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life

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contest



IRON
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today

Happy Thanksgiving

FROM IRON COUNTY TODAY



20-year-old suspect arrested for multiple counts of burglary

by Gabrielle Costello

CEDAR CITY PUBLIC INFORMATION OFFICER

Beginning Friday, November 4th through Wednesday, November 9th, Cedar City Police received reports of multiple houses being burglarized near the 1300 North block of 300 East, wherein the suspect unlawfully entered by force. The suspect victimized several homes over the course of the week.

Investigators worked tirelessly

SUSPECT VICTIMIZED SEVERAL CEDAR CITY HOMES OVER THE COURSE OF A WEEK

to follow the evidence and any leads that would assist in the investigation of these crimes. On Thursday, November 17th, investigators arrested 20-year-old Brayden Woodhouse and booked him into the Iron County Jail on three (3) counts

of Burglary of a Dwelling, each count a 2nd Degree Felony.

We are grateful for the officers and deputies who worked many hours to patrol the neighborhood, strategically working to locate the suspect, and addressing the neigh-

borhood's concern for safety. We are also thankful for the community's tips that provided the information necessary to identify the suspect. This was a great team effort led by the remarkable work of Detective Jake Hoyt with assistance from Detective Matt Topham.

Cedar City Police Department strives to create a safe community for all and is dedicated to delivering premier public safety services.

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Southern Utah University

SUU to hold 'Day of Grace' on Nov. 30

PROGRAM TO HONOR GRACE ADAMS TANNER WITH SUMA TOUR, FACULTY LECTURE

from David Bishop

SUU DIRECTOR OF PUBLIC RELATIONS

The Grace A. Tanner Center for Human Values is pleased to announce its 2022 Day of Grace, which will take place on Wednesday, November 30. This event, which is free, honors the legacy and impact of its namesake, Grace Adams Tanner. The public is invited to attend.

The Day of Grace will begin with a 2:00 p.m. guided tour of the Southern Utah Museum of Art's exhibit, "Reclaiming Agency:

Ukrainian Women Photographers Today." The tour will be followed by a 3:00 p.m. lecture from this year's Grace A. Tanner Faculty Fellow, Dr. Corey L. Twitchell, entitled "The Almost-Lost Story and Danger of a Single Story: Trauma and Narrative in a Post-Holocaust World." The lecture, which will occur in the Garden Level of the Gerald R. Sherratt Library at SUU (LIB002), will be followed by a reception with refreshments, commemorative pins, and a birthday cake in honor of Grace A. Tanner.

Tanner Center Director, Dr. Danielle Beazer Dubrasky notes that, "We're excited to celebrate Grace by calling attention to both the urgent programming offered by the Southern Utah Museum of Art and the remarkable scholarship of Dr. Twitchell. This program highlights the Tanner Center's mission to promote access to learning in all areas of human values. We invite all members of SUU

and the Cedar City community to attend this event."

Grace A. Tanner Faculty Fellow Corey L. Twitchell is assistant professor of German and German program director in languages and philosophy

the internal and external workings of narrative. His scholarly work focuses on questions that speak across the spectrum of human experience: How do we tell stories about ourselves in ways that will encourage and

"We're excited to celebrate Grace by calling attention to both the urgent programming offered by the Southern Utah Museum of Art and the remarkable scholarship of Dr. Twitchell."

Dr. Danielle Beazer Dubrasky

at SUU. He also instructs courses on film and Holocaust history and representation. Dr. Twitchell specializes in literature and film on the Holocaust, with a focus on post-Holocaust German-Jewish culture. As he will discuss in his talk, he is fascinated by

engender meaningful communication, and how can narrative be fine-tuned to serve as a conduit for representing what is often at first glance considered to be ineffable—such as complex stories of historical violence and mass suffering such as the Holocaust.

Shoshone tribe chief's talk brings history back to life

by Christina Schweiss

FOR IRON COUNTY TODAY

Darren Parry, current Chief of the Shoshone tribe, was this week's APEX lecturer which occurred on November 17 in the Hunter Conference Center on SUU's campus. The first thing Parry said in his lecture was, "This is the most beautiful venue I have ever spoken at."

Parry's talk was all about the Bear River Massacre which took place on January 29, 1863. More than 400 Shoshone people lost their lives that day. Two thirds of that number being women and children.

After explaining a brief history about what happened, Parry explained, "When something terrible happens, where human lives are lost, that place always seems to take on a new meaning. Places that haunt and hurt, for the wounds that they hold, still compel us to go back for some unexplainable comfort."

Parry's third great grandfather was the chief during the time of the Bear River Massacre. He expressed, "We remember and honor the past because it allows us to succeed in the future."

In Idaho, off highway 19, there is a monument in honor of the Bear River Massacre. Parry said "I believe that monument gives people a reason to forget. That monument strips us of the obligation to find out what took place." The monument "is not a story about my people. It becomes a story about the brave soldiers and the pioneer women who took care of them. In creating a monument like this you firm up memory and you create a false history. This monument gives us one point of view, from one generation's perspective, years after the event."

After he talked about the horror that the Shoshone tribe went through at the massacre,

Shoshone Chief, Darren Parry speaks at the November 17 APEX lecture. Parry declared that "We must learn to value our differences."



JOSEPH ROBERTS

Parry declared, "Those who died at Bear River have a God-given right to be heard. Their voice speaks to me from the dust."

Parry explained that a chief earns his feathers by doing acts of service and being kind to others. At the end of his lecture, Parry said, "Go be a

Chief today."

Parry's book, *The Bear River Massacre: A Shoshone History*, can be purchased on Amazon.

The next APEX lecturer will be Danielle Leavitt and the event will occur on December 1. For more information, go to www.suu.edu/apex.

opinion

FROM THE EDITOR

Happy Thanksgiving

What are you thankful for this year? What makes it happy? I know that for some, the holidays are not happy, but a time of trial and heartache, most often because of loneliness. Loneliness caused by distance and the inability to travel, or the loss of loved ones, or even the feelings of being forgotten, or unwanted. Yes, it's sad to



COREY BAUMGARTNER
MANAGING EDITOR

think about people in our hometown struggling, especially during times when others are celebrating. Nevertheless, we still live in a very caring and compassionate county. There are local places to get help and hope. So, if you know of someone in need, or are someone in need, or someone that wants to help those in need, I hope we will each reach out through any way we can.

I know traveling is expensive, but a phone call or facetime is also becoming an accepted way to connect to each other and remind us that the best part of celebrating the holidays is doing so together.

As for myself and the Iron County Today staff, we are very thankful for you—our readers, deliverers, contributors and advertisers. We wouldn't be here without you!

Happy Thanksgiving!

Corey, Devin, Patti, Scott, Tom, Lorie and Gail

WORD OF THE WEEK

UBIQUITOUS

Existing or being everywhere, especially at the same time.

As the Holiday Season arrives, if you can't be as ubiquitous with your presence (and presents) or make it (traveling) or bake it (cooking), I hope you'll at least be able to call, text, voicemail, email with your family and friends.

ZED by Duane M. Abel



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Lt. Col. Allen West states that "Leftism not working"

by John Grimaldi

FOR IRON COUNTY TODAY

The Association of Mature American Citizens [AMAC] partnered with the American Constitutional Rights Union [ACRU] in a collaboration aimed at protecting the rights of senior citizens, particularly their voting rights. The ACRU's Executive

God-given rights outlined in the U.S. Constitution." It was created as "a counterbalance to the American Civil Liberties Union, the ACLU, which is a leftist organization." He exclaimed that when he thinks about the partnership with the Association for Mature American Citizens, he thinks about all of the great AMAC members who are also veterans. What the ACRU

from dementia, Alzheimer's, and other such conditions were voting 100% in some facilities, despite their disabilities. They found that "people were actually going in and registering these people and then also voting for these individuals." As it turned out, the same thing was happening in other states, he noted. "For example, in Texas, we had an individual that was brought up on over 100 counts of voter

fraud relating to the abuse of seniors. And that's what this really is. This is abusing our seniors, and we should not allow that to happen. So, ACRU created the Center for Vulnerable Voters [www.protectvulnerablevoters.com]."

West explained that the program provides tools and resources for relatives of residents in nursing and memory care facilities, including a senior voting rights document. "We are sending letters to facilities in the major states where you have large senior citizen populations to let them know that we're watching, we're paying attention, we're alerting people to the fact that we don't want to see the abuse of seniors anymore when

see **WEST** » 7

"We have to go back and realize we were once energy independent. And when you are energy independent, you're economically independent."

Lt. Col. Allen West

Director, a retired U.S. Army veteran and former congressman, Lt. Col. Allen West, joined AMAC CEO, Rebecca Weber, in a recent interview on her Better For America podcast. The ACRU was established some 25 years ago, and its founding board included Ed Meese, President Ronald Reagan's Attorney General, and Robert Carlstrom, President Reagan's State Director of Social Welfare.

Colonel West explained that the ACRU's mission is to protect "the

wants to do "is [create a synergy], because as I tell people, the oath that you took to the Constitution never ends. It has no statute of limitations."

West said that AMAC and ACRU have a joint concern, namely voter fraud focused on America's seniors. He cited an investigation in Wisconsin that found "nefarious activities that were happening at senior living facilities and memory care centers." For example, he said, it showed that residents suffering

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opinion

A community can save local businesses

There is an adage, "The only thing constant in today's world is change." For this column, let me use a quote I shared previously by Michael John Bobak. He said, "All progress takes place outside the comfort zone." I am constantly reminded how fragile communities and locally owned businesses can be. I recall a somewhat dated locally owned restaurant in our community that was open one day and seemingly gone the next. While the modestly priced restaurant needed some minor tweaks, it was a local favorite, a great place for a quiet dinner and escape from the normal loud sit-down places many communities are stuck with today.

Having conversed with the owner shortly before closing, they indicated business had become more difficult over the previous few months. They believed the recent opening of one of those 'sea-of-sameness' national chain steakhouses in the community was the final straw that did them in.

Had I known earlier, I have no doubt this business could have been saved. In our discussions and analysis of their situation, it occurred to me they had died a slow death by little setbacks. Of course, in their minds it was all outside influences that caused them to meet their demise. In thinking through the discussion, there is much more to it, as well. A few simple

tweaks with their business model like updated menu items, marketing savvy, and so forth would have been enough to make a difference.

While updates might have helped, let's breakdown how a community could have made a difference. In this case, what if only three additional couples or small groups had dined there each night. Their locally owned business would have survived. The success of most locally owned businesses typically doesn't need a massive new consumer base to survive; just small upticks can be the difference between life and death. Think of it this way, if a restaurant has three additional couples dining there each night spending \$200 amongst them, that is \$200 additional nightly income or \$1400/week, over \$6000/month or approximately \$72,000/year. To many small locally owned businesses, this means staying in business versus closing their doors.

Where does this leave this community? It certainly leaves a big void in the dining scene. It siphons off yet more money leaving the community to a distant corporate chain headquarters. In the case of this single restaurant, over time coupled with the compounding we find with locally spent dollars, it siphons millions of

dollars out of the community that would have generated much needed sales tax revenue. Additionally, it reduces the choices of the consumers as they are slowly being funneled toward out-of-town establishments that are more and more pervasive throughout smaller communities.

What can communities do to avoid this situation repeating itself around the country time and time again? The solutions aren't that difficult. We all must take a better interest in our locally owned business establishments. We need to be more pro-active and not only frequent them more often, but also provide constructive suggestions on how they can better serve or meet the demands of their customer base. Likewise, locally owned businesses need to be in tune to their consumer demands and do their best to not only understand them but strive to meet those demands. That means change is the name of the game if you are in business.

There are four types of ways in which we spend our money. First, we leave our community and spend our money in a distant community. Secondly, we shop online from the luxury of our homes where all the money leaves the community. Thirdly, we

frequent non-locally owned business establishments where all the profits leave the community. Lastly, we commit to frequent locally owned and operated business establishments. The first two options will kill your community rapidly if done in excess. The third will kill your community slowly via death of a thousand paper cuts. The fourth is the only sure way to grow your local tax base and thus create a more vibrant community. That isn't opinion, this is simple math and logic. Finding your local spending balance is critical.

As stated, there needs to be a balance. Let us all take stock of our communities. Let us ask ourselves, what can I do to assure our locally owned business base is surviving? If we all think and act through this together, there is little that can stop your community from reaching its fullest economic potential. If we don't think and act this through, there is little you can do to stop the ultimate demise of your community.



JOHN A. NEWBY
COLUMNIST

John A. Newby, author of the "Building Main Street, Not Wall Street" weekly column and CEO of Truly-Local, LLC, dedicated to assisting communities create excitement, energy and combine synergies with their local media where LOCAL is often lost to corporately-owned entities and the Internet. His email: info@Truly-Localllc.com.

QUOTE OF THE WEEK

"Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you. Thinking of you this holiday season!"

T.A. Barron

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Utah Legislature continues to fight to protect life

from Utah State Senate

FOR IRON COUNTY TODAY

Last week, during the Legislative Management Committee meeting, lawmakers approved an amicus brief to be filed by the Office of Legislative Research and General Counsel on behalf of the Legislature for the lawsuit against S.B. 174 Abortion Prohibition Amendments.

“Human life should be recognized and valued at all ages and stages,” said President J. Stuart Adams. “Children deserve protection and the opportunity to live. My commitment to life does not end at birth. We are working to make adoption easier in Utah. By enhancing resources, we can eliminate barriers to adoption and provide financial support to expecting mothers. Together, we must work to protect and defend every life — mothers, children and families.”

In 2020, the Utah Legislature proactively passed S.B. 174, which would prohibit all elective abortions in Utah, except in rare circumstances involving rape, incest or medical emergency. S.B. 174 was contingent on a U.S. Supreme Court ruling that would permit states

“My commitment to life does not end at birth... Together, we must work to protect and defend every life — mothers, children and families.”

J. Stuart Adams

the option to ban abortion from conception to birth.

“Utah has been at the forefront of fighting for life,” said Sen. Dan McCay, sponsor of S.B. 174. Earlier this year, the U.S. Supreme Court overturned Roe v. Wade and rightfully gave states back the decision to choose their abortion regulations. This was a monumental victory for human life. We will continue to vigorously defend the unborn and prohibit elective abortion, standing up for those who cannot defend themselves.”

Lee makes statement on “Respect for Marriage Act”

UTAH SENATOR VOTED AGAINST MOTION

WASHINGTON, D.C. — The Senate voted on a motion to proceed to the Respect for Marriage Act. Sen. Mike Lee (R-UT) voted against the motion and issued the statement below:

“I voted against the motion to proceed to the ‘Respect for Marriage Act’ because the religious liberty protections were severely anemic and largely illusory. While I respect the efforts and emotions surrounding this issue, the bill does not simply codify Obergefell as

its proponents claim. And despite the proposed amendment from Senators Collins and Baldwin, the religious-liberty protections are woefully insufficient. Religious Americans will be subject to potentially ruinous litigation, while the tax-exempt status of certain charitable organizations, educational institutions, and non-profits will be threatened. My amendment would have shored up these vulnerabilities. It is a shame it wasn’t included.”



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BOOKINGS

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Sara L Culpepper
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Poss Dangerous
Weapon by Restr.

