As a youth, Steve assumed much responsibility in the care of his disabled mother, lifting her in and out of her wheelchair and helping care for his two younger brothers.

Steve attributed his strong back and arms to all that lifting. He delivered early morning newspapers to buy his clothing and school supplies. His father died of lung cancer when Steve was fifteen.

Steve attended Long Beach City College before joining the Army for two years. He attended BYU for his bachelors and doctorate degrees as well as the University of Oklahoma where he obtained a master's degree in physical education. After teaching and working in education-related positions, he qualified and worked as a real estate appraiser and formed his own company in Cedar City, Utah.

While attending BYU as an undergraduate, he joined the Church of Jesus Christ of Latter-day Saints. During graduate school at BYU, he met Maureen Sloan and they married in the Cardston, Alberta, Canada temple. They are the parents of five children: Ryan, Jill, Christine, Jon, and Megan, and have thirteen grandchildren. Steve was a kind, loving, fun, steady, encouraging father and grandfather.

He was an avid football fan, especially of the BYU Cougars. Steve also loved baseball, hamburgers, Diet Coke, trains, flying, vacationing in Waterton Lakes, Alberta, and much more.

He served in various callings in his church, including counselor in three bishoprics and temple worker. He and Maureen served senior missions in Columbus, Ohio, and North Carolina.

He is survived by his beloved wife, Maureen, and children: Ryan McKibben (Kristine), Jill Glazier (Dane), Christine Reed (Karsten), Jon McKibben (Erin), and Megan Brown (Chris) and grandchildren Colin, Keira, Anna, Brooklyn, Lily, Julia, Hudson, Andrew, Kruise, Kamden, Wyatt, Alexander, Wesley; by his brother, Richard McKibben, of Long Beach, and by many nieces and nephews. He was preceded in death by his parents and brother, Greg McKibben.

The funeral was held Saturday, November 20, at 10:30 AM at the Rock Church (75 E Center Street, Cedar City). A viewing was held at Southern Utah Mortuary on Friday, November 19, from 5 - 7 PM. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at www.sumortuary.org.



VETERANS DAY

« CONTINUED FROM PAGE 13

Robison also added the importance and meaning of the colors of the flag. "The Color red signifies hardiness and valor. The white represents purity and innocence. The blue, vigilance, perseverance and justice."

As a Vietnam Veteran himself, Robison emphasized, "Even after our military service ended, we have become veterans strengthening America. We have continued to serve our communities, state and nation during the good times as well as the bad. Our support of our veterans in need is a moral obligation to ensure that those who have served will not be forgotten."

After Robison's remarks, the Choir sang "Thank You Military" a powerful song of gratitude that begins with the heroic but haunting lyrics, "It takes a lot of courage to have to say goodbye, not knowing as you go to war if you will live or die."

Following the Choir, a moment of silence was held for all veterans and the American Flag was lowered to half-staff. A military gun-salute was given and the playing of Taps echoed throughout the surrounding southern Utah mountains.

We are grateful to all who gave their lives and who continue to give their lives each day for the freedoms we have and the lives we can live because they gave and give their lives for us.

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*My work is my art;
your yard is my canvas.*

Nathan Trotter
435-590-4933

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Bush shaping

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**Call today for your FREE
creative yard consultation!**

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October through April**



Demario Warren

SUU ANNOUNCES FOOTBALL COACHING CHANGE

by Tyler Roper

SUU ATHLETICS STRATEGIC COMMUNICATION

CEDAR CITY — Southern Utah University Director of Athletics Debbie Corum announced Monday that the university and head football coach Demario Warren have mutually agreed to part ways.

"Coach Warren has been a cherished member of this institution and community for the last 14 years," Corum said. "He has elevated the football program in many ways and

has positively impacted the lives of hundreds of young men. Always putting the program ahead of his own desires, he has made a decision that it is time to step aside and make room for another coach to lead the team, and I support him in this decision. Demario has laid a strong foundation and we will begin work immediately to find the right person to continue building a successful program as we enter the Western Athletic Conference."

A nationwide search for Southern Utah's new head football coach will

begin immediately.

