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1 Gallon Berries

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4" Vegetables

\$1⁵⁹

EVERYDAY PRICE



6 Pack Vegetables

\$3⁹⁹

EVERYDAY PRICE



6 Pack Flowers

\$3⁹⁹

EVERYDAY PRICE



4" Tomatoes
& Peppers

\$1⁵⁹

EVERYDAY PRICE



4" Herbs

\$3⁵⁹

EVERYDAY PRICE



\$2⁷⁹ Perennials

1 Gal.

\$7⁹⁹

1 Gal.

\$9⁹⁹

Premium 1 Gal.



1 Gallon Tomatoes

\$5⁹⁹

EVERYDAY PRICE



Nutri-Mulch

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EVERYDAY PRICE 3.8 cu ft compressed expands to roughly 8 cu ft



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7 GARDENING TIPS

1. Put your garden to bed dry. Moisture on the leaves at night leads to more diseases
2. When spraying for insects and diseases change up the active ingredient in the pesticide for better results. (these are usually found on the front of the packaging)
3. When planting trees be sure to mix 1/3 mulch with 2/3 native soil. Create a well around the base of the tree. Be sure to fill the well up with water, 2-3 times a week depending on the weather.
4. Most insects are nocturnal. So if you can't see what is eating your plants grab a flashlight and take a nighttime stroll through your vegetable and flower beds. Be sure to look under the leaves.
5. Fertilize regularly.
(N)Nitrogen - for the growth of the plant
(P)Phosphate - for the root and fruit production
(K)Potassium - for all-around plant health
6. Now is a good time to plant, the soil temperatures are warming up, your vegetables and flowers will grow quick.
7. Sing to your plants!! Smile it's the perfect time to start your garden

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IRON
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today

OFFICERS HONORED



STORY ON PAGE 2

Cedar City Police Department honored during banquet

by Rob O'Brien

FOR IRON COUNTY TODAY

Our community celebrated the Cedar City Police Department at the annual awards banquet held at Heritage Hall to honor and acknowledge the brave stars in our community. Together, we celebrated the “men and women in blue” as well as their spouses who stand for Service-Integrity-Honor.

The following are a few words from Chief Darin Adams as he addressed the many attendees estimated at over 125 officers, investigators, office administrative staff, and leadership, along with their spouses and city dignitaries, volunteers, and citizens.

“I want to express my deepest gratitude and heartfelt thanks to a group of remarkable individuals, who without them, we would not be who we are, where we are, or what we are as law enforcement officers and staff. As always, I am speaking of remarkable spouses and family members. Your continuous support and consistent sacrifice are so much appreciated, and you are the reason for our success both within the profession and in life. To those who are spouses or significant others of a police department employee, both civilian and sworn officer, please join me in paying tribute to these men and women, our heroes.”

This message from Chief Adams exemplifies the attitude and character of himself and his exceptional team. They are the ones on the line, yet they stand with honor to acknowledge their spouses and the community who support them.

Chief Adams went on to say “As you all know, this noble profession, with which we are all privileged to be associated, presents a myriad of challenges to our law enforcement officers and their families. I express my deepest gratitude to each of you and members of your family for your remarkable dedication to serving your community, your neighbor, and each other. This past year has been challenging and we have seen the very best of you rise to meet the



Brooke Hathaway is presented with the Chief's Medal by Police Chief Adams (L) and Lt. Pollock (R).

“I express my deepest gratitude to each of you and members of your family for your remarkable dedication to serving your community, your neighbor, and each other.”

Chief Darin Adams, Cedar City Police Department



A special table is set for the fallen officers who gave their lives in the line of duty to protect and serve.

challenges placed before you. You have demonstrated professionalism, compassion, and commitment to your chosen profession and your chosen duty. Edmund Burke said, “All that is necessary for evil to triumph is for good men and women to do nothing.” Each of you represents the very best of humanity, dedicating yourselves to making a difference and fending off the evils around us. I am so very proud of you and thankful for your willingness to do such a difficult job!”