Mary A Grayson
ENOCH, UT
Retail Theft

Jonathan H Koltvet
CEDAR CITY, UT
Assault, Felony
Discharge of Firearm

NOV 15

Skylar D White
PAROWAN, UT
DUI w/BAC at/over
.08, Assault on Police/
Military in Uniform

Arturo Padilla
BERYL, UT
Burglary of a Dwelling

Kevin D Piper
CEDAR CITY, UT
DRUG - Poss C/S,
Paraphernalia, Susp DL

NOV 16

Ashlee D Grygierczyk
ENOCH, UT
Child Abuse

Ryan L Williams
CEDAR CITY, UT
DUI

NOV 17

Daniel Gutierrez Velazquez
CEDAR CITY, UT
Theft

Brayden R Woodhouse
CEDAR CITY, UT
Burglary of a Dwelling

Christopher M Johnson
CEDAR CITY, UT
DUI w/BAC at/over .08

Fernando Ruiz-Ruiz
PAROWAN, UT
Intoxication, Domestic
Violence, Criminal
Mischief

Jason L Stratton
CEDAR CITY, UT
DUI

WEST

« CONTINUED FROM PAGE 4

it comes to our election process.”

Colonel West went on to lament the state of America's military and the negative impact of the so-called “woke” movement -- a politically leftist ideology that seeks to redefine what it is to be an American. He cited a Heritage Foundation report on our nation's military readiness. “One of the things that the military is supposed to be able to do is to deal with MRCs [Major Regional Conflicts].” The Foundation found that we can't even deal with one major regional conflict. He pointed out how these days, our armed forces seem to be more interested in training our troops in the ways of woke protocols. As a result, “we have emboldened our enemies -- China, Russia, North Korea, Iran. On top of that, [the military has to deal with] the unconstitutional, unethical, illegal, and immoral vaccine mandate order that was passed down from the Commander-in-Chief. Look at how that's affecting our readiness. You're talking about getting rid of 20, 30, 40, thousand members of our military at a time when we're not able to meet our recruiting and retention goals. We had to lower our in-strength requirements because we can't meet our recruiting goals. That's not how we should have an operating military in America.”

West went on to point out that it's not just the degradation of our national security or our military security. There's a lot more with which to be concerned. “You see a degradation of our energy security, we're down to 25 days of diesel supply in the U.S. We have almost cut in half our Strategic Petroleum Reserve. And think about our seniors. Not just what is happening to their savings, to their 401k accounts, and their retirement accounts. Think about the fact that now they have to make a decision about eating or heating oil because the prices are going up. But what do you hear from the Biden administration, which is going to create a windfall tax against the oil and natural gas companies? We have to go back and realize we were once energy independent. And when you are energy independent, you're economically independent. And you think of all the second and third-order effects that are hitting all Americans, but especially our vulnerable seniors out there that are being decimated.”

As West put it, “we've tried this leftism thing and it is not working.” The nation wants to get back to where we were two years ago; we want to get back to our fundamentals. And as Colonel West believes, we will get back to the rule of law, the adherence to it, and the respect of individual rights, freedoms, and liberties.



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public & health

Local opportunities to serve at Utah Food Bank

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The local volunteer hours are:

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- » Friday: 8 am – 5 pm
- » Saturday: 8 am – 1 pm

Volunteer opportunities include Individual or Group Volunteering, Family Volunteering, Food Box Decorating, and Delivering Food Boxes. Through their website, utahfoodbank.org, you can sign up to volunteer, start fundraisers, or make monetary donations.

For those in need of Utah Food Bank's services, visit their website. There you may find local food pantries, mobile pantries, or a Commodity Supplemental Food Program near you. You can also call 2-1-1 Information and Referral to learn about other resources in your local community that can help you meet your needs. For those in need of food, contact the Utah Food Bank at (801) 978-2452.

Asa Burns (CAIFA)

Tips for making Thanksgiving dementia-friendly

With Thanksgiving approaching, the Alzheimer's Foundation of America (AFA) is offering seven tips to help families affected by Alzheimer's disease and other dementia-related illnesses ensure their Thanksgiving celebration is dementia-friendly.

"Families caring for a loved one with a dementia-related illness deserve to join together and celebrate Thanksgiving, and there are a few simple steps they can take to make that celebration as joyful as possible," said Charles J. Fuschillo, Jr., AFA's President & CEO. "Being proactive and prepared are the best tools caregivers can use to give their loved one a Happy Thanksgiving."

AFA offers the following tips to help make a Thanksgiving celebration dementia-friendly:

Prepare your loved one.

Try to familiarize them with the guests beforehand by showing photos, sharing stories, or arranging a phone or Facetime chat prior to the celebration. You could also make an invitation to the event to share with your loved one so they know the details and that it will be happening.

Prepare your guests.

Consider sharing beneficial information with guests about your loved one—such as ways to communicate with the person, what they respond well to, and what may cause distress—especially if they have not seen the person recently. This will help facilitate positive interactions and engagement.

Factor the person's routine into the scheduling.

Changes in daily routine can be challenging for someone living with dementia, so to the greatest extent possible, plan the celebration around that

routine. For example, if the person usually takes an afternoon walk, build in time for that.

Hold the celebration early.

Individuals living with dementia are prone to "sundowning," a syndrome which can cause agitation and confusion in the late afternoon-early evening as the sun sets. This can be compounded when adding a celebration with a house full of guests. Consider holding the celebration earlier in the day so your loved one feels more comfortable.

Plan for help.

Preparing and holding a holiday gathering can be stressful even without the additional responsibilities of caring for a loved one with dementia. Relatives and friends are often eager to help, but may not know how. Don't be afraid to let them know what you need, whether it's asking them to bring a dish, help with cooking, shopping, or decorating, or spending time with your loved one while you are preparing for the celebration.

Keep your loved one involved.

Make adaptations that enable your loved one to participate in the celebration by focusing on what they can do, rather than what they cannot. Invite them to help by preparing ingredients for a simple dish, setting the table, decorating, and other activities. Playing familiar music or going through old photos are great forms of reminiscence that can bring joy and foster positivity during the celebration. For intergenerational activities, try singing familiar songs together, doing art activities, and having a snack together.

Have a quiet space available.

Prepare a quiet place away from the crowd where the person with dementia can go if the celebration becomes too much for them. Have familiar comfort items available (i.e., favorite blanket, sweater, stuffed animal) that will help them feel safe and comfortable. Try to control the flow of visitors when possible; those in the early stages are better able to interact than those in later stages.

Families who have questions about creating a dementia-friendly Thanksgiving celebration or any other question relating to dementia or caregiving can contact the Alzheimer's Foundation of America's Helpline, seven days a week, by phone (866-232-8484), text message (646-586-5283), or web chat (www.alzfdn.org).

Sandy Silverstein (AFA)

Goldman Sachs 10,000 Small Businesses Voices launches reauthorization campaign

As Congress returned to session last week for the first time since the midterm elections and newly elected Members participate in orientation, Goldman Sachs 10,000 Small Businesses Voices is announcing a new grassroots advocacy campaign to encourage lawmakers to reauthorize the Small Business Administration (SBA) in 2023 for the first time in more than two decades – a move that would modernize the agency and ensure it is best-equipped to meet the needs of today's small business owners.

The new effort formally kicked off with the delivery of a letter signed by more than 3,000 small business owners from all 50 states, including more than 100 business owners from Utah, calling on Members of Congress to work together on legislation

reauthorizing the SBA. The program launched a bipartisan connected television (CTV) ad which includes both Republican and Democratic Senators calling for a modernized SBA. In the coming months, the new campaign will utilize public events, paid advertisements, and other measures to ensure the voices of small business owners are heard in the halls of Congress.

"Congress helped small businesses get through the COVID-19 pandemic. Now, with a possible recession looming, it's more important than ever that policymakers ensure the Small Business Administration is best equipped to meet the needs of today's small business owners," said Jill Bommarito, Founder and CEO of Ethel's Baking Company in Shelby Township, Michigan. "This is an issue that touches every community in every state across our country. It's critical that we get the job done."

The last time Congress reauthorized the SBA, in December 2000:

- » Tom Brady was a backup quarterback to Drew Bledsoe.
- » Jim Carrey's *How the Grinch Stole Christmas* led the holiday box office.
- » 68% of small businesses in operation today did not exist.

While Congress has enacted important policies since then to benefit small businesses, it has not taken the step of actually reauthorizing the SBA, which will allow lawmakers and the agency to take a step back and ask searching questions about its mission and structure. It will offer a chance to double-down on the SBA's strengths and ensure that it can adapt to a shifting landscape and continue serving thousands of small businesses each year.

With President Joe Biden in the White House, Republicans likely controlling the House, and Democrats holding the majority in the Senate, reauthorizing the SBA might be one of the only things that members of both parties will be able to work together on in order to deliver results for the American people.

"Few things are as important as ensuring that small business owners have the tools and resources they need to get ahead," added Goldman Sachs 10,000 Small Businesses Voices National Director Joe Wall. "That's why we are fully committed to ensuring that Congress reauthorizes the SBA next year for the first time in 22 years so that federal government programs and services are tailored to better meet the needs of small business owners today."

Part of that letter to Congress is as follows:

We, the 10,000 Small Businesses Voices community, believe small businesses need a federal agency built for today's economy. An agency that can equip us with the tools and resources to succeed both now and in the future. By reforming and reauthorizing the SBA, Congress can:

- » Modernize technical assistance and entrepreneurial development programs to reflect today's technology.
- » Ensure that access to capital programs meet the various financing needs of small businesses to continue to grow and attract investment.
- » Expand federal procurement opportunities for more small businesses to do business with the government.
- » Build a more responsive customer support center to ensure that questions and inquiries do not go unanswered.
- » Develop a 21st century communications and marketing strategy to bring more awareness to the resources available for small businesses.

Asa Burns (CAIFA)

STARS SEARCH FOR CHANGE

by May Hunter

FOR IRON COUNTY TODAY

The annual Iron County Children's Justice Center's Dancing With Your Community Stars was held November 15 at 7:00. This year's theme was "Winter Wonderland" and "Community Stars" stars from the community teamed up with dancers from Ignite Dance Company. The talented lineup of dancers included: Jackson Ames, Todd Boyer, Michael Bahr, Kelly Hansen, Dave Staheli, Jace Burgess, McKennan Hansen, and Dennie Schmidt. The celebrity judges for the evening were Alex Meiser, R. Scott Phillips, and Ellen Wheeler.

The entire night was magical from the dancing competition and musical performances to the attempts to bribe the judges and booths with treats including Santa and the Grinch to encourage the patrons to vote for their Community Stars.

Other special guests included the Director of the Utah CJC program, Tracy Tabet, who oversees the 25 centers throughout Utah. Despite the changes in education and even the rise of population, she spoke of how the CJC has improved their abilities to defend and care for the children affected by abuse. "The CJC is doing amazing things for your community," she began. "I know sometimes talking about child abuse can be a really heavy subject, but the CJC is the place where kids learn that 'What happened to you, does not define you.' It's where a traumatized child realizes they don't have to carry their burdens by themselves anymore."

Following Tabet, the "Tom Braun Award" was awarded for someone who has gone above and beyond for the Children's Justice Center and for distinguished service throughout the community. That award was given to R. Scott Phillips. It was presented by Jennifer Davis, President of Friends of the Iron County Children's Justice Center Board.

At the end of the night, the winners were announced: Jackson Ames for "Judges Choice", Michael Bahr for "People's Choice", and the "Grand Champion" was Dave Staheli, the person who raised the most money for the Iron County Children's Justice Center.

These Community Stars went way out of their "Comfort Zones" to make the night even



see STARS » 10

PHOTOS BY COREY BAUMGARTNER



Carylee Zwang



David Jordan

PHOTOS COURTESY OSU

New leadership for the Orchestra of Southern Utah

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

One of the loveliest parts of my years at SUU was having Xin Sun for a colleague. Xun came to SUU in 2001 as Director of Orchestral Activities. He became the conductor of the Orchestra of Southern Utah in 2003. It was always a pleasure to meet such a courtly gentleman in the hallways or while accompanying some of his students. A wide smile and the mention of my name were always accompanied by a little bow. It was with sadness that I learned of his recent major health problem which caused his resignation as conductor of OSU.

But our bench is deep here in Cedar City when it comes to musicians. And it was with a sense of "of course" that I heard of the appointment of Carylee Zwang as the new conductor for OSU. Carylee has acted as an assistant conductor of the orchestra for some years and was a natural to step in on short notice. She was the Sterling Scholar in music for Enterprise High School in 1997. She was an amazing percussionist but left high school not knowing how to read music. (She said I could tell you). The music department at SUU fixed that deficit. We worked together in the old South Hall, a set for an old horror movie, but she learned her scales and other necessities, graduating in 2005 as the department's outstanding student. She married Jeffery Zwang the same year.

She taught all things musical—band, choir, jazz band—in Parowan

(It is traditional to overwork music teachers). She did the same thing in Enterprise for two years, where she took her choir and band to state competitions for the first time. She was also an adjunct at SUU in percussion. After waiting for ten years, she welcomed sweet Quincey to their family, followed by Zoey in 2018. She has remained very active in the music scene as the go-to conductor for our community theaters and percussionist and assistant conductor for OSU since 2014. She also plays in her band called the 8EEZ and teaches percussion to private students.

Now, refer to that deep bench I mentioned above and meet

David Jordan, who will step into Carylee's position as assistant conductor of OSU. Dave and family moved to Cedar City in 2000 from the suburbs of DC in Virginia. His and his wife Julie's families live in Utah and they are very settled

here. They have four musical children. Dave got a master's degree in 2009.

He taught band, orchestra, marching band, jazz band, etc. (refer to paragraph three) at Canyon View High School until moving over to Cedar Middle School this year. There he team teaches percussion, jazz, and band classes. At Cedar High School, he teaches guitar and will teach a college music appreciation class.

Dave worked as a percussionist for OSU when his calendar permitted it, and now, with more time in his schedule, he is "honored and excited" to be in an official position.

These two have plans for the future of OSU. We are lucky to have them.



Festival of Trees comes Dec 8-10

SUU'S DEPARTMENT OF THEATRE, DANCE, & ARTS ADMIN. TO HOST ANNUAL EVENT

by Brian Swanson

FOR IRON COUNTY TODAY

A community celebration of caring and giving is planned when SUU's Department of Theatre, Dance, and Arts Administration presents a holiday Festival of Trees. This family event runs from December 8th through December 10th in the lobby of the Randall L. Jones Theatre. Hours for viewing are 4:00 p.m. until 8:00 p.m. on December 8 & 9, and 9:00 a.m. until 8:00 p.m. on December 10. While donations of canned goods are requested to be brought to the theatre to benefit Iron County Care and Share, all events are free and open to the public.

The Festival of Trees is not only a community event to celebrate the season, but also a way to raise funds for Iron County Care and Share. All trees and wreaths on display have been decorated and provided by local businesses and individuals. These trees will be sold through

a silent auction, with all proceeds being donated to Iron County Care and Share. To add to the festivities, once again the balcony of the Randall Jones will be decorated with the Utah Shakespeare Festival's Christmas Village, which is a sight to behold.

Saturday, December 10 will truly be a family-oriented day at the Festival. Starting at 9:30 a.m., there will be readings of Christmas stories as well as a coloring station and contest for children. Santa will join the Festival from about 10:00 a.m. until 1:00 p.m. in the Randall L. Jones Theatre lobby for children and families to visit. Visitors will have the chance to bid on trees and wreaths during the open house, and winning bids will be announced on December 12, with trees being delivered soon after.

For more information or for inquiries about performing or donating a tree, please visit www.cedarfestivaloftrees.com or contact Brian Swanson at swanson@suu.edu or (435) 865-8674.



SOUTHERN UTAH UNIVERSITY

STARS

« CONTINUED FROM PAGE 9 »

more magical and very entertaining. They were all amazing and their efforts on and off the stage will benefit kids for many years to come.