The end of the 2021 season marked the conclusion of Warren's sixth year as head coach of the Thunderbirds, and 14th year with the program overall. Warren leaves SUU with an overall record of 21-42, and led the T-Birds to a Big Sky Conference championship in 2017 during his tenure as head coach.

The next time Southern Utah football takes the field at Eccles Coliseum, it will do so as a member of the Western Athletic Conference with the school set to join the new league in July of 2022.

T-birds taken down by Trailblazers in St. George

by Kyle Birnbrauer

SUU ATHLETICS STRATEGIC COMMUNICATION

ST GEORGE — The Southern Utah men's basketball team traveled to St. George, Utah Friday night to take on in-state rival Dixie State. Despite outscoring the Trailblazers in the second half, the Thunderbirds couldn't overcome a slow start, falling 76-83.

John Knight III led the Thunderbirds offensively, scoring 20 points and shooting 7 for 14 on the floor. He also had seven rebounds and five assists on the night. Dre Marin also scored in double-digits, putting up 19 points. He also pulled down six rebounds and had three steals.

As a team, the Thunderbirds shot just 37.1 percent compared to Dixie State who shot 51.7 percent from the floor. Southern Utah did out-rebound the Trailblazers 41-35 and forced them into 12 turnovers.

The T-Birds got off to a pretty slow start, shooting just 30.3 percent in the opening half. After opening on a 3-0 run, they quickly found themselves in a three-point hole at 5-8. The Trailblazers really started to run away with things with just under five minutes to play in the first half as they put together a 12-0 scoring run and made it 38-25 in less than two minutes. By the halftime break, they had pushed their lead to 47-30 and took a 17-point lead into halftime.

Southern Utah shot 44.4 percent in the second half and even outscored the Trailblazers 46-36, but it wasn't



So. Utah

76



Dixie St.

83

Southern Utah
Dixie St.

30 46 -- 76
47 36 -- 83

Despite outscoring the Trailblazers in the second half, the Thunderbirds couldn't overcome a slow start.

enough to catch up. With 3:47 left to play, they had cut the DSU lead to just three, however the Trailblazers would turn around and score seven unanswered points to keep the Thunderbirds at a distance.

The T-Birds would be able to cut it to five points with :27 to play, but

two more free throws from Dixie State would seal the victory.

Southern Utah men's basketball season tickets and single game tickets can now be purchased for the 2021-22 season at tbirdtickets.com or at the America First Event Center box office. Individual and group tickets

for the 2021 Rocket Mortgage Fort Myers Tip-Off are now available to purchase through fortmyerstipoff.com/tickets or by calling (239) 481-4849. The Thunderbirds will be competing in the Palms Division of the tournament on November 23 and 24 in Fort Myers, Florida.

SUU ATHLETICS

SCOREBOARD

SCORES		
Region 10 Prep Football		
11/12	4A PLAYOFFS, CHAMPIONSHIP	
At Rice-Eccles Stadium		
Ridgeline 45, Dixie 20		
3A South Prep Football		
11/13	3A PLAYOFFS, CHAMPIONSHIP	
At Stewart Stadium, Ogden		
Grantsville 14, Morgan 10		
1A South Prep Football		
11/13	1A PLAYOFFS, CHAMPIONSHIP	
At Stewart Stadium, Ogden		
Duchesne 18, Layton Christian 14		
STANDINGS		
Region 10 Prep Football		
	REGION	OVERALL
Desert Hills (1)	6-0	9-2
Dixie (4)	5-1	9-4
Crimson Cliffs (6)	4-2	8-5
Snow Canyon (8)	3-3	5-5
Pine View (9)	2-4	7-5
Cedar (10)	1-5	2-8
Hurricane (12)	0-6	2-9
3A South Prep Football		
	REGION	OVERALL
Juab (1)	5-0	10-2
Canyon View (7)	3-2	5-6
Richfield (10)	3-2	4-7
Manti (8)	2-3	3-7
North Sanpete (5)	2-3	5-7
Carbon (11)	0-5	2-8
1A South Prep Football		
	REGION	OVERALL
Kanab (2)	5-0	9-3
Enterprise (3)	4-1	6-4
Milford (4)	3-2	7-5
Parowan (8)	2-3	6-6
North Sevier (5)	1-4	6-5
Gunnison (9)	0-5	3-7