Last Sunday, the 14th, marked the beginning of National Police Week, and we hold this banquet annually in conjunction with this sacred week of remembrance, reflection, and honor. It was back in 1962 that then, President John F. Kennedy signed a proclamation which designated May 15 as Peace Officers Memorial Day and the week in which that date falls as Police Week. We, along with thousands of other law enforcement officers continue that tradition and tribute today.

The following is a list of award recipients who perform daily, with uncommon valor, and are just a few of the many courageous men and women who help keep the sparkle on

CEDAR CITY COUNCIL HIGHLIGHTS:

by JR Importante

FOR IRON COUNTY TODAY

In a recent city council meeting held on May 10, 2023, frustration was expressed over the lack of attendance at budget meetings. When it comes to dog and chicken issues, the council chamber is packed with 60 to 80 people. However, when it comes to the budget, only a handful of people show up. The budget is one

almost five percent city-wide, and per capita, there was an eight percent decrease. The strain on groundwater in 2022 was the lowest since 2017, and the council expressed appreciation for the staff's work in tracking information, implementing sustainable policies, and ensuring that future generations are not penalized.

The Utah Summer Games are just around the corner and several events have already held. Wrestling had a record-high of 700 kids

already, the theater is accepting 100 vendors initially to figure out the best configuration for the three-acre parking lot. The theater plans to have live music and potentially theatrical performances and stand-up comedy as well.

In addition, the council discussed appealing UDOT's decision not to close Center Street for the Farmers Market. It was confirmed that the council had previously approved the Farmers Market going down 100 West between

HIGHLIGHTS INCLUDE BUDGET MEETING ATTENDANCE, REDUCTION IN WATER CONSUMPTION, UTAH SUMMER GAMES, DRIVE-IN THEATER PLANS, AND FARMERS MARKET APPEAL

of the most important things that the council discusses, as it involves spending the citizens' hard-earned money. The council members may be doing a good job, but it is still our responsibility as citizens to keep them accountable. By attending meetings, we can raise our concerns and have a say about where our money goes.

Despite having more people connected to the system, total consumption was reduced by

participating, while registrations for other events were down compared to last year. There's still time to sign up at utahsummergames.org.

Drive-in theaters, a once-popular way of enjoying movies, have been making a comeback in recent years. A new drive-in theater is set to open in Cedar City, and it promises to be huge. With over 300 vendors that have applied

Harding and University Boulevard, but some council members wanted to wait and see how things went before making a final decision. Some businesses expressed concern about the decision as they were not aware of the change and had parking concerns. Ultimately, the council members moved not to pursue appealing the decision at this time, and this was also approved.

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opinion

FROM THE EDITOR

Happy Heroes Day

I think it's safe to say that May is a month to celebrate heroes. From mothers to soldiers sacrificing and fighting on battlefields of life, which sometimes include both home and home front, we need our heroes. While we have specific holidays to honor our heroes, I hope we honor them and are grateful for them whether the calendar calls us to do so or not. Heroes are needed every day in our homes, classrooms, offices and neighborhoods, etc. so they should be honored every day in some way. And don't forget that you are also needed to be a hero in your own way, whoever and wherever you are today.



COREY BAUMGARTNER
MANAGING EDITOR

WORD OF THE WEEK

EQUIVOCATE

To use ambiguous or unclear expressions, usually to mislead or avoid commitment

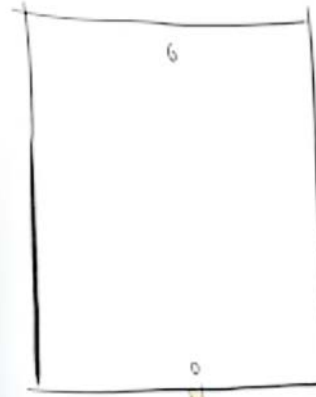
Even when one's vocabulary takes a vacation, without equivocation I vouch that anyone's vocation will be elevated by developing their language.

To the editor:

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

WHEN
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QUOTE OF THE WEEK

"Guard zealously your right to serve in the Armed Forces, for without them, there will be no other rights to guard."

President John F. Kennedy

POLICE

« CONTINUED FROM PAGE 2

the gem we all call home, Cedar City.

To them we say Thank you and we Salute you!