The Children's Justice Center (CJC) model helps communities respond more effectively to child abuse. Each center combines a child-focused setting with a multidisciplinary team approach to minimize trauma for the child during the investigation process, improves access to support services, and increase coordination amongst agencies involved in each case.

Each child has an inherent right to be treated with dignity. Sadly, child abuse is a community problem. That's where the homelike

facility and the treatment program of the CJC step in to help. They are supported by private donations from the community, receiving partial operational funding through appropriation by the Utah State Legislative, administered by the Office of the Utah Attorney General. They are extremely thankful for the continued community support of the Iron County Children's Justice Center!

Their future plans include providing a new CJC that will grow with the needs of our community. This new facility will assist them in their ongoing mission to listen to, protect, and support all children and families that come into the center. Contact the CJC if you would like to help in any way. cdc.group@ironcounty.net and 435-867-4275.

"A Place Where Small Voices Are Heard."

Good Housekeeping

CEDAR CITY HOUSEKEEPER WINS \$5,000 IN NATIONWIDE SEARCH FOR BEST HOUSEKEEPER

by **Brianna Fitzpatrick**

FOR IRON COUNTY TODAY

Local hotel housekeeper Christine Perkins at the Holiday Inn Express & Suites Cedar City has been named the grand prize winner by Cintas Corporation in the 2022 Cintas S.H.I.N.E. (Star Housekeepers in a New Era) Award. This contest honors the hard work of housekeepers and their efforts to keep hotel properties safe and clean for all guests.

Christine won the contest's \$5,000 cash grand prize and was honored on November 17th, during the grand prize ceremony at her hotel in Cedar City surrounded by friends, family and coworkers.

"This year's S.H.I.N.E. Award finalists truly embody what a strong work ethic looks like," said Nicole Beall, Vice President - Hospitality & Gaming Strategic Markets at Cintas. "Housekeepers in the hospitality industry have shown great resilience and dedication to overcoming tremendous obstacles the last few years while they have worked tirelessly to provide exceptional service to guests and staff alike."

In nominating Christine for the S.H.I.N.E. Awards, her General Manager, Shallon Engle noted that Christine is a "superstar who has endured a lot" while remaining committed to her job through the most challenging circumstances. She is a superwoman who has endured a lot and gives her all in life and work. She is a single mother who does everything she can to provide for her family. At work, while Christine excels at her own tasks, she always takes the time to check in and care for her staff. Her main goal is to ensure all guests at the hotel have a positive experience while cultivating a positive work experience too.

"We received numerous nominations this year and every single entry highlighted the important work that housekeepers are doing, and the positive impact they have on

their hospitality properties across the country," Beall added. "However, Christine's dedication to the hotel's staff and guests – despite her own life-threatening emergency – made her stand out and we're so honored to recognize her as this year's S.H.I.N.E. Award grand-prize winner."

Additionally, her property will receive a comprehensive product, training and consultation package from Cintas and its contest partners. It includes:

\$2,500 in cleaning and hygiene products and services from Cintas.

A training and development package from the Indoor Environmental Healthcare and Hospitality Association (IEHA), a Division of ISSA, the worldwide cleaning industry association.

"Christine's dedication to the hotel's staff and guests – despite her own life-threatening emergency – made her stand out"

Nicole Beall

A package from the Global Biorisk Advisory Council™ (GBAC), a Division of ISSA, the worldwide cleaning industry association that includes complimentary enrollment in the GBAC Infectious Disease Awareness Course.

A comprehensive product package from Rubbermaid Commercial Products (\$2300).

To learn more about the Cintas S.H.I.N.E. Award, visit www.cintasshineawards.com.

Cedar's very own Christine Perkins is a star housekeeper at the Holiday Inn Express & Suites.



calendar

WED, NOV 23

THANKFUL FOR MY DOG

BEGINNING TAI CHI FOR HEALTH (9:30AM)
@ Cedar City Senior Center (489 E 200 S). Excellent low impact movement for stress reduction and balance – Fun and Free! INFO: Maria Bailey (435) 673-3548 x103. Pre-registration not required.

CEDAR CITY SMALL BUSINESS NETWORK (9:30am) @ Pastry Pub (86 W University Blvd, Cedar City). FREE. No long-term commitment. Come connect, interact, build relationships. INFO: cedarcitysmallbusinessnetwork.com.

CEDAR BOWLING CENTER 'CAN' RAISER (11am-11pm) @ Cedar Bowling Center (421 E Hwy 91, Cedar). \$1 Bowling & \$1 Shoe Rentals when you bring a nonperishable food donation for the Iron County Care and Share. Bring your family and friends for fun and a good cause. You can bowl one game for just \$1 and you can purchase additional games at regular prices.

MIDVALLEY FARMERS MARKET (4-7PM) @ 780 Midvalley Rd (Enoch). Locally grown produce, eggs, honey and meats, homemade cheese, canned goods, baked goods, hot foods for dinner. Local artisans for handmade original arts and crafts! INFO: Text 760-580-0116.

CHARACTER SKETCHES (WEDS, 6:30-8:30PM) @ Cedar City Library (303 N 100 E). Weekly drawing/painting sessions using live models as characters from art, literature, books, movies, TV, video games. INFO: 435-586-6661.

THURS, NOV 24

THANKSGIVING

BIBLE STUDY CLASS (1-3PM) @ CEDAR CITY Public Library (303 N 100 E). This Precept Upon Precept Bible Study includes a 15-week study of Romans 1-5. Workbooks \$31.50. Romans 1-5 explains the foundational doctrines of our faith - original sin, justification, redemption, and propitiation. Studies consist of homework, discussion, and DVD lecture by Bible teacher Wayne Barber. INFO 435-267-2234 or 435-238-3078, www.precept.org.



IRON COUNTY LOCAL HOMELESS COUNCIL (3pm) @ Libertad Community (Building A) 1044 N. Hovi Hills Drive, Cedar City. A multi-agency collaboration of homeless providers, public agencies, and private entities committed to address and reduce the causes and conditions of homelessness in Iron, Beaver, and Garfield and Kane counties.

FRI, NOV 25

DAY OF LISTENING

PAROWAN CHRISTMAS IN THE COUNTRY (Fri – Sat) Events include: (Holiday Bazaar @ Iron County Fair Building (50 S 600 E Clinic Way). Santa's Parade (Sat 10am). Candlelight Walking Parade (Sat 6pm). Town Lighting Ceremony (Sat - 6:15pm @ Town Square). Christmas Variety Show (Sat 7pm @ Aladdin Theater, 27 N Main). INFO: Parowan Visitor Center (435) 477-8190.

SAT, NOV 26

GOOD GRIEF DAY

CEDAR CITY FARMERS MARKET (10AM-1PM) @ IFA parking lot (summer) (10am-1pm) @ inside IFA (winter) (905 S Main St, Cedar City), admission FREE. Come for the farmers, food, and artisans as well as drawings, bingo, and more! INFO: Facebook, Cedar Saturday Market, or Nancy (435) 463-3735.

FESTIVAL CITY FARMERS MARKET (10am-1pm) Summer. (10am-1pm) Winter. @ W Center & 100 S. By Bristlecone Coffee. FREE. Festival City Farmers Market offers the bounty of local farmers, backyard gardeners, fresh fruits, veggies, and local artisans for jewelry, art, wood, pottery. INFO: Text 760-580-0116.



PAROWAN HOMETOWN HOLIDAY MARKET (9-5pm) @ Parowan shopping areas throughout the community. Unique & meaningful gifts for your loved ones.

CEDAR CITY DOWNTOWN LIGHTING CEREMONY (4-6pm) @ Cedar City Offices (10 N Main St, Cedar City) @ 4pm with food trucks, tree decorating contest. 5:15 pm the program begins. Santa arrives at 6pm and the lights will be turned on. Pictures with Santa, Holiday Tree Fundraiser, Hot Chocolate, view/win Christmas trees, children's area and more!

5TH ANNUAL HOLIDAY TREE JUBILEE (5-8PM) 26th, 28th, 29th @ Heritage Center Theater (105 N 100 E, Cedar), \$25 Family Donation. Come see Santa and an amazing display of decorated Christmas trees. All proceeds go to our local homeless and at-risk teens. FREE professional Christmas photographs, FREE hot chocolate, Christmas trees to view and WIN. INFO: Facebook: /holidaytreejubilée or (435) 531-9138.



SUN, NOV 27

AURA AWARENESS

"THE JOY OF BRIGHTENING OTHER LIVES, bearing each other's burdens, easing each other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays." –W. C. Jones

MON, NOV 28

RED PLANET DAY

MESSIANIC DANCE WORKSHOP (4-5:30PM) @ Cedar City Library (303 N 100 E, Cedar). Come learn fun, easy ancient Judeo-Christian dances. No cost. INFO: 702-460-2317

TUES, NOV 29

DAY OF GIVING

SUMA: EXHIBITS (11AM-6PM, MON-SAT) @ SUMA (13 S 300 W, Cedar City). Admission is Free. INFO: suu.edu/suma.

WED, NOV 30

MOUSSE DAY

LABYRINTH WALK (NOON-2PM) @ ST. Jude's Episcopal Church (70 N 200 W, Cedar City). Come walk a beautiful tiled medieval style labyrinth within the church. This meditative practice has been used for centuries to calm the mind and open the soul. FREE (approx. 30 Mins.) INFO/Reservations please call Anne (702) 539-3400, Rev. Lee (435) 586-3623.

MIDVALLEY FARMERS MARKET (4-7PM) @ 780 Midvalley Rd (Enoch). Locally grown produce, eggs, honey and meats, homemade cheese, canned goods, baked goods and several types of hot foods for dinner. Local artisans for handmade original arts and crafts! Live entertainment. INFO: Text 760-580-0116.

CHARACTER SKETCHES (WEDS, 6:30-8:30pm) @ Cedar City Library (303 N 100 E). Weekly drawing/painting sessions using live models as characters from art, literature, books, movies, TV, video games. INFO: 435-586-6661.

THURS, DEC 1

PINK CHRISTMAS (6-8:30PM) @ CEDAR High School (703 W 600 S). Talent show, silent auction, bake sale. 100% of proceeds given to the beneficiaries chosen each year. This event is fully funded by donations from local businesses and community members.



FRI, DEC 2

SUU HOLIDAY CONCERT (7:30PM) @ Heritage Center Theater (105 N 100 E, Cedar) All are welcome to kick off the holiday season with the SUU Department of Music. Admission is free.

SAT, DEC 3

LAUGHING ALL THE WAY (6PM) @ HERITAGE Center Theater (105 N 100 E, Cedar). Tickets \$30 general admission. Group, discount tickets are available at ourturtlehouse.com/events/cedar-city/. Join best-selling authors and motivational speakers Hank Smith, Meg Johnson, and John Bytheway for Laughing All the Way, a fun and entertaining family Christmas event! Event sells out quickly!

MON, DEC 5

SPIRIT OF THE SEASON (6-9PM) @ JOHNSON Center for the Arts (59 N 100 W, Cedar). No admission cost. Enjoy food trucks, entertainment, a holiday sing-a-long, and the lighting of a Christmas Tree. Soda Nerd will be serving Hot Chocolate and Santa will be there to visit with the kids.



WED, DEC 7

HOLIDAYS AT THE HOMESTEAD (5:30-8PM) @ Frontier Homestead State Park (635 N Main, Cedar), \$2 per person or \$8 per family. Enjoy holiday-themed activities, crafts, and entertainment. Santa Claus will be making a special stop here. INFO: (435) 586-9290.

SAT, DEC 10

THE PIANO GUYS (8PM) @ AMERICA FIRST Event Center (351 W University Blvd, Cedar). Tickets \$36 students, \$48 reserved seating, \$123 concert & merch package, \$173 concert & meet/greet. Tickets available at Tbirdtickets.com.



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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Celebrate the Holidays at **BULLOCH'S**



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91 N Main Street, Cedar City UT

PH: 435.586.9651

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A VERY SUMA HOLIDAY

SOUTHERN UTAH MUSEUM of ART

THE SUMA SHOP IS THE PERFECT PLACE TO GET GIFTS FOR EVERYONE ON YOUR LIST!

Join us for our annual holiday sale event November 26 - December 3 and receive a Mystery Discount in the SUMA shop worth 10-25% off your total purchase! Friends of SUMA members will receive a guaranteed 30% discount.

New merchandise will be available for the first time!



GIFTS FOR GRANDPARENTS

- Tsuchiya Koitsu Holiday Notecards: \$15.95
- Vincent Van Gogh Notecards: \$15.95
- Gustav Klimt Flower Garden Puzzle: \$13.99

GIFTS FOR CREATIVE KIDS

- Little Library Storytelling Box: \$18.00
- Art & Culture Search & Find Puzzle: \$16.99
- Natural Wonders Pop-Up Book: \$16.99



GIFTS FOR THE ARTSY TEEN

- MoMA Mondrian Tote: \$30.00
- Drawn from Life Book: \$22.95
- Art Club Creativity Cards: \$19.00
- MoMA Starry Night Pin: \$10.00
- Matisse Post Earrings: \$21.00
- Cameras Post Earrings: \$21.00
- Paintbrush & Palette Post Earrings: \$21.00



SUMA IS FREE AND
OPEN TO THE PUBLIC

CONTACT
SUU.EDU/SUMA
(435) 586-5432

LOCATION
13 SOUTH 300 WEST
CEDAR CITY, UT 84720

HOURS
MONDAY - SATURDAY
10 A.M. - 6 P.M.

**SOUTHERN
UTAH
MUSEUM of
ART**

Winter Events and Sales at SUMA

Finding the perfect gift for everyone on your list can be hard work, but Southern Utah Museum of Art is here to help make the shopping experience enjoyable.

SUMA is hosting its 7th Annual A Very SUMA Holiday sales event between November 26 and December 3! Join us all week long for mystery discounts, freebies, and new and unique products for all of your holiday gift giving.

While SUMA might not be at the top of mind when it comes to holiday shopping, the SUMA Shop features a wide variety of merchandise from artisan jewelry, kid-friendly games and puzzles, to books ready to jumpstart anyone's creativity. The best part of shopping at SUMA is that proceeds from each purchase help support the museum in bringing new thought-provoking exhibitions and events to our community.

Shopping is even easier this year with SUMA's selection of themed gift baskets with bundled products at a discount! Gift baskets for creative kids, artsy teens, stylish college students, and debonair adults are sure to be a hit!

While the merchandise will be available in the gift shop all season, the best sales are happening through

December 3. All shoppers will draw for a mystery discount between 10-25% off their entire purchase at check-out, or can join the Friends of SUMA membership program for a guaranteed 30% off!

We'll be feeling extra merry on November 26, Small Business Saturday, with complimentary hot cocoa and cookies from 10 a.m. to 2 p.m. Or join us on the final day of the sale, December 3 to sip on wassail, savor winter pastries, and enjoy live music in the gallery from 11 a.m. to 2 p.m. as we bring our sales event to a jubilant close.

If you can't make it to our A Very SUMA Holiday sale, SUMA is hosting a Winter Solstice Celebration on December 17 from 4-7 p.m. to honor traditions tied to the longest night of the year. Join friends and family in creating orange pomanders and luminaries while enjoying storytelling, live music, and a soup dinner. For more information on A Very SUMA Holiday or Winter Solstice, visit our website suu.edu/suma.



5 Screen-Free Holiday Gift Ideas for Families

Holiday shopping for families with children? Check out these five totally screen-free gift ideas that are sure brighten the season by getting families to spend some much-needed quality time together.