CV's Cannon to join BYU swimming

by Tom Zulewski

IRON COUNTY TODAY

As a multi-event state swimming champion for Canyon View, Max Cannon is very familiar with the pool at the BYU campus. As a junior, Cannon broke a 32-year-old state record at the 2020 4A state meet and decided to turn that success into the big step of his college commitment. On Nov. 11, before friends, teammates and family at the CV campus

library, Cannon signed his national letter of intent to join BYU and swim for the Cougars. The senior admitted his success at the state meet, including a blistering time of 56.68 seconds in the 100 breaststroke from the 4A meet, made his choice easier. "I love that pool. Some of the best races of my life have been in that pool, and to have the opportunity to train there every day is something I couldn't pass up," said Cannon, who added a win in the 100 butterfly in

51.22 to his medal haul. In the search process, Cannon drew interest from Wyoming, but felt the BYU team and coaching staff was a better fit for him. "BYU just felt right. It was a great place," Cannon said. "I love the team, the coaches, the campus, and it's the right place to be. Wyoming also had an offer for Cannon after a visit, but the team chemistry didn't give him the same good feeling he had from BYU. Add in the Provo campus being closer to home, and it secured the decision. CV will compete as a 3A school this winter, and Cannon is hopeful to add to his championship haul and record book entries at the new level. "This year, I'm gonna do the 100 breaststroke again, but now that we're a 3A school, the record in the 200 IM (individual medley) looks feasible," Cannon said. "His commitment to individual goals is the best, and it always has been," CV head coach Kirt Brown said. Cannon is the second CV swimmer signed by BYU, joining Nathan Wallace (Class of 2017). Wallace signed with the Cougars, but went on his LDS Church mission and elected not to return. Cannon will swim as a freshman for the Cougars next year, then head to his two-year mission.



Canyon View senior Max Cannon signed his letter of intent to swim for BYU on Nov. 11.

Stratton signs to swim for Nebraska-Kearney

by Tom Zulewski

IRON COUNTY TODAY

When she was just 6 years old, Abby Stratton admitted she had a fear of the water when it came to swimming. Thanks to "somebody pushing me into the pool" and help from retired Cedar swim coach Richard Costan, she overcame the fear and turned it around into a college scholarship. Stratton signed her national letter of intent Nov. 10 to swim for Nebraska-Kearney, a Division II program located three hours west of Omaha. As a junior, Stratton finished sixth in the 50 freestyle at the 2020 4A state meet and was the starting leg of the 400 freestyle relay team that finished fifth.

"After my first summer, I completely fell in love (with swimming). I knew no matter the challenges, this is what I wanted to be doing," Stratton said. "I think I'm just getting better." The Lady Reds finished ninth as a team at last year's state meet, but head coach Megan Moses believes with Stratton leading the way as team captain, the finishes have definite potential to go higher. "She's amazing. Whenever she sets her mind to something, she can achieve it," Moses said. "She's definitely ready for the next level. As team captain, she's rallied the swimmers and built up the team. It's been tremendous." Stratton said she'll primarily be doing distance events -- the 500, 1,000, and 1,650-yard freestyle

-- when she enters college. Her coaches and the person holding a lap card at one end of the pool make all the difference to keep her on pace. "The lap counter helps me go faster. When they shake it, that means go," Stratton said. Cedar finished fifth overall and first among Region 10 schools that

competed at the Greg Fernley Invitational meet at Sand Hollow Aquatic Center on Nov. 5 and 6. The Lady Reds had 260 points, just two behind fourth-place Murray. Stratton swam the 100 freestyle at the meet in 59.27 seconds and added a 5:51.24 timing in the 500 free.

"After my first summer, I completely fell in love [with swimming]. I knew no matter the challenges, this is what I wanted to be doing. I think I'm just getting better."

Abby Stratton



Abby Stratton is set to pool her talents with the other swimming athletes at Nebraska-Kearney.