- » Medal of Valor (Sgt. Williams)
- » Lifesaving Award (Officer

Martinez and Officer Afatasi)

- » Cedar City Police Award (Chad Dotson)
- » Chief's Medal (Sgt. Smith)
- » Chief's Medal (Brooke Hathaway)
- » Citizen Commendation (Roland Gow)
- » Citizen Commendation (Ron Vargas)
- » Citizen Commendation (Dan Venables)
- » Outstanding Volunteer of the Year (Alessia Cavalli)
- » Outstanding Employee of the Year (Sgt. Adams)
- » Outstanding Employee of the Year (Cpl. Chappell)
- » Outstanding Employee of the Year (Cpl. Topham)
- » Outstanding Employee of the Year (Officer Hill)
- » Outstanding Employee of the Year (Officer Vasquez)



DARRIN FRASER (BOX86 MEDIA INC.)

Cedar City Mayor Garth Green and his wife Wendy join Police Chief Darin Adams at the banquet.

IRON COUNTY **today**

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It was all hands on deck for the volunteers helping to prepare the Parowan pool for its debut in July.

COURTESY JENELLE ZAJAC

Volunteers are needed for Parowan City Pool renovation

by Jennelle Zajac

FOR IRON COUNTY TODAY

Parowan City held a special council meeting Monday on May 10 to discuss the plans for the Parowan City Pool renovation and reopening. Despite other city and school events taking place that evening, the City Hall chambers were at capacity with residents eager to hear the details of how the City would renovate the outdoor Parowan Pool.

The meeting began as Mayor Mollie Halterman summarized the historic 1960 Parowan City Council decision to move forward with the building of a City Pool for Parowan's residents. The original pool was built for approximately \$60,000 (that's about \$615,000 in today's dollars) and became the heart of the community, attracting Parowan residents of all ages every summer for many years to come. Sixty years of wear and tear left the pool in a state of disrepair. In February 2021, the Parowan City Council voted to close the pool and research options for building another facility.

After three years of researching options to replace the old city pool, the Parowan City Council made the decision to renovate and reopen the old pool. What led to this decision was several years of researching new pool options, performing a feasibility study to examine operating expenses for those options, and finally determining that any of the options for a new pool would be cost prohibitive

see **PAROWAN POOL** » 8



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IRON COUNTY FORECAST

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FRIDAY	Mostly Sunny 80°/53° PRECIP: 10% WINDS: NW 10-15
SATURDAY	Chance Storms 80°/49° PRECIP: 20% WINDS: WSW 10-15
SUNDAY	Chance Storms 80°/50° PRECIP: 30% WINDS: SW 10-15
MONDAY	Chance Storms 81°/54° PRECIP: 30% WINDS: SW 10-15
TUESDAY	Chance Storms 79°/52° PRECIP: 20% WINDS: SSW 10-15
WEDNESDAY	Partly Cloudy 77°/51° PRECIP: 10% WINDS: SSW 10-15

public & health

Reps. Stewart, Napolitano and colleagues recognize May as Mental Health Awareness Month

WASHINGTON — Reps. Chris Stewart (R-UT) and Grace Napolitano (D-CA) introduced a bipartisan resolution to recognize the month

tal health, improve critical resources for those in need, and find bipartisan solutions – the Mental Health Caucus is proof of our progress. But the fight is far from over, and we can only hope for a healthier nation if we all do our collective duty to raise awareness.”

“Mental Health Awareness Month is a critical time to continue our work to increase funding for life-saving mental health services, to raise public awareness, and to encourage all those in need to seek

colleagues, and family. I thank my co-chair, Congressman Stewart, and all of our colleagues for supporting this resolution to elevate the issue of mental health in the halls of Congress and across our districts.”

Since 1949, the month of May has been observed as National Mental Health Awareness Month. Unfortunately, due to the stigma associated with mental illness, many people are too ashamed or embarrassed to seek the necessary help for themselves or their loved ones. National Mental Health Awareness Month is an opportunity to break through that stigma. So, this month

and every month, let’s work to raise the awareness of this issue and help all Americans struggling with mental health challenges.

If you or someone you know is having suicidal thoughts, feeling at risk of suicide, or experiencing a state of distress, it is crucial to find help immediately. There are many resources available, including the 988 Suicide & Crisis Hotline which provides free, confidential support 24/7, and the Crisis Text Line which offers free crisis counseling 24/7. Dial 988 or text HOME to 741741 to connect with these services.