Upgraded outdoor games

Give outdoor play an upgrade with KidiGo NexTag from VTech, designed for ages 5 and up. Way more than just tag, it's a high-tech spin on 20 different backyard games including capture the flag, freeze tag and hide-and-seek. To play, all you need are the four included electronic units and adjustable arm bands. A friendly voice explains the quick and easy-to-learn rules and no referee is required -- the game lets you know who got tagged, who's safe and who's it. With single- and multi-player options, the whole family can get in on the fun, especially when you combine two systems. Play indoors or out with a 135-foot range between units. All you have to do is press the big button and tag, you're it!

Kitchen assistance

Introduce adults and kids alike to the fundamentals of baking with a family-friendly baking kit subscription. Each month, a new kit is mailed to your recipients' home with recipes, activity booklets and all the ingredients needed



STATEPOINT

to create something delicious.

Swim time

The weather may be frightful, but that's no reason why families can't enjoy a delightful day at the pool. Consider gifting your favorite family with a day pass to an indoor aquatic center or water park. For families with young children, look for a facility that offers splash pads and swim lessons. For those with older kids who are already proficient swimmers, check for amenities like water slides and wave pools. Want to take it a step further? Sign your recipients up for an indoor pool membership until summer returns.

Inspiration

Give families all the ideas and inspiration they need to beat boredom, create new traditions and make memories with "The Adventure Challenge: Family Edition." This journal offers 50 adventures in different categories, along with space to share thoughts and photos about each experience.

Board--not bored

Encourage some good old fashioned family fun with board games. From chess and checkers to modern classics to the latest trendy games, this is a gift option that's sure to engage family members of all ages. (StatePoint)

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9 Tips to Save on Holiday Shopping

Even though the holidays seem to creep up faster and faster every year, and inflation adds an additional worry, there is still hope for your budget this season. To help reduce stress and avoid overspending on gifts, consider these money-saving tips from Regina Conway, consumer expert for Slickdeals, a one-of-a-kind online community of shoppers working together to shop smarter and save more.

Avoid procrastinating.

Due to shifting shopping habits, there may be excess inventory in certain categories such as home goods. While it's possible categories with extra inventory may see deep discounts later in the holiday season, don't expect every item you want to be available at the last minute.

Set your budget with hidden costs in mind.

When setting budgets, many people stop at the number they think they'll spend on gifts alone. Make sure to factor in additional costs such as child or pet care services, shipping fees and travel costs so there are no surprises.

Tap into technology.

Whether shopping for toys and technology or travel and home goods, starting your search by visiting a site like Slickdeals can help you find the best deals this holiday season. Deals from top retailers are vetted and voted on by a community of 12 million shoppers working together to save to help ensure you're getting the best products at the best prices. You can also set Deal Alerts to be notified when a deal matching your criteria gets posted.

Buy online, pick up in-store.

Where available - including at many big box retailers - shopping online then picking up your purchases in-store (or curbside for even more convenience) can help you avoid paying shipping fees and confirm your items will arrive on time. Some retailers even offer exclusive discounts for curbside or in-store pickup.

Take advantage of membership programs.

If you haven't been a member before, many retailers that offer memberships allow for free trials to

test the perks, which often include free shipping. However, remember to cancel the trial before it auto-subscribes you for a full year. If you've previously done a trial, consider buying just a one-month membership to take advantage of the benefits during the holiday shopping season.

Abandon your shopping cart.

When shopping online, add items you're interested in to your cart, go through the check out process to the point where the retailer has your email address then simply close the browser or tab. Often, if you have not shopped from the site previously, the retailer will send you a discount code or coupon to incentivize your purchase decision.

Between navigating stores, searching for items at the top of wish lists and preparing for inevitable delays and last-minute requests, shopping for the holidays can make the most wonderful time of the year one of the most stressful times as well.

Stock up on discounted gift cards.

Taking advantage of discounted gift card sites is a simple way to save some cash on holiday purchases. Not only can you give a gift card you bought at a discount as a gift, you can also use it to shop. Just be sure not to overbuy or you may end up wasting unused cards.

Ask for a price match or adjustment.

If you bought something and find a lower price within a week of that purchase, ask the retailer for a price adjustment.

While this typically won't work with special promotions, many stores, both online and brick and mortar, will price match during the holiday season. If you're shopping in-store, take your smartphone with you and ask for the retailer to match online pricing, which can sometimes be a better deal. Asking for this match can save you time and money on shipping fees you might incur ordering online.

Check return policies.

Many retailers offer extended return windows during the holiday shopping season. Make sure you look at the details of retailers' policies to ensure you understand how much time you have to make returns and don't have to pay return shipping or other unexpected costs.

Find more tips to get the best deals on holiday gifts at Slickdeals.net. (Family Features)



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Christmas in the Country
10-5

6 pm Candlelight Parade
6:15 Town Lighting

Chamber of Commerce:

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10-5

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5 Tips to Help Families Manage Holiday Stress

Tis the season for holiday parties, travel, hosting and more. While it is a joyous time of year, the never-ending to-do lists and school being out of session can make everyone feel a little overwhelmed, children included.

Consider these five practical tips from the experts at KinderCare to help families proactively manage holiday stressors.

1. Manage expectations.

The commotion that often comes with the holiday season can be stressful for young children, but you can help alleviate worries by familiarizing them with what's to come. Talk to them about upcoming travel arrangements, who they'll see at events and what to expect throughout the season. If they are cautious in their current developmental stage, let loved ones know beforehand to give them a little extra space at festivities. Parents can also begin familiarizing little ones with relatives through photos and phone calls.

2. Empower children.

It's important for children to understand they have a choice - and family members are willing to respect that choice. Parents should acknowl-



edge their children's body language and empower them to say "no" in uncomfortable situations. Parents can help by proactively asking questions such as, "Do you want a hug?" and if they say "no," support them in their decision. This also helps establish healthy long-term social skills.

3. Maintain your schedule.

Children thrive on consistency, and

during the holidays it's important to at least try maintaining as much of what they're used to as possible, such as naps, meals and playtime. Changes in schedule can result in more tantrums, so be sure to allow space for them to safely work through their emotions.

It's also important to note that children feed off their parents' energy, so make sure you're in tune with your own emotions. When overwhelmed,

openly discuss how you're feeling and involve your children when taking breaks. For example, "It's loud in here, would you like to go sit outside with me?"

4. Have fun.

Make time to spread joy and integrate activities to bond as a family, such as reading holiday-themed books, crafting, playing games, singing or baking. Whether old traditions or new, these are moments your child can cherish for years to come.

5. Keep others in mind.

While it's important to set children up for success ahead of the holidays, parents should also teach children the holiday season can look different for others. Putting a focus on experiences rather than the gifts can help them have more to discuss with their peers when returning to school. It's also a good time to consider donating toys to make room for new ones or volunteering at a local charity to show children joy can be experienced through more than just gifts.

To find more tips to help manage holiday stress, or to access additional resources around social development, setting boundaries and routines, visit KinderCare.com. (Family Features)

Letters to Santa

BOO! Did I scare you Santa?

I hope you weren't drinking milk if I did! I got scared once while I was drinking milk and it came out my nose! Yuck! Do your reindeer drink milk? I dressed up like Rudolph for Halloween! I even had a real light-up nose! And I got to sleep in my costume, but my dad said I had to turn off my nose so I didn't start a fire. Does the real Rudolph's nose ever start a fire at your house? Maybe you could put out the fire with milk! Haha!

My dad is helping me write this letter and he says you're busy and I should get to the point, but I don't know what that means. Anyway, this Christmas I would like a new bike so I can go riding with my friends. I don't mind what color it is as long as it's safe for sidewalks and sometimes the

Lego set! Yeah, I know Yoda isn't his real name, I'm not a little kid anymore. But Grogu sounds silly. And why did they blow up the Mandalorian's cool spaceship? It probably cost a lot of money to build! And how is he going to visit his friends on other planets now? Did he write you a letter asking for a new ship? If he did can you fly it to my house first so I can fly around in it? Don't worry, I won't wreck it, I'm not a little kid anymore.

Thanks,

Sir Lee Childs

Santa,

All I want for Christmas is to come play with the elves! I know they're busy



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dirt parts when I'm feeling brave. And we'll have milk and cookies for you and the reindeer when you come over. I promise not to scare you!

Bye Santa!

Grayce De Rosa

Mr. Claus,

Are you a Jedi Knight in disguise? I think maybe you are because you can't deliver that many presents to kids all around the world without using hyper-drive technology, which Jedi's possess. I know this because I did the math. I know it's impossible because I'm not a little kid anymore. Don't worry, your secret is safe with me, as long as you bring me what I want for Christmas. Just kidding! Or am I?

This year, I would like a Baby Yoda

but I can help! I'm good with chores. I help my mom and dad with dishes, taking out the trash and pulling weeds! Are there weeds at the North Pole? It's probably too cold for them there, that's why like to live in my yard. I don't grow very good in cold weather, either. How do you and the elves stay warm? When I come to visit what should I bring? Can I play reindeer games with Rudolph? Will you teach me how to drive the sleigh? Just kidding, but I would like to fly in it, even though I'm scared of heights. Maybe you could hold my hand? I hope I can have a snowball fight with the elves. Don't worry, I don't throw very hard. I promise to be good (not just to be on your list) and go to bed when you tell me. Hopefully, Mrs. Claus will read me as story! See you soon, Santa!

Sincerely,

Elise Veda

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Affordable Holiday Gift Ideas With a Personalized Touch

Are you struggling to find thoughtful gifts for everyone as you make your holiday shopping list? Well, it's time to get personal! By giving a personalized gift, the recipient will feel special knowing it was created and picked just for them. Here are a few customized gift ideas that they're sure to love that won't break the bank.

Make Their Season with Video Greetings.

Perfect for spreading holiday cheer, SmashUps from American Greetings are highly personalized, smile-inducing, shareable videos. There are options for everyone, like a message

will know how much they mean to you each time they view it.

Initial Thoughts.

While not everyone wants to be in pictures, adding personalization to a gift item by using your recipient's name, initials or monogram, can be a great alternative. And with a wealth of online sites, from boutique stores like Marley Lilly to major retailers like Amazon offering this service, you'll have endless options—at various price points—to meet your shopping needs.

Eat, Drink and Be Merry.

They often say the way to the heart is through the stomach. So, whether it's



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from Santa that calls the recipient out by name and location, or a customized winter greeting delivered by a talking penguin. SmashUps can check the box for holiday greetings, or you can include a digital gift card to fulfill your gift giving needs.

With a subscription, you'll unlock access to all of American Greetings' digital offerings, meaning you can send unlimited SmashUps year-round. Subscriptions are \$6.99 per month or \$29.99 per year.

Photo Finish.

Photos are a simple and affordable way to personalize gifts. Start by choosing your favorite pic with the recipient and then determine how you'd like to deliver it. Whether it's in a unique frame, or printed on a personal item, such as a mug, blanket, keychain, phone cover or even an ornament for their tree, the recipient

a foodie friend or a family member who has it all, making their favorite meal, treat, drink or dessert can be the ultimate thoughtful gift. Plus, it can provide you quality time together as you deliver the delicious treats to their home or host them at yours -- that is... if they'll share!

Write a Message by Hand.

In an age where everything is digital, seeing a loved one's handwriting—whether it's scribbled by a child or printed by a grandparent—can be a special memento and unique way to customize a gift. Gift ideas could be handwritten messages and affirmations; a recipe book of your family favorites; or your handwriting could be inscribed onto a gift item like a keychain, picture frame or necklace.

Just remember, it's the thought that counts. And luckily many personalized gifts don't have to be costly to be remembered. (StatePoint)

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This Year's Holiday Must-Haves

There's nothing quite like the joy of watching a loved one's face light up when opening a gift you selected with care, but holiday shopping can be a chore.

If you're a shopper at heart, it may be a challenge you enjoy, but if the idea of holiday shopping brings out the Grinch in you, consider these ideas for gifts to delight those you love this holiday season.

Look for more ideas to make this holiday season magical at eLivingtoday.com.



Power Up Your Holidays with Protein

Whether you're out shopping or traveling for the holiday, savor the season without compromising health goals by treating yourself to a Premier Protein Winter Mint Chocolate High Protein Shake. Featuring cozy chocolate

and refreshing mint flavors, this seasonal favorite is back, but for a limited time only. Flavorful and packed with the nutrition you need, each shake includes 30 grams of protein, 160 calories and 1 gram of sugar. Whether you drink this shake on its own or use it as an ingredient, you can ring in the season with a healthy amount of vitamins C and E, important antioxidants to support a healthy immune system as part of a healthy diet and lifestyle. Learn more at PremierProtein.com.



Holiday Sweets for a Good Cause

Few things go together like the holiday season and sweet treats. By gifting family and friends Wendy's Frosty Key Tags, which are good for a free Jr. Frosty with every purchase, you can give back all year long because proceeds from every

tag sold helps the Dave Thomas Foundation for Adoption find loving, adoptive homes for children in foster care. Available for purchase every November and December, tags are good for one full year and can be purchased in-restaurant, at the drive-thru, via a kiosk, through the app or at Wendys.com.



Step Up Gifting with Fashion-Forward Footwear

Every fashionista knows there's no such thing as too many shoes, and that includes ankle boots and booties that never go out of style. These low-slung styles can be dressed up or down, depending on the look you're wearing. Among this season's hottest designs are faux animal prints, such as cheetah or snakeskin, that add some playful color and texture to complete an ensemble. If you're not sure about

the color or style, a classic black or brown bootie with well-padded soles and a moderate heel is a versatile choice with universal appeal.



PHOTOS COURTESY UNSPLASH

Brrr-ing Gifts of Warmth and Good Cheer

Give loved ones an easy way to brighten a cold, dreary day with a cute and cozy matching hat and glove set. It's a thoughtful and practical gift that brings a smile to recipients' faces each time they don those warm layers to face a blustery day. What's more, with all the options for personalization, it's an affordable way to show you care. When choosing the perfect duo, keep your loved ones' tastes and preferences in mind. You can find hats and gloves to match virtually any interest, whether it's a favorite color, sports team or pop culture reference. (Family Features)

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ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child Abuse

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

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

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 Tribe, 440 N Paiute (435) 586-1112 Ext. 307

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

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

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

Women's Meeting • Sat, 10:30 am

My Story • Sat, 8 pm

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

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

Al-Anon

KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed
Al-Anon • 1st, 3rd Tues, 7-8 pm • Call

for info: (435) 704-8984

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

Hope for Today (Family Groups)
Thurs, 6 pm • (435) 559-3333

Alzheimer's/Dementia

Tues, 5:30-6:30 pm • Cedar Library (303 N 100 E). Learn about/access resources, connect with others for support. Contact Lauren Willie 435-359-4819, lewillie@alz.org for info and Zoom link.

ARP—Addiction Recovery

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

Caregivers

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

Celebrate Recovery

(Christian 12-Step) Wed 6:30 pm • True Life Center, 2111 N Main, Cedar. 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 to communicate, feel supported, share perspectives on healing, recovery. Join: affiliate.rainn.org/helproom/canyoncreekservices.

Multiple Sclerosis

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

Narcotics Anonymous

www.nasouthernutah.org • (435) 635-9603

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 Mtg • Sat, 9:30 pm (Small room)

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

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

Porn Addiction Recovery for Men

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

Pregnancy, Infant Loss

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

Widows Support Group

2nd Sat, 11-1pm • Sunrise Church. These Free meetings begin January 8th. Questions? 435-586-3640 or Sonrisechruch.net.