TOM ZULEWSKI



SUU ATHLETICS

SUU running back Thomas Duckett takes a handoff from QB Justin Miller. Duckett was one of the seniors honored during the Thunderbirds' final football game in the Big Sky Conference.

Thunderbirds honor seniors, close out 2021 season with loss

by Tyler Roper

SUU ATHLETICS STRATEGIC COMMUNICATION

CEDAR CITY — The Southern Utah University Football team honored its seniors prior to the final game of the 2021 season Saturday afternoon as the year came to a close in the form of a loss to Weber State.

Before kickoff, SUU recognized Noah Alejado, Philip Brown, Justin Brown, Thomas Duckett, Akili Gray, Kameron Jackson, Quaid Murray, Greg Rogers, Jalen Russell and Mykeal White for their contributions to the program. Braxton Jones and La'akea Kaho'ohanohano-Davis were also honored as both plan to explore potential opportunities in the 2022 NFL draft.

The Beehive Bowl between Southern Utah and Weber State went the Wildcats' way as WSU took home a 62-0

victory. The loss marked the end of the season for SUU as the T-Birds finished the year with a record of 1-10. Weber State improved to 5-5 for the year and will play one more year to close out its schedule.

"I apologize to the SUU football program and anybody who has

been a part of it, and also to the SUU community and Cedar City," said head coach Demario Warren. "I've never made excuses before, and so I won't start now. I try to give this everything I've got and pour everything I have into it. I love SUU and Cedar City, and I'm sorry we couldn't give them more tonight."

Duckett led the way in individual yardage for Southern Utah on the night with 31 rushing yards while Lance Lawson and Devon Sa'Chisolm both recorded 17 yards receiving. Treyson Johnson led the defense with eight tackles, and Francis Bemiy tallied seven tackles including one sack and 2.5 tackles for loss.

The end of the 2021 season marks Southern Utah's final season competing in the Big Sky Conference. The Thunderbirds will officially join the Western Athletic Conference in July of 2022 and will compete there next season. Next season's conference and nonconference schedules will be released as they become finalized.

For all the latest on Southern Utah football, follow @SUUFb_ on Twitter, @SUUFb on Instagram, and like the Southern Utah Football Facebook page.

T-Birds shine at NCAA Mountain Regional XC Championship

by Kyle Birnbrauer

SUU ATHLETICS STRATEGIC COMMUNICATION

PROVO — The Southern Utah men's and women's cross country teams competed at the NCAA Mountain Regional Friday morning where the men finished in fifth place and the women finished in 14th place overall. The men's team finished high enough to qualify for the NCAA National Championships for the seventh time in the last eight seasons.

"Only 31 teams move on to the national championship and get a shot at that title," head coach Eric Houle said. "For this to be the seventh time in the last eight

years speaks volumes as to what kind of athletes we have on this team and within this program."

The men's team finished with 152 points, 30 points behind Air Force who finished in fourth place. Christian Ricketts was the top finisher for the Thunderbirds, coming in seventh place with a time of 29:54.5. Nate Osterstock finished in 25th place with a time of 30:25.3, Kevin Ramos finished in 33rd

place with a time of 30:35.6, and Isaiah Labra finished in 43rd place with a time of 31:11.6.

Jacob Francis rounded out the scoring for the T-Birds with a time of 31:12.1 and a 44th-place finish.

Travis Feeny finished in 50th place with a time of 31:25.3 and Max Spence finished in 81st place with a time of 32:23.2.

On the women's side, the Thunderbirds scored 373 points, just one point behind Montana who finished in 13th place.

Alison Pray was the top finisher for the T-Birds coming in ninth place with a time of 20:24.4. Her finish should get her a spot as

an individual in the NCAA National Championships next week in Tallahassee.

"Alison will now be a three-time national qualifier. She is the best female athlete we have ever had on this campus and it is a credit to her and what she has brought to the table in her time here," Houle said.