SHUTTERSTOCK

“We’re in the middle of an unprecedented mental health crisis, and it’s necessary that we elevate the conversation around this all-important issue.”

Rep. Chris Stewart (R-UT)

of May as National Mental Health Awareness Month. Reps. Stewart and Napolitano serve as Co-chairs of the bipartisan Mental Health Caucus, and their resolution was also signed by 71 of their congressional colleagues.

“Mental Health Awareness Month is an opportunity that America can’t afford to miss,” said Rep. Stewart. “We’re in the middle of an unprecedented mental health crisis, and it’s necessary that we elevate the conversation around this all-important issue. We can end the stigma of men-

help. As the COVID-19 pandemic has upended our lives and added additional stressors that have significantly strained our mental health and well-being, we continue to see a rise in reports of loneliness, stress, anxiety, depression, and thoughts of suicide. We must all do our part in spreading hope, reducing stigma, and sending a clear message that it is always okay to ask for help,” Napolitano said. “This month and every month, I encourage all to get involved, educate themselves, and share resources with friends,



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history

The Railroad works its way to Cedar City (Part 4)

by Jay M. Jones

FOR IRON COUNTY TODAY

On June 27, 1923, the first passenger train into Cedar City arrived with President Warren G. Harding of the United States. He spent the day touring Zion National Park before returning to Cedar City. This is the fourth of several articles dealing with the coming of the railroad to Cedar City and the impact the railroad had on local mining, agriculture and tourism industries. A celebration commemorating the coming of the railroad will be held this summer in Cedar City.

During the last half of the 19th century, railroads were a major force driving the American economy.

Railroad, was now petitioning for a post office. Residents of Cedar City believed that soon a branch of the line would be built to their community.

But railroad owners had other priorities. An ambitious project to connect Los Angeles and Salt Lake was completed in 1905. Las Vegas, because of a reliable source of water, became a major rail station on that route. Clark County Nevada was named after William A. Clark, a principal owner of the San Pedro, Los Angeles & Salt Lake Railroad, the SP,LA&SL.

Regular passenger service on the SP,LA&SL Railroad, also known as the Salt Lake Route, began on 1 May 1905. Delegations from Utah were invited to Southern California, and