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Book Club

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

Boy Scout Troop 1848

5th-17 yrs • Thurs 6:30 pm • Old School Library, upstairs, west door, next to Enoch City Business office. Text Bryan Fanton 435-327-1214

Cedar Chest Quilters' Guild

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

Cedar City ESL

Wed, 7 pm • Free tutoring for English as 2nd Language. Cedar City Library (303 N 100 E).

Cedar City Toastmasters

Thurs, 7 am • Cedar City Visitor Center, 581 North Main. Find your voice, shape your future. Be the leader & speaker you want to be. (603) 731-0116

Cedar Professionals

Tues, 7:30 am • Springhill Suites, 1477 S Highway 91, Cedar City. Organization of business people. Stimulate business through exchange of ideas, information, referrals. visit www.cedarprofessionals.org

Cedar Radio Control Club

4th Thurs, 7 pm • Cedar City Library, 303 N 100 E.

Color Country Winds

Wed • Come brush up on your band skills to share with the community. Call Debbie at (435) 559-9609 for time and location.

Cub Scout Pack 1848

K-5th • Thurs, 5 pm • Old School Library, upstairs, west side door, next to Enoch City Business office. Text LaRee Kurtz 435-559-211.

DAR – Bald Eagle Chapter

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

Explorer Bible Club

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

Folk Dancing Class

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

Hatha Yoga

• Tues & Wed, 6 pm, \$10, Retro Fitness (929 S Main St, Cedar City)
• Fri, 8:15 am & 6 pm, \$13, Cedar Yoga Space (736 N Main, Cedar City). Connect body, mind, & breath through movement & meditation. Mats provided, all levels welcome. Kirsti 435-327-1200.

Hey Cedars Square Dance Club

Mon 6-7:30 pm (Beginners), Dancing 7:30-8 pm • Cedar Visitor Center (581 N Main). Returning to Aquatic Center in November. All former square dancers invited. INFO: Call/Text Neil Mattson 909-477-9795.

International Folk Dancing

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

Motivational Mondays

Mon, 6:30-7 pm • Cedar Yoga Space (736 N Main. Add a positive mindset and experience Cognomovement. Leave feeling more balanced, energized, and motivated. No mat

needed. \$12 drop in/first time to studio is Free. 541-291-7856.

Parowan Pickleball

Mon, 6-8 pm • Tues-Thurs, 9-12 pm • Iron County Exhibit Building. Range of skill levels, 3 indoor courts, beginners welcome. INFO, fees and signup: Parowan Visitors Center 435-477-8190.

Rock Club

1st Thurs, 6 pm • Gateway Academy, 201 W Thoroughbred Way, Enoch. Learn about geology, find gems, fossils and minerals. Learn to cut and polish and make jewelry. southernutahrockclub.org

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

Sagebrush Fiber Artisans Guild

Wed, 9:30-11:30 am • Grind Coffee House (19 N Main, Cedar City). Knit, crochet, weave, spin, etc. Come learn a craft, work on a project, or just socialize. Beginners welcome! Questions: Jane 435-233-8366.

Sewing Group

Wed 9-2:30 pm • Cedar Senior Center (489 E 200 S). Bring machine, cord, projects, supplies. No fees. All abilities welcome. Annie Anzalone (702) 232-0063.

Southern Utah Woodturners

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

StrongBoard Classes

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

Tae Kwon Do Class

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

Tai Chi For Health

Wed & Fri, 9:30-10:30 am • Cedar Senior Center, 489 E 200 S. FREE low-impact, health for Seniors. Helps coordination, balance, flexibility. Maria Bailey, 435-673-3548 x103. Pre-registration not required. Space limited.

Take Action for Freedom

Wed, 7 pm • Stahl West 600 N. Airport Road, Cedar • Preserve Constitution, Republic, voting laws, medical freedom, education, 1st & 2nd Amendment Rights, ed. on CRT & boarder illegal immigration, local/ county/state legislature

Top Bar Hive Bee Keeping

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

TOPS – Take Off Pounds Sensibly

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

Wellness Wednesdays

Wed Noon-1 pm • Create Better Health. 200M Mtg ID: 841 6308 8990, PW: health, Info: Kristi Sharp (435) 986-2564, ksharp@swuhealth.org

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

Keep your pets safe this Thanksgiving

from Michelle Sathe

BEST FRIENDS ANIMAL SOCIETY

While it's been a rough couple of years, as we approach Thanksgiving and the holiday season, there is so much to be grateful for, like the love of friends and family, including the dogs and cats that have been by our side as we've navigated through tumultuous times.

To make sure this is a happy, healthy holiday Thanksgiving for all family members Best Friends Animal Society has a list of safety precautions for your pets:

Say No to Table Scraps

Too much rich, fatty food, or simply new, unfamiliar foods can upset a pet's stomach—and even cause pancreatitis, which can be life-threatening. Pet owners and their guests should go easy on the table scraps no matter how your pooch is a master of puppy eyes.



BEST FRIENDS ANIMAL SOCIETY

No Bones About it

Poultry bones can break up or splinter in a pet's stomach and be deadly, so dogs and cats should never be allowed to gnaw on them. Instead, bones should be discarded in a closed trash can immediately. Additionally, food-flavored items like plastic wrap, string, mesh or even a pop-up timer can smell tempting to curious pets and can cause injury to their stomachs if stolen and ingested, so make sure to toss them into the trash as soon as possible.

Cats and Dogs Deserve Safe Treats, Too

Chocolate desserts often wash down a delicious dinner for us humans, but pet parents should remember chocolate is toxic for dogs and should be kept out of reach. Other common food items that can be poisonous to dogs include onions, raisins, and grapes, which may be included in Thanksgiving staples such as stuffing, green bean casserole and more. To make your pet's holiday meal special, there are many great recipes online for homemade dog and cat treats that are fun to make

Turkey Trials

Looks like Thanksgiving might be “running” a little late this year at Cousin Reginald’s house. Regardless, Reginald’s evading efforts will pay off (if he gets away) in the form of working up quite an appetite.

Also, aside from the fact that Reginald is running with an axe (more dangerous than running with scissors?), it’s apparent that his peering peers are heckling more than helping. Their canine companion is also dogging his desperate dodging! If I were him, I’d run right towards them and give the turkey more tempting targets!

This scene reminds me of the time I was taking nature photographs and was chased by a wild buffalo (true story!). Apparently, it wasn’t in the mood for modeling. Needless to say, I did get away and now nature and I have a better understanding—as in me standing farther away to take pictures! Nevertheless, if you’ve ever been chased by anything, it can be pretty scary.

While not quite as scary of an experience, being responsible for the feat of a fantastic feast during Thanksgiving (or any other holiday) can be quite daunting...and haunting when not accomplished according to plan. While Thanksgiving has become

synonymous with turkey, stuffing (and stressing), remember that the most important part isn’t what’s on the table, but who is sitting around the table.

That being said, perhaps we are putting too much pressure on the less important parts of the holiday? Yes, the sauces, seasonings, temperatures and tablecloths (not the cranberries!)

the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



are each crucial to the completion of course. Are we focusing more on the cooking than the companionship? On the centerpiece more than keeping (and enjoying) the peace? At some meals, nourishment is not the true accomplishment, survival (and remaining in the family will) is!

Yes, there is danger in overdoing it. When you try to stuff so much into your bounteous banquet, you’re more likely to have a blowout. If your preparation and presentation are leading to desperation, it may be time for a timeout. Put the axe down, and relax. How? If you’re in the middle of cooking, delegate the delicacies to someone else not at their wits end and go for a drive



Cousin Reginald Catches the Thanksgiving Turkey

NORMAN ROCKWELL

or a walk. If possible, don’t go alone. Like a good meal or movie, more often than not, almost anything is better when it can be shared with others.

Once the food is finalized and the table is set, it’s ready, set, go! And regardless of any axes to grind, the old axiom about not discussing religion and politics holds true in most households. I would also include a goal

of keeping sports rivalries out of the amicable mix.

Finally, as the last dish is devoured, the last drop of cider sipped and when the wishbone is broken...my wish for each of us this Thanksgiving season is that no matter what or where we eat, may we enjoy who we’re eating it with—even if it’s just yourself. You’re worth being thankful for, too.

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Making childhood trauma a little less traumatic

from Lisa Larson

FOR IRON COUNTY TODAY

People say it so often that sometimes the idea that “children are resilient” is taken for granted. While it is true, children can be incredibly resilient against life’s difficulties and even trauma; usually they can’t do it alone.

“As a general rule, kids with support can cope with difficult things,” said Michael Robertson, Child Life Specialist for Intermountain Healthcare. “But it requires effort on the part of the grownups to provide that support so they can be resilient.”

At our local hospitals, Robertson is one of those grownups.

“As Child Life Specialists, we provide psychosocial care for pediatric patients in a healthcare environment,” Robertson said. “It’s a pretty broad term, but in essence we focus on the developmental level of the child and try to make a traumatic situation less traumatic.”

Research shows that 80 to 90 percent of children who enter a healthcare situation leave with short- or long-term trauma, Robertson said. Even babies in NICU situations have after effects, though sometimes it doesn’t present itself until young adulthood.

“Our profession is designed to help buffer the negative emotional effects of healthcare or hospitalization,” Robertson said.

For some patients, that buffer may be as simple as providing toys and games for the child to play. In other cases, it’s explaining a medical procedure in language a child can understand; or removing the uncertainty about a diagnosis by talking the child through what they can expect.

“When we prepare kids for procedures, we let them know what they are going to see, hear, touch, taste and smell, as well as the sequence of events from the moment they come into the hospital to when they wake up from the anesthesia,” Robertson said.

The key is to share all that information in a very age appropriate way.

“I speak differently to a 5-year-old than a 13-year-old,” Robertson said. “A lot of times, even the best physicians and nurses tend to use the language they’re familiar with, but kids don’t understand hospital jargon.”

For example, Robertson said, when a nurse says they’re going to take the patient “to the floor,” fellow medical staff know that means the patient is moving to the level in the hospital where the patient will be treated. But a child might be wondering why they will have to sleep on the floor, rather than in a bed.

Another example, Robertson said, is when kids hear the nurses need to get an IV, the child might think they’re talking about “ivy” and wonder why they have to have a plant put in their arm.

“We use soft language to help kids understand in their way,” Robertson said.

It’s not just about language, however. Robertson and his colleagues spend a lot of time helping patients express the fear and anxiety they may be feeling over a difficult diagnosis, or a traumatic accident. One way that Robertson has found to be effective is to have the child draw a picture, or act out their feelings with dolls or toys.

“We use play in therapeutic ways,” Robertson said. “The act of drawing or playing is one way for me to assess where they’re at, and the act of them drawing the picture is therapeutic itself, so it helps in multiple ways.”

“It’s very important to give kids a voice,” Robertson said.

Access to child life specialists in the hospital



Michael Robertson

COURTESY CC HOSPITAL

setting can be arranged for any parent who requests the service, and is available at no additional charge.

“We do a lot of advocacy and caring for kids, even helping the siblings of the sick child to better understand why their sibling has to stay in the hospital,” Robertson said. “We’re there to really help kids and their families have a successful time.”





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BIRTH

Cash G Roberts

Cash G Roberts was born at 9:59 pm on November 8, 2022, to Hayden and Elizabeth and proud big brother, Waylon Roberts, of Cedar City, UT. Cash weighed 5 lbs. 14 oz. and was 18 in. in length. Cash is the third grandbaby to the father’s parents, Dave & Stephanie Roberts (Henrieville, UT). Cash is the second grandbaby to the mother’s parents, Todd Hall and Robin and Dave Smith (Antimony, UT).



98TH BIRTHDAY

C. Boyd Call

This WWII Veteran is turning 98 on Nov. 23, 2022. C. Boyd Call was born in 1924 in SLC, UT. He was raised in Magna by Orvis Truman and Hazel Isabell Call. After his service in the Navy (Pacific Theater) he graduated from the University of Utah. He later became a licensed Physical Therapist and worked during the “polio years” at Primary Children’s Hospital in Salt Lake City. He later earned his Doctorate from University of Oregon and joined the faculty at BYU in the College of Physical Education teaching pre-physical therapy/sports medicine. He was married to LaVelle Carsey Call until her death in 1988. They have 5 children. He moved to Cedar City in 2013 and lives with his daughter and son-in-law, Conrad and Peggy Aitken. He has had a great life and we love him!

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



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schools

ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

Three Peaks Elementary

November is Native American Heritage Month, a time when we celebrate and honor past, present, and future Native American peoples. Three Peaks Elementary had the honor to host the John family as they shared special items and traditions with our students. Kai showed us a variety of flutes that his Grandfather Tom used to play. Elton played the hand drum and sang songs with his father. Shoni made delicious frybread, and Sully talked about and shared his regalia. Sully, who is a member of the Paiute Indian Tribe of Utah Cedar Band, treated us to some dancing, with our favorite being the crow hop style dance. Thank you so much for sharing your talents and culture with our students.



Thanksgiving is the time of year we reflect on the many things for which we are thankful. Three Peaks Elementary would like to take this opportunity to share just a few of them with you. We are thankful for our students who come to school every day, ready to learn - they give us all a daily reminder of what is important and why we are here. We are thankful for the teachers, the office managers, the school nurse, the school counselor and social worker, bus drivers, lunchroom aides, sup-

port staff, and custodians who really care about student achievement and have the best interests of our students at heart. We are also thankful for our volunteers who enthusiastically contribute so much to our school. Most importantly, we are thankful for the support of the parents who continue to share their most valuable possessions with us and work hard and advocate to be a partner in their children's education, safety, and well-being.

Three Peaks Elementary would like to wish all of you and your families a happy, healthy and relaxing Thanksgiving season! School will be out for Thanksgiving break, November 23-27, 2022. We will resume on Monday, November 28, 2022.

East Elementary

We wish you a Happy Thanksgiving! We have so many things to be grateful for at East! We're thankful for our supportive parents, friends, and neighbors who came to our Veterans Day parade. Due to the weather, the parade was held in the school hallways. This allowed our guests to not only see our red, white, and blue wearing students and their thank you posters, but also the halls decorated with stars honoring veterans who are important to East students, faculty, and staff.

We are also grateful for our East Eagles who are working hard to earn SOAR cards for outstanding citizenship. Our Student Ambassadors did a great job running the SOAR assemblies this month. We appreciate their hard work and dedication to helping East. Students who won the SOAR drawing for the month are Megan Atkinson, Adeline Leider, Jaxon Robbins, Korbin Keele, Addison Hardman, Emily Cadena, Tyson Barben, and Dustin Thompson.

We also want to give a special shout-out to our support personnel. We are so grateful for our kitchen staff, custodial staff, nurse, behavior team, all of our phenomenal aides, our dedicated PTA, and Mrs. Cornelius, our secretary. They are an integral part of our school. Thank you!

Escalante Valley Elementary

Our 3rd grade class paid tribute to the service members from Escalante Valley during our school's annual Veterans Day program. Students participated with a speaking part and by singing patriotic songs. At one point, American flags were handed out to the veterans in attendance as a way to thank them for their service. We are grateful to work and live in a place with so many freedoms, and appreciate all those willing to continue fighting for our rights. Thank you, 3rd grade, for honoring our veterans in such a special way!



Enoch Elementary

Enoch Elementary honored veterans during a special assembly hosted by the 5th grade classes. The 5th graders study American history and were able to share with the school the importance of our military and the great sacrifices they made for our freedoms. The school sang patriotic songs together and gave thank you cards to the visiting veterans.