MEN TAKE FIFTH, PRAY TAKES NINTH INDIVIDUALLY

see **CROSS COUNTRY** » 26

SUU women's hoops season-opening road swing ends with loss

by Tyler Roper

SUU ATHLETICS STRATEGIC COMMUNICATION

IRVINE, Calif. — Junior guard Madelyn Eaton scored 26 points, but it was not enough as the Southern Utah University women's basketball team went on to fall to UC Irvine, 81-65, Thursday night at Bren Events Center. The setback dropped Southern Utah to 0-2 on the season while the Anteaters improved to 2-0.

"UC Irvine is a tough team that is going to be at the top of their conference," said SUU head coach Tracy Sanders. "You have to come out ready to defend and hit shots against a team like that. I thought we played a much better second half. Some of our bench came in and gave some solid minutes."

Eaton's performance was one of a few bright spots for the Thunderbirds. The Highland, Utah native shot an impressive 11-of-17 from the floor on the night, including a 2-of-4 clip from 3-point range. Eaton also chipped in two rebounds, a pair of assists and one

steal.

SUU played Irvine tough for three quarters, but it was the second quarter that gave the Anteaters enough separation to comfortably cruise to a victory. After leading 18-15 at the end of the first quarter, the 'Eaters claimed a 30-18 advantage in the second quarter to lead by 15 at halftime.

The Thunderbirds got off to a promising start with a 5-0 run to open the game. Kinsley Barrington scored back-to-back buckets, followed by a free throw from Cherita Daugherty before UCI was able to get any points on the board. The teams proceeded to trade leads for the remainder of the quarter until the score was tied at 15 apiece, then the Anteaters claimed the lead and never looked back.

After Eaton's 26 points, Daugherty was the other T-Bird in double figures with 10. Daugherty and Darri Dotson led the rebounding efforts for SUU with six apiece, while three-different Thunderbirds registered three assists each.

RANDOM
thoughts

Tom Zulewski

IRON COUNTY TODAY



The first bit of moving preparations has reached its conclusion as Southern Utah wrapped up its 2021 football season. The T-Birds didn't win a conference game in its final run through the Big Sky, and the finale against Weber State on Nov. 13 was a rotten reminder of how rough the last four years have been.

When SUU last had a winning season in 2017 that included a second Big Sky championship, it ended with a rough 30-13 FCS playoff loss at home to Weber State. It came full circle last week as the Wildcats absolutely dominated in a 62-0 defeat. SUU went winless in its final Big Sky season and was 4-26 in conference play during the last four seasons of its nine-year run.

Ironically, the lone win of a 1-10 season in 2021 was a 40-35 road victory over future WAC foe Tarleton State, but the T-Birds don't have much on the resume as they get ready for the move.

SUU will enter the WAC in 2022 with a seven-game home losing streak and a 6-34 overall mark since its last winning season. Among the football participants in the WAC is defending national champion Sam Houston State, who beat the T-Birds in the FCS playoffs in 2013 and 2015 and, of course, Dixie State/Utah Tech.

Entering a new conference won't be a cure-all for what's ailing the T-Bird football program at this moment. If anything, it will present a new set of challenges and the need to cast the recruiting nets out a little wider than before.



This is the 7th time in the last 8 years that the men's team have qualified for the NCAA National Championships.

SUU ATHLETICS

CROSS COUNTRY

« CONTINUED FROM PAGE 25

Madisan DeBos finished in 64th place with a time of 21:44.8, Raquel Suarez finished in 86th place with a time of 22:22.6, and Haley Tanne finished in 104th place with a time of 22:53.3.

Sariah Hernandez rounded out the scoring for the Thunderbirds with a 110th-place finish in a time of 23:02.9.

Gentry Pierce finished in 113th place with a time of 23:15.4.

The men's team and Pray will find out all of the details about the NCAA National Championship tomorrow at 3:00 p.m. Mountain time during the NCAA Cross Country Selection Show.

SUU football closes Big Sky run

» *Drifting away from the neighborhood for a bit*, the championship chase in Division I college football may be as predictable as ever. The rankings were updated after our press deadline, but the top four teams that would play in the College Football Playoff were Georgia, Alabama, Oregon and Ohio State. Cincinnati, Michigan and Michigan State are all within range, but those at the top of the perch need to slip up at some point.