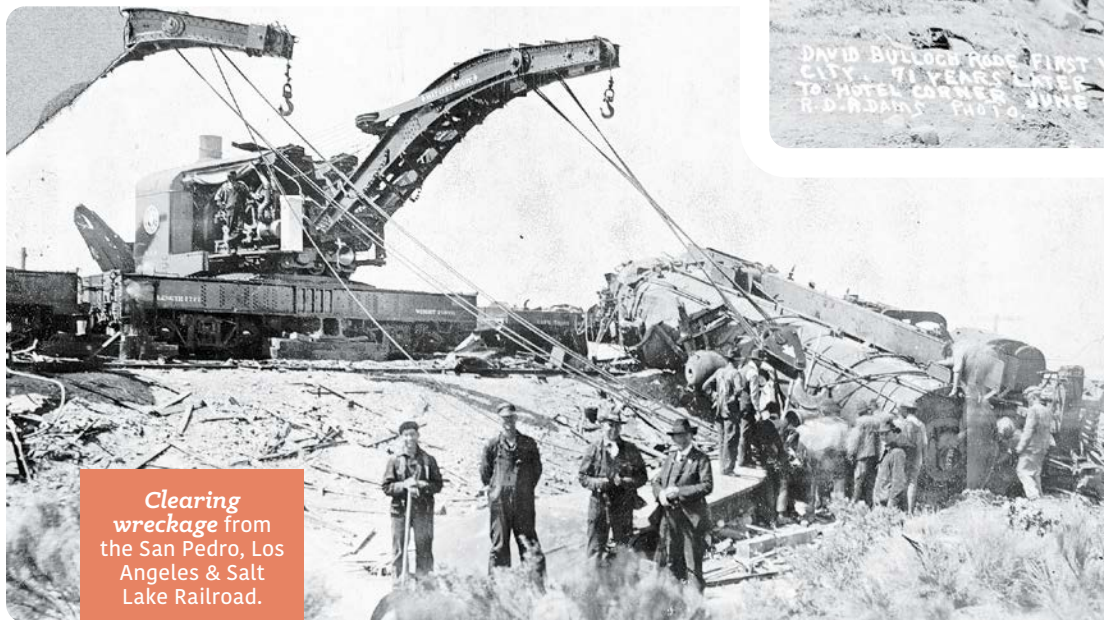
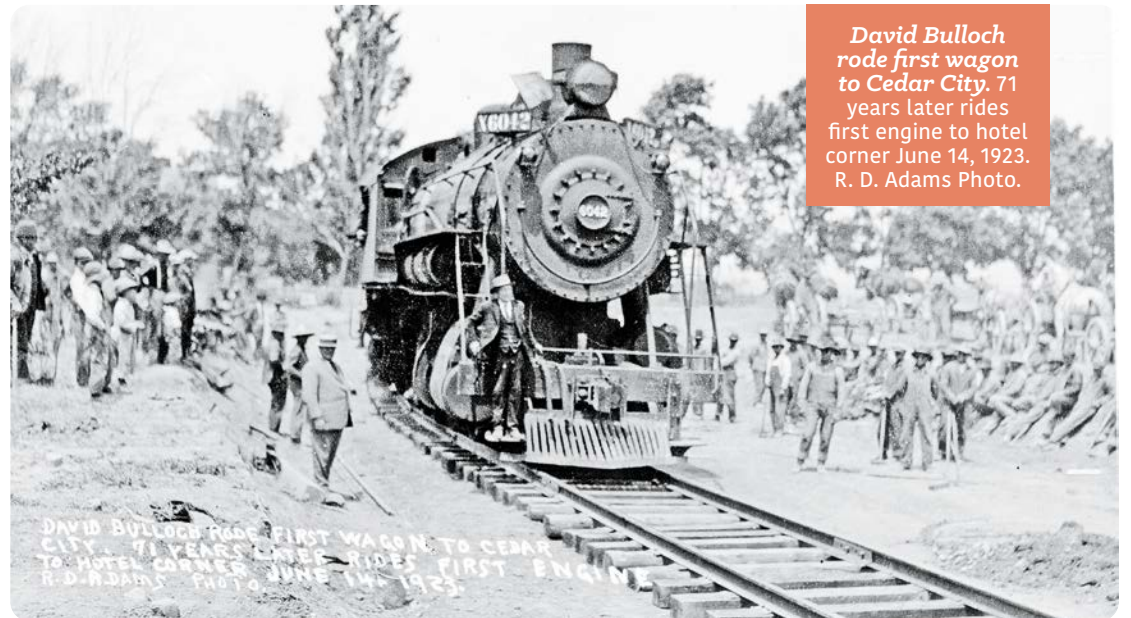
railroad invited as his guests the 23 surviving members of the first company of pioneers that made the trek from Utah to San Bernardino, California in 1851. The progress in travel speed and convenience over the desert route were highlighted. William C.

morning of 4 February 1906 a train crashed into freight cars left on the tracks after accidental separation from an earlier train. The accident occurred about a mile and a half east of Beryl.

Three men operating the train were killed. David

Years passed, and Cedar City did not have its railroad. There had been rumors of the Denver & Rio Grande Railroad building a line from Marysville, Utah into Iron County, but nothing materialized. Other railroad rumors had come and gone as well.

David Bulloch rode first wagon to Cedar City. 71 years later rides first engine to hotel corner June 14, 1923. R. D. Adams Photo.



Clearing wreckage from the San Pedro, Los Angeles & Salt Lake Railroad.

PHOTOS COURTESY SUU SPECIAL COLLECTIONS

The Washington County News reported on 4 February 1899 that the town of Lund in Iron County, recently established with 90 residents and located at the southern terminus of the Utah & Pacific

Southern California officials went to Salt Lake as gestures of goodwill. Possibilities for expanding trade were discussed.

On 9 October 1905, William A. Clark of the

Mitchell of Parowan was one of the invited guests that had made the 1851 pioneer trip.