The 5th graders also explored technology themed art at Southern Utah Museum of Art. They created avatar puppets to go along with the theme. SUU invited them to tour their science museum as well. At the Frehner Museum of Natural History they learned about archeology, local animals, and different plant environments.



Fiddlers Canyon Elementary

Our lost and found boxes are overflowing! It's cold outside, and we know your kids need their coats. If your child has lost his or her coat (or hat or mittens), check the lost and found boxes at the school. We want to make sure everyone gets their winter wear back! If your child hasn't lost a coat, please make sure to label the coat so we can get it back to your child if it gets lost.

A huge thank you to Jessica Miles for organizing our book fair! We were able to earn 1-2 Scholastic books per teacher, and we made over \$1000 that goes right back into PTA and helps us keep making school a fun place to be.

Keep an eye out for information coming home in your child's folders about Quarters for Caps, Santa Shop, our next Feed Your Family fundraiser, and the choir concert. You can also follow the Fiddlers Canyon Elementary PTA on Facebook to stay updated with all our highlights and news.

We hope everyone has a great Thanksgiving break! We will see you back at school on Monday, November 28.

Who wants to be an opera star?

from Nate Ferguson

GATEWAY DRAMA TEACHER

Gateway Academy sure did after the Utah Opera stopped by for an assembly on Thursday November 10th. The first performance was for our elementary students. The three performers and the pianist entertained and taught the K-5th graders what it meant to be in the opera by playing the game show "Who Wants To Be An Opera Star."

They learned what the different voices ranges were hearing baritone, tenor and soprano. They got to ask questions at the end and enjoyed three performances during the assembly. The second half was the middle school's turn where the performers performed songs from different musicals and operas. We learned that Figaro isn't just a cat but part of a very famous opera. The students got to meet the performers afterward and ask their burning questions. Gateway was so excited to have them come and looks forward to when they can come back.



Performers from the Utah Opera entertain and educate students about the opera, voice ranges and musicals.

COURTESY GATEWAY ACADEMY

schools

Falcon Pride

NEWS FROM THE NEST

by Kayleah Madsen

FOR IRON COUNTY TODAY

Pride is a feeling of deep satisfaction with our associations and achievements. Last week on November 11th, Veterans Day, our faculty and student body gath-

overall. In addition, Cali Hinton, Regan Miller, and Mckinlee Urie, captains of the Canyon View Drill Team, competed and made the 3A Allstate Drill Team! Don't forget to congratulate them if you see them. Last week we also held our annual boys volleyball



Canyon View Drill Team (L to R) Nicole Mikkelsen (Head Coach), Cali Hinton, McKinlee Urie, Regan Miller (Captains), Harley Jackson (Asst. Coach).

COURTESY CANYON VIEW HIGH

ered to retire a United States Flag and pay tribute to those who have served in the military. The madrigals, our school choir, blessed our ears and Dennis Heaton, a former veteran, and our principal, spoke on the value of our freedom and the role of veterans in securing and protecting our liberties. It made me realize that having pride in our nation and military is the least I can do to show my respect and gratitude towards veterans. Thankfully, here at Canyon View, there is much pride to go around.

We are very proud of our football team. They recently appeared for the first time ever in state competition, and although they lost the semifinals to Juab, 21 to 37, our team had an amazing season

competition, Macho Man, and it was such a blast! Shoutout to the champion team who won in nothing but their pajamas.

On top of all of that, a couple of weeks back our marching

band and color guard went to state. After lots of calculated twirling, synced marching, and noise-making they won third place! As someone with no coordination or musical ability, I applaud each and every one of them for their talent.

Speaking of talent, our production of Tuck Everlasting on November 17, 18, 19, and 21 was amazing.

This week at Canyon View we have been very satisfied with the accomplishments of our athletes, artists, and peers, and I don't foresee a decline in satisfaction any time soon.

"This week at Canyon View we have been very satisfied with the accomplishments of our athletes, artists, and peers, and I don't foresee a decline in satisfaction any time soon."



COURTESY DAR

The Daughters of the American Revolution completed another successful St. Martha's Baby Basket project with the help of generous community donations. Pictured L to R: Vickey Carlson, Regent, Deb Leoni, Vice Regent, Mary Gillespie, treasurer, Laura Benson, Historian, Linda Kaszmaric, and Patti Pearce from St Martha's Baby Basket Project.

family

ONE THANKFUL MOM

Thanksgiving is upon us! What a wonderful time to pause and take note of all the reasons we have to be grateful. I personally feel that we should do this year round, but who can help but jump on the gratitude train and make public the wonderful blessings gracing our lives this month?

The following are a compilation of things that one very busy mom has stopped to appreciate in recent weeks.

I am thankful for:

» The times I can eat an entire meal without interruption.

» When a grumpy kid takes an unexpected nap.

» Impromptu slobbery kisses that mean, "You're doing OK, Mom."

» My son's bus driver who greets him each morning with a smile and welcoming words, making it just a little easier for me to say goodbye five days a week.

» A well-timed song on the radio that kicks my laundry game into overdrive.

» The joyful sounds of my children playing well together.

» The times I find an additional can of cold Diet Dr Pepper in a box I thought was empty.

» When moments of bad parenting go unnoticed by my kids.

» And that they are quick to forgive the times they do notice.

» That a kiss heals most injuries.

» That all of my kids enjoy not one, but three of the same meals (pizza, mac and cheese and meatloaf).

» A supportive husband who doubles

as the very best dad.

» Car seats that have proven effectiveness.

My list grows each time I have a moment to pause and reflect.

I am grateful for the wonderful Southern Utah community that my kids are able to grow up in. Somewhere that traditional values still exist and the people are generally friendly and well

mom's
CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



"My list grows each time I have a moment to pause and reflect. I am grateful for the wonderful Southern Utah community that my kids are able to grow up in."

meaning. I am thankful for the freedom of religion and a Heavenly Father who blesses us all.

Last, but definitely not least, I am thankful to be a mother to four rowdy little angels!

Happy Thanksgiving, Iron County. May your holiday be full of family, ham (which is way better than turkey) and gratitude.

obituaries

Reba Anne Schoppmann



Reba Anne Webster Schoppmann passed away peacefully in the comfort of her home Thursday, November 17, 2022, at the age of 83.

Reba was born in Cedar City, Utah, October 5, 1939 to George Burdett and Reva Roundy Webster. She was the much-awaited daughter

following three brothers Dono, Joel and Kent. She spent her life being watched over, teased and protected by them. Reba was raised in Cedar City and graduated with Cedar High's class of 1957.

She was a very hardworking girl and was awarded the contract, with her father, of cleaning the newly built North Elementary's windows so she could pay for beauty school. She spent the summer with her dad, washing windows until she packed her suitcase, got on a Greyhound bus and headed to Salt Lake City. She lived with her brothers and their families and became the favorite Aunt; she made many lifelong friends while in cosmetology school. It was during her time in Salt Lake that she married Keith C. Waite, and had her only daughter Aleese Waite Cardon. They divorced, and she returned to Cedar City to her childhood home to raise her daughter with help from her parents.

Her life was forever changed when she went on a blind date and met her sweetheart, Robert Stanley Schoppmann. They spent many years writing to each other before marrying in April of 1980 in the St. George, Utah temple. They had a truly amazing love and thoroughly enjoyed each other's company and their many adventures. They spent the next 28 years laughing, spoiling grandchildren, loving each other, traveling with family and getting lost on dirt roads. Bob passed away in January of 2008 and has patiently been waiting for her since.

Reba had a unique and very creative mind. She loved painting, embroidering, sewing, creating elaborate Christmas trees, putting together puzzles, building parade floats and doing nearly any craft she could get her hands on. She won many ribbons at the Iron County Fair and loved gifting her creations to those she loved. She was an active member of the LDS church and loved her time spent in many different callings. She also devoted much time and love to the Daughters of the Utah Pioneers.

She was an amazingly strong woman and was diagnosed with breast cancer in 2011, at this time Aleese and her family moved in with Reba and had the privilege to live with her until her death. They spent time taking care of each other, going to doctor's appointments, long rides, shopping trips, and her favorite, ice cream runs. Their lives were intertwined, unique and strong bonds were formed and created, she will truly be missed.

She is survived by her daughter and son in law; Aleese and Craig Cardon, Grandchildren; McKenzie and Shea Esplin, David and Nikole Cardon, Aubree and Cole Payton, and Amanda Cardon, Great Grandchildren; Lance and Coral Esplin, Makynlee and Maylee Cardon, and many special nieces and nephews.

She is preceded in death by her sweetheart; Robert Stanley Schoppmann, parents; George Burdett and Reva Roundy Webster, brothers and their spouses; Dono and Colleen, Joel and Marann, and Kent and Phyllis Webster, as well as several niece's, nephew's and many beloved friends.

Services will be held Saturday, November 26th, 2022 at the Cedar 4th Ward building (500 West 400 North, Cedar City). There will be a viewing Friday from 6pm-8pm and Saturday from 9:30-10:30 am. Funeral services will follow at 11am. Condolences can be left at sumortuary.com.

Randy Whitney



Randy Scott Whitney, age 65, passed away at his home on October 22, 2022. Randy was born on May 7, 1957, in Montebello, CA to Shirley LaVon Mayhew and Carl William Whitney. Randy grew up and attended schools in Whittier, CA.

Randy loved spending time in the mountains and deserts. Among his many interests were fishing, camping, computers, electronics,

NASCAR, ham radio (W7RSW), rock and roll. His favorites were Eric Clapton, Led Zeppelin, and Pink Floyd (in that order). Randy learned trumpet in high school, and later taught himself guitar. He took German in high school and was currently learning French and Spanish online.

Randy loved all facets of weather, the stars, planets, and the universe. He was interested in everything avionics, and wished he would have followed in his father's footsteps and became a pilot in General Aviation. Randy had a keen knowledge of just about everything. He could put together and fix just about anything. He enjoyed research and enjoyed learning just about everything.

Randy is survived by his sons, Brandon Scott Whitney (Tamara), Georgia, Brian William Whitney, Georgia, brother Larry A. Whitney (Rexene), Greeley, CO, and his twin sister, Linda A. Whitney (Willy Steenburgen), Cedar City, UT, 3 nephews, and 8 grandchildren.

Preceded in death by his grandparents, parents, and his beloved dog Buddy.

A special thank you to all the medical professionals that have helped Randy these past few years. Randy had a huge appreciation for the employees at Smith's Grocery Store for their assistance. As he would say, "You rock!"

May you now fly high, Randy. You are deeply loved and will surely be missed.

Final arrangements are under the direction of Southern Utah Mortuary. Online condolences may be left at www.mortuary.org.

Tamra (Tamie) McDonough Wheeler



Tamra (Tamie) McDonough Wheeler, 64, passed away on November 5th, 2022, at the Cedar Health and Rehabilitation Center surrounded by her family. Her death was caused from complications of a rare brain syndrome called PRES. She was a daughter, sister, wife, mother, grandma, aunt, and friend.

Tamie was born June 5th, 1958, in Cedar City, Utah to Talmage and Yvonne McDonough. She was born and raised on Highland Drive and loved to play in the hills behind her house and down by the creek. She was raised with and loved by her three sisters and brother. Sandra (Wells) Webster, Hollie (Doug) Urie, Colleen Blackner (deceased) and Wade McDonough.

Tamie worked at the Pizza Factory when it first opened in Cedar City, Valley Medical Center, TWA, KBRE Radio Station, and the Department of Natural Resources, where her work ethic and abilities were greatly appreciated. She enjoyed cooking, especially her coconut bread and cream pies. She loved her dogs, Chinese food, watching WWE and AEW wrestling, flowers, coloring, and Dr. Pepper. Family was very important to Tamie, she loved them all! She will be missed by all who knew and loved her.

Tamie is survived by her three children, Tyler (Heather) Marshall, Ashley Marshall, and Derek (Amanda) Wheeler, six grandchildren, Jacob Larsen, Tenaysha Larsen, Talmage Marshall, Hay Lee Jo Marshall, Wyatt Marshall, and Ayden Wheeler, four great-grandchildren Zachary, Emma, Luke Larsen, Tyler Joe Larsen, and many nieces and nephews.

Final Arrangements are under the direction of Southern Utah Mortuary. Online condolences may be left at www.mortuary.org.



COURTESY PATCHES4PATRIOTS

Sargent Major Duane Blackwell and Sargent Patricia McCoy

QUILTS OF VALOR

from Patches4Patriots

FOR IRON COUNTY TODAY

The Cedar Chest Quilt Guild recently awarded 3 Quilts of Valor to Cedar City

Hometown Heroes, Jacob Miner, Sargent Major Duane Blackwell and Sargent Patricia McCoy. We thank you for your dedicated service to our community.



Jacob Miner, 15 year veteran with the CCFD

PETS

« CONTINUED FROM PAGE 13

and healthy for your pet.

If Guests Don't Follow the Rules – Put 'Em in the Doghouse

It's a good idea to review your household pet safety rules with any guests, since well-meaning holiday visitors might not know the potential harm caused by slipping treats under the table. Instead, offer

them the chance to hand out tasty pet treats or a fun toy.

"During this season of gratitude, it's also important to remember others that aren't as fortunate, including homeless dogs and cats," said Julie Castle, CEO at Best Friends Animal Society. "So many shelters are currently at or over capacity, so if you can foster or adopt a pet, the time to do so is now. Not only will you be saving a life, but you'll also help America's shelters to become no-kill by 2025."

faith

Biblical prophecy and double fulfillment — (Part 8)

by Edy Meredith

FOR IRON COUNTY TODAY

Double Fulfillment prophecies are among the most difficult and controversial of all and have been as far back as early church history. The idea is that two events that are widely separated in the time of their fulfillment are yet brought together in the same prophecy. This idea and the Biblical prophecies that contain it point to the fact that Biblical prophecy interpretation is not for the faint of heart, whether scholastically schooled or a simple lover of the Bible. Why is there a double reference principle, also called double fulfillment? This is a very important aspect of Bible prophecy, and if carefully understood, it is a proof for the literal interpretation and truth of the Bible. Perhaps it occurs because of the way God the Creator looks at time and timelessness, in an entirely different way from our human perspective.

Several principles apply: 1) The first fulfillment of the prophecy usually is found in a person or event close in time to its prophetic utterance, and may be literal; 2) The first fulfillment is only partial; 3) The ultimate and complete fulfillment is usually found in the person of the Messiah and/or the affairs of His kingdom; 4) The first fulfillment is based on temporal human events and close to the time spoken, while the complete

fulfillment will occur later and will be eternal and spiritual; 5) Two or more prophecies may be grouped together in vision and subject matter although fulfillment widely occurs in different time periods. Remember that a prophet is both a foreteller and a forth speaker who predicts future events and also warns God's people when they have strayed from God's truth and His path for them.

A sample in scripture of dual fulfillment occurs in Hosea 11:1, "When Israel was a child, then I loved him, and called my son out of Egypt" with the first fulfillment a reference to the exodus of the children of Israel out of Egypt and the second ultimate fulfillment in Matthew 2:15-18: "That it might be fulfilled which was spoken by the prophet saying, 'Out of Egypt have I called my son'" when Joseph and Mary with their infant son return from Egypt to Nazareth following the death of Herod who had massacred the male infants two years and younger earlier. There are many more examples of dual or double reference prophecy.