At the top, Georgia and Alabama are heading for a likely showdown in the SEC Championship game. Utah could play a major spoiler if they can get by Oregon at Rice-Eccles Stadium on Saturday in a 5:30 p.m. kickoff scheduled to air on ABC (Channel 4).

And then there's Ohio State, a program that's made life miserable for Michigan for the last two decades. The Buckeyes have won 17 of the last 20 meetings, and Wolverines head coach Jim Harbaugh is 0-5 in the rivalry game.

First things first, though. OSU still has to deal with a very good Michigan State team that's taking no prisoners under second-year head coach Mel Tucker. The game will be in Columbus on Saturday (10 a.m., Channel 4) before the showdown in Ann Arbor on Nov. 27.

Michigan stressed out everyone in the fourth quarter before getting a big play on a 47-yard touchdown pass that put away Penn State, 21-17. The Wolverines play at Maryland this week before facing the Buckeyes.

Let's be clear here. I'm not confident about Michigan's ability to beat Ohio State, but they're giving me reasons to turn around. Including Saturday, four of the Wolverines' nine wins have been by a touchdown or less. Ohio State hasn't had a stressful finish yet this season.

That's why they play these games. That's why we'll be watching them.

» *Cedar High will be hosting the Red Ruckus*, a chance for parents, friends and supporters to meet and watch both basketball teams in action Friday night at the CHS gym at 7 p.m. There will be a scrimmage, hot shot and 3-point shooting contest in an event that will raise funds for the teams and the season ahead.

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

TOM'S SPORTS TRIVIA

In the Oct. 20 issue, we took a deep dive into 1991 in sports, the year when the Detroit Lions last won an NFL playoff game. This time around, we go back one more year to 1990, the year the Cincinnati Bengals did the same. Please remember...no wagering!

1. With its futility at three decades long, how many playoff games have the Bengals lost during the time period?

- A. 6
- B. 7
- C. 8
- D. 9

2. The Bengals have been to the Super Bowl twice in franchise history, and Boomer Esiason was the quarterback when they lost to the San Francisco 49ers in Super Bowl XXIII. Which network has Esiason as a co-host of its Sunday NFL pregame show?

- A. ESPN
- B. Fox
- C. CBS
- D. NBC

3. Who was the unknown fighter who knocked out Mike Tyson to win the WBC heavyweight title Feb. 11, 1990?

- A. Buster Douglas
- B. Evander Holyfield
- C. Michael Spinks
- D. Vladimir Klitschko

4. Who won the 1990 Masters Tournament, becoming only the second golfer to go back-to-back?

- A. Jack Nicklaus
- B. Tom Watson
- C. Larry Mize
- D. Nick Faldo

5. Dale Earnhardt had one of his best chances to win the Daytona

500 in 1990, but he blew a tire on the final lap. Which driver was the beneficiary and earned his first career victory?

- A. Derrike Cope
- B. Bobby Hillin Jr.
- C. Dick Trickle
- D. Morgan Shepherd

6. On July 1, 1990, the Chicago White Sox pulled off a baseball rarity – winning a game despite not getting a hit. Which team did the Sox beat with a four-run eighth inning?

- A. Boston Red Sox
- B. Detroit Tigers
- C. New York Yankees
- D. Baltimore Orioles

7. Quarterback Stacy Robinson may not be a household name, but he ran wild Oct. 7, 1990, setting an NCAA record at the time by rushing for 308 yards and five touchdowns as which MAC school stunned No. 24 Fresno State in a 73-18 blowout?

- A. Western Michigan
- B. Northern Illinois
- C. Toledo
- D. Bowling Green

8. Who was crowned the National League batting champion in 1990, but finished the season in the American League thanks to an Aug. 29 trade?

- A. Willie McGee
- B. Rickey Henderson
- C. Tony Gwynn
- D. Wade Boggs

9. On July 25, 1990, what comedienne screeched the National Anthem at a San Diego Padres game and drew negative reaction for another thing she did while performing?