A very interesting scientific fact of today is that the skies continue to reveal the truth of Biblical revelation because when scientists look through the James Webb Space Telescope, they see back in time. In Revelation 12: 1-6, the sky is described along with a woman. Traditionally, the woman described was believed to only refer to the nation of Israel, but dual interpretation

demonstrates that the sky described has a double interpretation: 1) the literal interpretation reveals when the Messiah was born during the Feast of Trumpets around September 11, 3 B.C. which is when science identifies the sky described in the Bible, and 2) the symbolic and secondary interpretation identifies the woman as the nation of Israel.

Before you discard this dual interpretation, please do further research. I recommend you acquire the following book: "Mysteries of Jesus' Life Revealed: His Birth, Death, Resurrection, and Ascensions (When and Where Did They Really Happen?) by Joseph Lenard. Today science confirms that the only time the sky described in Revelation 12:1-6 was on Wednesday, September 11, 3 B.C. after sunset on the Gregorian calendar, or on Tishri 1 on the Hebrew calendar, during the Feast of Trumpets.

Remember in Psalm 19:1 we are taught: "The heavens declare the glory of God." During the night the Messiah was born as a baby, the heavenly hosts (the angels) sang praises to God, "Glory to God in the highest, and on earth peace among those with whom He is pleased." The Bible reveals and does not conceal except from those who are content with easy answers. But it takes study: "Study to show yourself approved unto God, a workman that needs not be ashamed, rightly dividing the Word of Truth" (2 Timothy 2:15).

10,000 Reasons (Matt Redman)

Ten thousand reasons to be thankful may seem like a lot—too much, or not enough? Gratitude isn't about statistics, or logistics...it's about the heart. I believe the Lord is more joyful when you're truly thankful for one thing, rather than feeling so-so about 10,000 things.

However, being grateful is only part of God's eternal equation. He wants you to also live grateful—thanks giving (words) and thanks living (works). I know that may seem impossible at times, but with God you can do all things (Philippians 4:13). And God, who began a good work in you and created you for good works, will help you fight the good fight and finish the race (Philippians 1:6, 1 Timothy 4:7-8).

Is there a secret to being more grateful? I haven't found one. Sometimes it's easy to be thankful. When you're healthy, happy and the sun is shining, gratitude abounds. It's tougher to be thankful when times are down and dark, but those are the times you need to be even more grateful and trust in the Lord (1 Peter

5:10, 2 Corinthians 4:17, James 1:12).

Don't give up, look up. You weren't sent to this earth at this time by chance or circumstance, but by Divinely directed providence. You were born for such a time as this (Esther 4:14). You have something amazing to offer this world that only you can give (Ephesians

control (Romans 8:28), even if at times it appears otherwise (Proverbs 3:5-6). Trust Him that He will teach you the right ways (Psalm 32:8) and provide for your needs (John 16:33, Luke 12:27-32).

Today, be truly thankful for one thing. Tomorrow, be truly thankful for one thing and so on. If you can be thankful for more than one thing, great! But don't feel guilty or left out if all you feel is gratitude for one thing. And it doesn't have to be a thing, it can be a person, or people. And it doesn't have to be something different each day. If all you can do is be thankful that you woke up today, be thankful for that.

Don't forget to be thankful for yourself. You may not think there are 10,000 things about you to be thankful for, let alone one, but trust me—better yet, trust God—that you've got more than 10,000! Just because you can't see them or have discovered them yet, you will. If I can help, let me know. And yes, God wants to help you discover (and recover) all the great things about you from 1 to 10,000 and more!

2:10). You don't need to see tomorrow (every choice, challenge) to become everything God created you to become (Jeremiah 29:11). You don't need to know every exact step to be thankful for every step and/or breath you get to take...even if you stumble and stray, or someone else shouts and shoves you along the straight and narrow path (Proverbs 16:9).

Be thankful that God is still in



"HIS HAND IN MINE"

"These poems capture who I am. They are written with a prayerful hand, and are inspired from above. It is my hope that all who read them will be edified, find comfort, and feel God's love."

— L. Brent Jones

My Joy Is Full

by L. Brent Jones

*I should shout it from the mountaintop,
That Jesus Christ is my Lord.
For I am anxious for the world to know,
The power in His word.*

*For He's the reason for my joy,
My Mentor every day.
The Maker of the peace I feel,
My Light along the way.*

*I see His hand in everything,
That leads me to do good.
Why can't I listen to His words,
And do the things I should.*

*Why do I falter in my steps,
When my path is clearly lit?
Why am I timid in my faith,
When I receive so much from it?*

*I hear His voice and my soul responds,
And receives it with my heart.
My bosom swells with real intent,
And I cannot wait to start.*

*But then that feeling slowly wanes,
As the the everyday sets in.
Where good intentions take the place,
Of where actions should begin.*

*Today's the day to change that course,
And let actions lead my way.
And let His spirit guide my steps,
With the things I do and say.*

*To take the words He's given me,
Testifying to the world,
That because of Him my joy is full,
And wave His flag unfurled.*

*To share His love in word and deed,
With everyone I meet.
And let them see that I follow Him,
And that His joy is sweet.*

*Today His words are on my mind,
And His spirit guides my heart.
Help me to walk the path He's lit,
His mission I must start.*



SUU's Harrison Butler soars to the rim as the Thunderbirds snuffed out the Flames from Bethesda.

SUU ATHLETICS

Southern Utah Bullies Bethesda, 126-67

by Jason Marsteller

SUU ATHLETICS STRATEGIC COMMUNICATION

The Southern Utah men's basketball team swept its three-game homestand with a blistering 126-67 victory against Bethesda on Monday, Nov. 14 at the America First Event Center. The victory improved SUU's overall record to 3-1 on the season with Bethesda moving to 0-8. SUU now holds a 6-0 mark historically against the Flames, while completing a marathon stretch of three games in five nights.

Southern Utah sizzled offensively, shooting nearly 60 percent with a 59.8-percent rate on 52-of-87 shooting. That's the third consecutive contest shooting more than 50 percent. SUU also had a night behind the arc, connecting on 11-of-31

three-pointers for a 35.5-percent rate. The Thunderbirds owned the paint, winning the scoring battle inside 82-24, while also outrebounding Bethesda, 51-31. Defensively, SUU held the Flames to just 38.6 percent shooting off a 27-of-70 effort. The 'Birds also converted 41 points off 23 turnovers.

For the second contest in a row, Southern Utah's bench outscored its opponent. Tonight, SUU's bench put up 68 points against Bethesda's 67. This just two days after Southern Utah's

bench (52) beat Saint Katherine's team (48).

The Thunderbirds scored nearly at will during the game with a stunning seven double-digit scorers. Sophomore center Jason Spurgin and senior guard Dee Barnes led the way with 16 points each. Both stand as season highs, while Barnes matched his career high 16 points against Saint Katherine a year ago.

Southern Utah fell just 17 points shy of the school record for points in a game. SUU put up 143 points against

Westminster as part of a 143-106 victory on Feb. 17, 1970. SUU also missed the margin-of-victory school record by nine points. The 'Birds beat South Alabama by 68 (140-72) on Dec. 10, 1994. Additionally, the Thunderbirds turned in 29 assists, just seven helpers shy of a pair of 36-assist efforts by the 1994-95 (vs. South Alabama) and 1980-81 (vs. New Mexico Highlands) teams. Southern Utah also connected on 52 field goals, missing the school record of 58 in the 1994 South Alabama contest as well.

Stay up to date during the 2022-23 Southern Utah Men's Basketball season by following @SUUBasketball on Twitter and Instagram and by liking the Southern Utah Basketball page on Facebook.

	Bethesda		
	67		
	Southern Utah		
	126		
Bethesda (CA)	33	34	67
Southern Utah	68	58	126

Topham, Gleave sign letters for CSI baseball, Utah Tech softball

by Tom Zulewski

IRON COUNTY TODAY

Canyon View seniors Jayda Gleave and Myles Topham took different paths to get to a special moment for their athletic careers. Gleave had a full share of success in two sports for the Falcons, and Topham came over from Cedar for his final high-school season to pitch on the baseball team.

Gleave and Topham signed their letters of intent on campus Nov. 15 to move on to the next level. Gleave will play softball at Utah Tech, while Topham heads north to play baseball for College of Southern Idaho.

"It's always been my dream school," Gleave said of her choice to join the Trailblazers. "When I got the offer to go play softball, it changed everything. If basketball took me somewhere else, it would have been a different story."

CV basketball head coach Jaycee Barnhurst said Gleave sets the example for her teammates across both sports.

"We know she's gonna work hard. We know she's gonna push kids," Barnhurst said of Gleave. "One of the things people don't realize about Jayda is how much she cares and how much she puts into relationships with other people. She's gonna be the kid that holds teams together."



Canyon View seniors Myles Topham (left), and Jayda Gleave (right) sign their letters of intent to play their respective sports at the next level Nov. 15. Topham signed to play baseball for College of Southern Idaho, and Gleave signed to play softball for Utah Tech.

TOM ZULEWSKI

"[Utah Tech]'s always been my dream school. When I got the offer to go play softball, it changed everything."

Jayda Gleave

"Myles gives us a legitimate arm, and he's coming into a pitching staff that's already pretty good."

Jason Jacobsen,
CV baseball coach

She's done that for us in basketball and she's become family to me. She's gonna do the same for Coach (Randy) Simkins and will keep that team together through thick and thin."

Topham had looks from Salt Lake Community College and College of Southern Nevada (where Bryce Harper of the World Series runner-up Philadelphia Phillies played) before settling with the Eagles.

He credited CSI assistant coach Nick Aiello for making the difference in his final decision.

"He's a special arm," Canyon View baseball coach Jason Jacobsen said of Topham. "There's high expectation here every year, but we want to be the best team we can possibly be. Myles gives us a legitimate arm, and he's coming into a pitching staff that's already pretty good. He'll add to our depth."

The Canyon View baseball and softball teams had solid finishes last spring. The baseball team won the Region 12 title with an 18-11 overall record, was seeded second in the 3A RPI, and fell to Juab in a 6-4 loss in nine innings, falling one game short of reaching the championship final.

Falcon softball had a 16-14 overall mark last season, was seeded sixth in 3A, and fell 2-1 to Region 12 foe Grand in the consolation final.

Thunderbirds drop heartbreaker in Cheney

from Seth Whitehouse

FOR IRON COUNTY TODAY

CHENEY, Wash.— The Southern Utah University women's basketball team fell to the Eastern Washington Eagles 62-60 in heartbreaking fashion on the final play Monday night in Cheney. The Loss drops the Thunderbirds to 2-2 overall, while the win improves the Eagles to 3-0 this season.

Lizzy Williamson and Cherita Daugherty both led the way for the Thunderbirds offensively. Williamson earned her third double-double in four games scoring 13 points and 14 rebounds, while Daugherty added 13 points and four rebounds of her own. Megan Jensen also finished with a double-double with 10 points and 10 rebounds.

As a team, Southern Utah shot just 33.3 percent compared to Eastern Washington's 43.9 percent from the floor. The Thunderbirds did outrebound their opponents 46 to 30.

SUU got off to a slow start shooting just 20% and allowing Eastern Washington to surge out to an 8-0 lead in the first two minutes. The Thunderbirds quickly picked things up after Daylani Ballena sunk a deep three to bring the score to 9-12 at the end of the first quarter.

After the Eagles connected on a series of mid-range jumpers to begin the second quarter, the Thunderbirds exploded out onto a 15-5 run off a flurry of layups from Lizzy Williamson, capped off by a three-pointer from Megan Jensen to give SUU a 25-22 lead into the half.



SUU ATHLETICS

SUU's Tomekia Whitman races down the court looking to score for the Lady T-Birds.

The game continued to remain close coming out of the break as EWU shot 60% from the field in the quarter and connected on all three of their shots from behind the arch to reclaim the lead 44-42.

In the fourth, each side traded their jabs back and forth, with neither team giving an inch. With just five minutes remaining the Thunderbirds went on a 5-0 spurt to tie the game off a pair of threes from Daugherty and a tough layup from Williamson in the paint. Eagles point guard Jaydia Martin responded with a sequence of free throws to retake the lead 58-56.

As the clock ticked under a minute, the game continued to come down to the wire when Williamson found Samantha Johnston in the corner, who splashed a three to put SUU back in front 59-58. After each team failed to convert on their next two possessions, Eastern Washington forced in a layup to jump back on top 60-59. The Thunderbirds came crashing down the court, where Daugherty found contact and went to the free-throw line. Daugherty connected with her second of two free throws to knot the game up at 60 with four seconds left. In the final possession, Eastern found space inside the paint and sunk a jumper at the buzzer to win the game 62-60.

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

SUU wraps 2022 season with loss to UTRGV

by Tyler Roper

SUU ASST. AD, COMMUNICATIONS

EDINBURG, Texas – The Southern Utah University volleyball program wrapped up its season against UTRGV in the Quarterfinals of the Western Athletic Conference tournament tonight, ultimately coming up short in four sets. The Thunderbirds finish the season with a record of 7-17 overall and 6-8 in Western Athletic Conference play.

Makenzie Templeton posted an impressive double-double, racking up 14 kills to go along with 15 digs. Senior Raegen Beeson added 13 kills of her own in her final college game. On the defensive side of the game, Sarah Gasper led the way with a team-high 24 digs. Beeson, Rylee Achtzehn, and Carissa Richie also played sweltering defense, each totaling three blocks. Junior setter Macy Short compiled 34 assists and 17 digs over the four sets.

Beeson came out hot to start the first set, firing



SUU ATHLETICS

off three quick points to tie the score at five apiece. The Vaqueros jumped out to a 16-12 lead midway through the set. The Thunderbirds relied on a pair

of kills by Templeton to trim the Vaqueros advantage to only one. UTRGV used a run of their own to stay in front, taking the first set 25-17.

Southern Utah was scorching hot to begin set two. The Thunderbirds found themselves up 8-3 after a barrage of kills by Templeton. The Vaqueros would come back to cut the lead to two (10-8). After this, SUU would score six of the next eight points to take a commanding 16-10 advantage. The Thunderbirds would hold onto this lead. Molly McDermott would win the set 25-18 after a crafty ace, tying the match 1-1.

The Thunderbirds scored three of the first four points in set three. Following this, UTRGV would run ahead, taking a 12-4 lead. Southern Utah didn't fold, rallying back with a 7-2 run to get within three (14-11). The Vaqueros rebounded, seizing the set 25-15.

UTRGV would go on to take the fourth set 25-12, winning the match 3-1.

SUU MEN'S BASKETBALL PLAYER PROFILE: MARTEL WILLIAMS

by Trevor Marbut

ASST. DIRECTOR, SUU ATHLETIC COMM.

Martel Williams was expecting to have a breakout sophomore season last year; but an oblique tear suffered in the very first game of the season ended his year before he had the opportunity to display his skills on the court, as he was sidelined for the entire season due to the injury.

Williams is back to 100 percent health, and he is ready to make an impact for the Thunderbirds in what will technically be his redshirt-freshman season, as he earned an extra year of eligibility due to the COVID-19 pandemic and took a redshirt last season due to his injury.

Williams is originally from Las Vegas, Nevada and was a standout player at Silverado High School, earning All-State honors his junior and senior seasons.

After a highly successful high school career, Williams opted to enroll at Southern Utah to play collegiate basketball ahead of the 2020-21 season. In his first year competing for the Thunderbirds, Williams appeared in nine games, averaging 2.8 points and 1.7 rebounds per contest. Williams scored a season-high six points against Bethesda University, and the athletic guard appeared to have a bright future ahead of him, as he competed for minutes on a team that won the 2020-21 Big Sky Regular Season Championship.