- A. Roseanne Barr
- B. Lily Tomlin

C. Ellen DeGeneres
D. Paula Poundstone

10. Petr Klima put an end to the longest game in Stanley Cup Finals history with a goal at the 15:13 mark of the third overtime in Game 1 of the 1990 Final. Which team did Klima play for that went on to win the Cup in five games?

- A. Detroit Red Wings
- B. Buffalo Sabres
- C. Edmonton Oilers
- D. Boston Bruins

11. Which driver won the 1990 Indianapolis 500? His son wouldn't have quite as much success on track, but appeared three different times on The Bachelor reality dating series.

- A. Arie Luyendyk
- B. Helio Castroneves
- C. Rick Mears
- D. Al Unser

12. Who was the MVP of the 1990 World Series? He won two games for the Cincinnati Reds, including a 2-1 victory in Game 4 over the Oakland Athletics that finished off a series sweep.

- A. Rob Dibble
- B. Jose Rijo
- C. Norm Charlton
- D. Randy Myers

LAST WEEK'S ANSWERS

1. B: Buffalo, N.Y.
2. A: Exhibition Stadium
3. C: Kansas City Royals
4. A: John Olerud
5. D: Dave Stewart
6. C: Cleveland Indians
7. B: Tom Cheek
8. D: Mitch Williams
9. A: Jose Bautista
10. B: 11
11. A: New York Yankees
12. D: Roger Clemens

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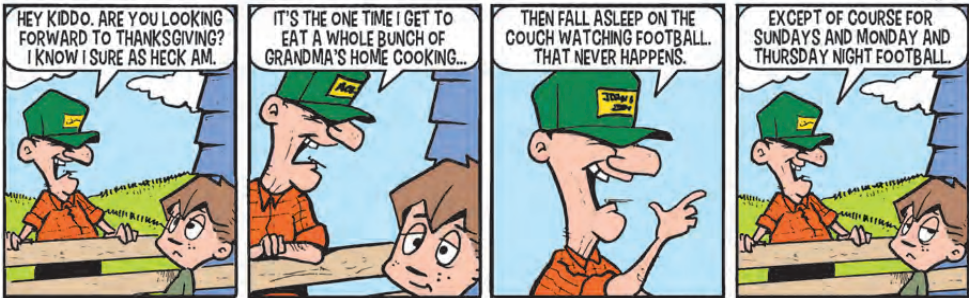
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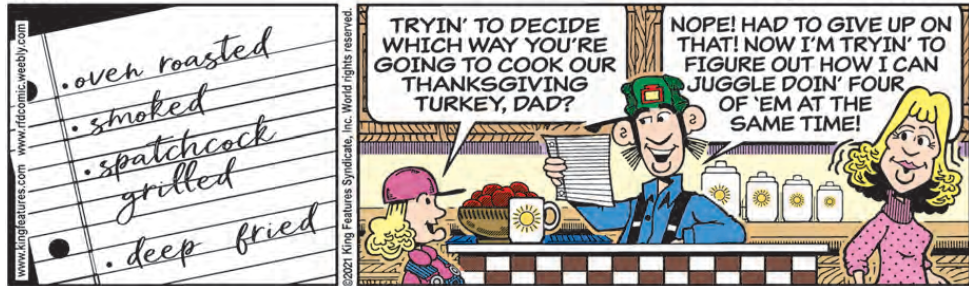
Amber Waves

by Dave T. Phipps



R.E.D.

by Mike Marland



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

4				9	2		5
		3		6		4	
	9	8	2		6		
	4			3		5	
2			5			4	
		9		7			1
	7	2		1			9
	1			4	3	7	
6			9				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. Flower is reversed. 2. Glasses are removed. 3. Collar is missing. 4. Hair is different. 5. Children are holding hands. 6. Socks are shorter.