Williams spent the offseason grinding in preparation for his second season with the T-Birds, and he felt like he was fully prepared to make an impact on the court for SUU; but, three minutes into the first contest of the season, Williams came off a screen and got clipped by a defender. He immediately felt excruciating pain in his abdomen, and after examination, it was determined that Williams had torn his oblique muscle and would be out for the remainder of the season.

After a difficult and strenuous recovery, Williams is back and ready to prove that he can be a force on the court for Southern Utah this season.

"The recovery process was pretty tough," said Williams. "I couldn't do anything for almost four months. I couldn't even laugh without feeling pain. After it finally healed, I started back in the weight room pretty heavily and really worked on strengthening my upper and lower body and regaining

everything I had lost. It was a lot of work, but I'm back to 100 percent health now, and I don't have any pain in the area."

Williams has set high expectations and goals for himself upon his return, as he anticipates having the opportunity to take on a bigger role for SUU and make a strong impact, especially on the defensive side of the court.

"I want to be the best defensive player on our team this year, and I've even set a goal to win Defensive Player of the Year in the conference. I know I can be a great defender, and I really want to

display that this season."

Although Williams is technically only a red-shirt-freshman, another goal that he has set out to accomplish this year is taking on a leadership role, both on and off the court.

"I really want to be a leader for the rest of the guys on and off the floor. I've been focusing on helping my teammates in any way I can, whether that's helping them with plays, talking on defense, or any small things I can do on the court to help the team."

Williams has reiterated what the rest of his SUU teammates have said in terms of their team goals and expectations this season.

"Winning is the expectation with this team. We've been doing a great job of building chemistry, and we want to win the WAC this season and go to the NCAA Tournament."

A big factor in Williams' decision to attend Southern Utah was the proximity to his hometown Las Vegas; but, one of the other primary reasons that he chose the Thunderbirds was the program's coaching staff.

"Coach Simon has things set up for success. He has a formula to win, and that was a big draw for me during the recruiting process. I fully trust the coaching staff here. If they tell me to do something, even if I don't think it's correct, I'm going to do it, because I trust that they know how to win and be successful."

Williams has enjoyed living in Cedar City, and he stated that his favorite aspect would be the community and how friendly all of the people are here. He also enjoys the fact that he is able to go hunting in numerous areas nearby, which is something he has enjoyed since he was little.

Outside of basketball, Williams enjoys playing guitar, playing the piano, and singing. He became really passionate about his music during the COVID pandemic, where he stated that he greatly improved his musical skills.

Upon graduation, Williams hopes to play basketball at the professional level.

For now, Williams will seek to carve out a role as a consistent playmaker on both sides of the court for the Thunderbirds this season, and help lead the team to a conference championship in their inaugural season competing in the Western Athletic Conference.



SUU ATHLETICS

Shot clock adding challenge as hoop season begins

With a new basketball season on the horizon, a new wrinkle has been added. In addition to teams needing to keep opponents at bay on the scoreboard, they'll need to deal with a 35-second shot clock. No more sitting on the ball with a big lead. No more games where scoring 40 points would be considered a good night.

As the Canyon View girls team prepared for Tuesday's season opener against the Beaver Beavers, head coach Jaycee Barnhurst said the shot clock was introduced gradually to reduce the culture shock likely to happen with the new rule.

"It's a big concern. None of the girls have played with the shot clock," Barnhurst said. "For the last week, we've been focusing on defensive principles, zone, man, those kinds of things. When we scrimmage, that's when we add the clock. It's a day-by-day process, and we add a little bit more every day. Get them comfortable and go from there."

Barnhurst added the varsity team is "getting comfortable" with the clock, but added a small caveat.

"It plays to our strengths, but it's gonna take some time for our younger kids. This is super unfamiliar for them," she said.

One of the things Barnhurst likes with the shot clock's arrival is it will force both teams to play for the entire 32 minutes of a game.

"We're fairly small, quick and athletic. When we play good defense, our offense is quick, so to us, (the shot clock) helps," she said. "We can score in 35 seconds, but now the other teams have to do that, too."

"It's a big concern. None of the girls have played with the shot clock," Barnhurst said. "For the last week, we've been focusing on defensive principles, zone, man, those kinds of things. When we scrimmage, that's when we add the clock. It's a day-by-day process, and we add a little bit more every day. Get them comfortable and go from there."

Jaycee Barnhurst, Canyon View girls basketball head coach

Among the players who will carry the load include seniors Jayda Gleave and Payton Lister along with sophomore Maylee Spencer. Barnhurst said while there's been some apprehension from her team, the reaction to the shot clock has been mostly positive.

"It'll give us a chance to play," she said. The Falcons' season opener was played after press deadline.

With Thanksgiving almost here, that means football on the TV. Before the family sits down to a meal with turkey, stuffing and all the trimmings, that means the Detroit Lions will be seen in front of a full national audience for the only time in the 2022 season.

The Lions will face the Buffalo Bills on Thanksgiving in the first game of the day (10:30 a.m., Channel 2). As this column was being written, Detroit was experiencing an actual two-game winning streak after sneak-

ing by the Chicago Bears on Nov. 13. Not only that, it was the team's first road win under head coach Dan Campbell.

Heck, it was the first road win since they beat the same Bears

on Dec. 6, 2020. That ended a streak of 13 straight losses away from Ford Field, and that is good.

This doesn't mean the momentum will carry over by any means, though. They were a 3-point underdog going into another road game at the 7-2 New York Giants, but I wasn't automatically optimistic.

If you're wondering why I care to pay so much attention to this football team, I'll give you two reasons. First, the Lions drafted former SUU standout Miles Killebrew in the fourth round of the 2016 NFL Draft. Killer got to experience a pair of winning seasons in his first two years in Detroit, including (gasp) a playoff appearance in his rookie year.

Killebrew stayed with the Lions through the 2020 season and is now a special teams captain for the Pittsburgh Steelers.

Reason No. 2 is offensive tackle Penei Sewell. Sewell played at Desert Hills and Oregon before getting taken with the seventh overall pick of the 2021 NFL Draft. He's done good things with the Lions, but losing is all he's known since he landed with the team. That's sad.

With the struggles surrounding the Lions already well documented, I can only hope this Thanksgiving game will be worth the time.

If you think it's not, that's fine. There are two better games later in the day – the Giants at Dallas (2:30 p.m., Channel 13) and New England at Minnesota (6:20 p.m., Channel 5) – and you can always help with the cooking in the kitchen.

Tom Zulewski wishes all football fans a Happy Thanksgiving. Follow him on Twitter @TommyZee81 or email tominator19@yahoo.com.

RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY



TOM'S SPORTS TRIVIA

After dealing with trivia from the NFL for the Thanksgiving holiday over the last two years, we can't forget about the college game. Some legendary rivalries will be played this weekend, and this week's dozen takes a look at the memories. Test your knowledge here, eat heartily first, and please remember... no wagering!

1. The 123rd edition of the annual Army-Navy football game doesn't happen until Dec. 10. Which city will be hosting the game for the 90th time?

- A. Philadelphia
- B. Baltimore
- C. Washington, DC
- D. Boston

2. On Thanksgiving Night, No. 14 Ole Miss will be taking on Mississippi State. What is their in-state rivalry game called?

- A. Magnolia Bowl
- B. Egg Bowl
- C. Governor's Cup
- D. Little Brown Jug

3. Florida will be facing Florida State on Friday in its annual rivalry clash. True to the state's nickname, what is the season-long competition across all sports between the schools called?

- A. Epcot Showdown
- B. Sunshine Showdown
- C. Orange Showdown
- D. Palm Tree Showdown

4. One of the memorable games in the annual Iron Bowl between Auburn and Alabama saw the Tigers stun the Crimson Tide in 2013 when a missed field goal was returned 109 yards for the winning touchdown. What was the play known as?

- A. Pick Six
- B. Super Six
- C. Kick Six
- D. Get Your Six

5. What is the name of the trophy – a symbol of one of the state's signature items – played for between Washington and Washington State?

- A. Pike Place Cup
- B. Space Needle Cup
- C. Apple Cup
- D. Starbucks' Cup

6. Cedar and Canyon View play their rivalry game for The Axe, but which pair of Pac-12 schools play in the Big Game for a similar trophy?

- A. USC-UCLA
- B. Oregon-Oregon State
- C. Oregon-Washington
- D. Stanford-Cal

7. Arizona and Arizona State face each other in the Duel in the Desert rivalry football game that happens Friday.

The Wildcats lead the all-time series (49-45-1), but how long is the current win streak enjoyed by the Sun Devils?

- A. Four games
- B. Five games
- C. Six games
- D. Seven games

8. Michigan will face Ohio State on Saturday for the 118th time in a rivalry simply known as The Game. How many times have the Wolverines beaten the Buckeyes since 2000?

- A. One
- B. Two
- C. Three
- D. Four

9. It's not quite as big a deal on the football field, but Louisville and Kentucky will face off for the Governor's Cup on Saturday. We all know the Wildcats play in the SEC, but which conference are the Cardinals a part of?

- A. ACC
- B. Big East
- C. MAC
- D. Big 12

10. Kansas and Kansas State will face each other in a battle for its state's version of the Governor's Cup on Friday. In what city – named the same as a New York City borough – is Kansas State located?

- A. Brooklyn
- B. Manhattan
- C. Long Island
- D. Queens

11. The rivalry between Georgia and Georgia Tech bills itself as "Clean Old-Fashioned Hate." How many times did the Yellowjackets beat the Bulldogs in the last decade?

- A. One
- B. Two
- C. Three
- D. Four

12. In the Big Ten, Indiana will play Purdue in its rivalry game on Saturday. What is the winner's trophy called?

- A. Old Wooden Barrel
- B. Old Ironsides
- C. Old Oaken Bucket
- D. Old Brass Spittoon

LAST WEEK'S ANSWERS

1. D: Five. Woods won his most recent Masters title in 2019.
2. A: Frozen Four
3. C: Curling
4. B: Joey Logano. Logano won only his second Cup title in 2022.
5. C: Golden State Warriors
6. A: Joe Mixon
7. D: Poland
8. B: Sam Houston
9. A: Justin Thomas. Thomas won the PGA Championship in 2022 for his second career major, the other coming at the 2017 PGA.
10. A: Australian Open
11. C: Los Angeles FC. The team won its first MLS Cup title.
12. C: Ole Miss

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THANK YOU, CHARLES M. SCHULZ!

COMIC STRIP GETS STAMPED: The United States Postal Service has created the **Charles M. Schulz Forever** stamps to celebrate the fact that the creator of the **Peanuts** comic strip would have been 100 years old on November 26, 2022. Find out more about this legendary cartoonist on today's *Kid Scoop* page!



WHO WAS CHARLES SCHULZ?

When Charles Schulz was a child, people called the newspaper comic pages "the funnies." And Charles was a boy who really *loved* the funnies.

Schulz read his local newspaper every day and wanted to make his own funnies one day. He started drawing as a youngster and kept drawing cartoons every day.

SLOW START

Later in life, Schulz became one of the world's most successful cartoonists. But as a young man, he had a hard time finding a newspaper or magazine to buy his comic strip. He worked odd jobs to pay his bills.



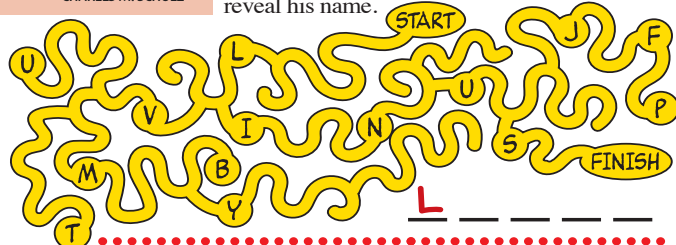
"The only thing I ever wanted to be was a cartoonist. That's my life. Drawing."

— CHARLES M. SCHULZ

ARMY TO ART SCHOOL

During World War II, Charles was drafted into the United States Army. He brought a sketch pad and kept on drawing.

When he came home to Minnesota, he got a job teaching at the art school where he had studied. It was there he met a man who would become a friend for life. The letters on the correct path reveal his name.



PEANUTS BEGINS

In 1947, the *St. Paul Pioneer Press* bought his comic strip, which was called *Li'l Folks*. In 1950, the strip's name was _____ to *Peanuts* because another comic strip had a name that was too _____.

From that small start, *Peanuts* became very _____. It was eventually _____ in more than 2,600 newspapers and 75 countries!

Charles Schulz wrote and _____ every single *Peanuts* comic strip himself for the next 50 years, inspiring generations of _____ cartoonists.

Replace the missing words.

CHANGED PUBLISHED
FUTURE POPULAR
SIMILAR
DREW



PEANUTS CHARACTER MATCH

Do you know the names of these famous *Peanuts* characters featured on U.S. postage stamps? Do the math to label each character.

- 7 + 7 = Charlie Brown
- 8 - 2 = Schroeder
- 11 + 7 = Peppermint Patty
- 13 + 3 = Lucy
- 18 - 6 = Franklin
- 9 - 4 = Linus
- 8 + 5 = Pig-Pen
- 4 + 4 = Sally



14 CHARLIE BROWN



18



16



12



5



8



6



13

PEANUTS BY THE NUMBERS

Charles drew
17,897
Peanuts comic strips.

There have been
5
feature-length
Peanuts movies.

There have been
45
Peanuts television specials.

SNOOPY

The *Peanuts* character **Snoopy** is based on a pet dog that Charles had as a child. Use the code to find out the name of this pet.



Extra! Extra!

Make a Comic Book

Every day, cut out your favorite comic strip from the newspaper. Glue the strips onto blank paper and make your own comic book!

Standards Link: Reading Comprehension: Follow written directions.

Kid Scoop Puzzler

BEYOND COMIC STRIPS

The *Peanuts* characters were so popular that they were made into books, TV shows, a musical stage show, greeting cards, toys and even movies! Circle every other letter to find out the name of the first *Peanuts* television special, which aired on CBS in 1965.



A V C D H N A S R
T L W I K E J B U R
I O Z W X N Q C
B H P R D I V S
R T L M U A I S Y

CH A

Double Double Word Search

NEWSPAPER
CHARLES
SCHULZ
PEANUTS
SNOOPY
DRAW
COMIC
SKETCH
DOG
BOOKS
LUCY
LINUS
SALLY
PET
TEACHING

Find the words in the puzzle. How many of them can you find on this page?

D J B V W S U N I L
N O Q O S A L L Y P
E G G W O P H J E Y
W N R P S K E T C H
S I L A E C S U O Y
P H T H L A L D M P
A C S P R W N S I O
P A K H A L W U C O
E E C R H D B V T N
R T D S C H U L Z S

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.



Kid Scoop Together

Charles' Favorite Sport: Hockey

Because Charles Schulz made so many comics featuring hockey, he was admitted into the U.S. Hockey Hall of Fame.

Growing up in St. Paul, MN, Charles used a hockey stick to hit tennis balls in his grandmother's basement. His mother helped him make goalie pads out of gunny sacks with rolled-up newspaper sewn inside. His father made an ice rink in their backyard where Charles and his friends played hockey whenever they could — even by streetlight at night.

Charles's love of hockey lasted his entire life. His five children all learned to skate.

In 1969, when a local ice arena closed, Charles bought it and opened the Redwood Empire Arena near his studio in Santa Rosa, CA.

Today, the ice arena is called Snoopy's Home Ice and is located next to the Charles M. Schulz Museum.

How many differences can you find between these two hockey players?



To learn more about Charles M. Schulz, visit www.schulzmuseum.org



Write On!



Happy Birthday, Charles M. Schulz

Write a short "Happy Birthday" note to Charles M. Schulz who would be 100 this year.