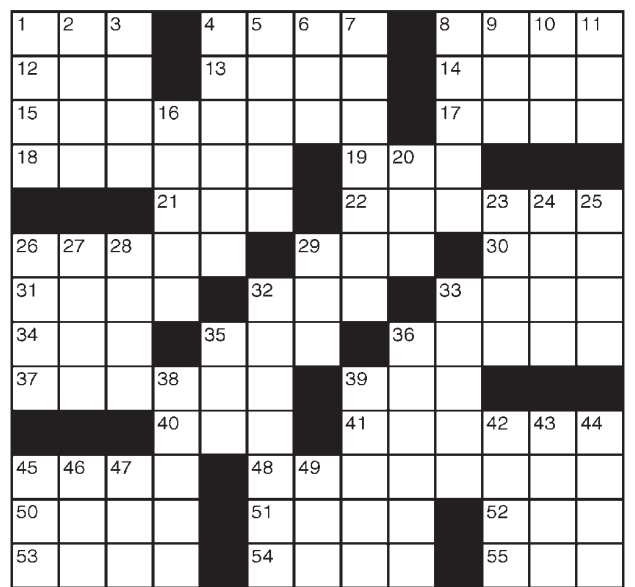
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November 15, 2021 Posting Date King Crossword

ACROSS

- Up to
- Platter
- Scoop holder
- Olympics chant
- Sicilian resort
- Dryer fuzz
- Sandal type
- Pub potables
- Computer whiz
- Dog tags, e.g.
- PC key
- Excellent
- Expire
- Present location?
- Med. plan option
- Perry's creator

- Aviv
- Hotel worker
- From — Z
- "Science Guy" Bill
- Segments
- Kanye West's music
- Moonshine vessel
- Japanese sash
- Narcotic
- Volition
- Sound of hoofbeats
- Tom Joad, for one
- First-rate



- Onassis nickname
- Marries
- A deadly sin
- Moment

DOWN

- Clump of grass
- Capri, e.g.
- Secular
- Sully
- Cove
- -Cat
- Domed building in Washington D.C.
- Purse fastener

- Tin Man's need
- SSW opposite
- UFO crew
- Stage
- Ten, in Dijon
- "— she blows!"
- Skip
- Spacecraft compartments
- Wife of Jacob
- Intro studio class
- Fall into a soft chair
- Spelldown

- Not out of the ordinary
- Wizardry
- San Francisco's — Hill
- Thing on a string
- Bagel features
- Unites
- Regrettably
- Rent
- Grand tale
- Dazzle
- White House nickname
- Cover
- Baseball's Gehrig

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Trivia test

by Fifi Rodriguez

- MEASUREMENTS: How many dry quarts are in a peck?
- GEOGRAPHY: What's the name of the island where the Statue of Liberty stands?
- MUSIC: Which composer is known as "The Waltz King"?
- GEOMETRY: What is a three-sided polygon called?
- ASTRONOMY: What is it called when three celestial bodies are arranged in a straight line?
- TELEVISION: How many Huxtable children were in the long-running "The Cosby Show"?
- MOVIES: What's the name of the town in the "Halloween" horror movie series?
- SCIENCE: What does the acronym FM stand for?
- LITERATURE: Which famous novel begins with the line, "Happy families are all alike; every unhappy family is unhappy in its own way"?
- GENERAL KNOWLEDGE: What color is alabaster?

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

Answer

Weekly SUDOKU

W	E	D	S		L	U	S	T		S		S	D		
K	I	E		A	R	I								O	

Solution time: 26 mins.

Answers

King Crossword

SCRAMBLERS
Today's Word
1. Trade 2. Reward; solution
3. Retain; 4. Kindle
TRADED

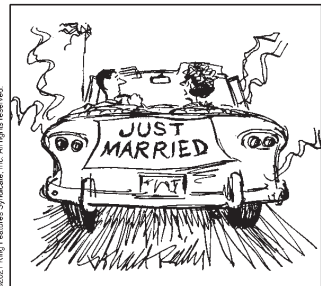
- Answers
1. Eight
2. Liberty Island
3. Johann Strauss II
4. A triangle
5. Syzygy
6. Five
7. Haddonfield, Illinois
8. Frequency modulation
9. "Anna Karenina"
10. White

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Deal
RATED
Bonus
DRAWER
Keep
NEARIT
Ignite
LINKED

TODAY'S WORD



Isn't it about time you
_____ in this heap?"

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