In spite of best efforts, travel over the Salt Lake Route didn't always go smoothly. In the early

Bulloch of Cedar City was on the train, sleeping in the caboose when the accident occurred, and was seriously injured. He was in the process of delivering livestock to camps in Nevada. During the construction of the SP,LA&SL railroad, Bulloch had routinely delivered beef for the workers. He recovered, and later rode the first train engine into Cedar City.

In the winter of 1907, huge floods in the Meadow Valley Wash in Lincoln County, Nevada destroyed tracks on the SP,LA&SL and caused months of delay. The railroad made the needed repairs robust enough to withstand threats of future floods of that magnitude.

John Parry, a leader in Cedar City, made an appeal to residents of Southern Utah as recorded in the 23 September 1910 Iron County Record. He talked of the "many railroads built on paper" over the years and promoters that "come from the North, South, East and West and we go out in flocks to meet them and they ask for the Earth, the Air and the water and the fulness thereof.

"We grant them right of way, depot grounds and anything else that might be thought necessary. And they in return, not to be outdone in generosity, fill us up with promises, which

RAILROAD

« CONTINUED FROM PAGE 7

soon vanish into the air. We have managed to subsist on this kind of guff for a considerable time until now the mere mention of railroad men coming arouses the ire of sensible people, for they have no time to listen to more false promises.”

Parry went on to suggest that the people and communities of Southern Utah band together and build their own railroad. As well intentioned as this appeal was, the sad fact was that even if the people built such a railroad, they would still be at the mercy of the larger railroads with regards to the terms and conditions of connecting with their lines. The big railroads held all the cards.

The 1909 Enlarged Homestead Act had a significant impact in the Escalante Valley in Iron County. The act doubled the amount of land that could be claimed in a homestead, from 160 acres to 320 acres. People from around the country came to stake a claim to a parcel of land in the Escalante Valley. Promoters claimed that dry farming in the Valley would yield abundant crops, and the railroad would provide easy access to markets.

A couple of years of above average rainfall fed the narrative, and communities along the railroad grew. A significant number of homesteaders came to the Escalante Valley. But the harshness of the environment eventually sent many of them back to where they had come from. Only a few were left with the resources or the tenacity to remain.

One account of homesteading near the railroad siding of Nada in Northern Iron County can be found in the Winter

1981 edition of the Utah Historical Quarterly, titled “Last Free Land Rush,” by Carlton Culmsee. Another homesteader was Aram Boghossian, a survivor of the Armenian genocide. “Doc”, as he was called by his neighbors in the valley, had been a medical student that could not convince his family to leave their homes due to increasing ethnic hostility against them. When his family was murdered, Aram narrowly escaped and found his way to the United States.

After contracting tuberculosis, “Doc” settled in the dry, high desert climate of the Escalante Valley. The 19 October 1919 Iron County Record provided notice of his claim. The Will Wood family helped him get established. Over the years he cared for sick animals of neighboring ranchers. He also developed a concentrated sagebrush tea and extracts from other desert plants which, he claimed, cured his tuberculosis. Esther Wood Hankins wrote, “All those who knew the old doctor’s contributions to Escalante Valley adored him for his beauty of soul, his goodness, and contributions to their lives.”

After the outbreak of World War I, the U. S. government nationalized the railroads. After the war, control of the railroads was returned to the corporations. Union Pacific then acquired the SP,LA&SL. Plans were announced for the constructing of a rail line from Lund to the Iron Springs area and then on into Cedar City.

Despite some skepticism of the local population, the railroad actually did come! The year was 1923, and the tracks were in place just in time for a visit by the President of the United States on his way to visit the recently designated Zion National Park.

PAROWAN POOL

« CONTINUED FROM PAGE 5

(\$6M-11M to build and \$300k/year to operate) and would result in a tax increase for Parowan residents.

The Council then asked: Can a “condemned” pool in a serious state of disrepair be brought back into operation? Parowan City met with the Iron County Health Department, as well as the pool’s insurance provider, to

stand, and wall murals. A new water feature for the “littles” is planned for 2024.

How you can help: Volunteer Cleaning, Scrubbing, and Painting days have been set up for May 27, June 10, and June 17. Contact Stephanie Robinson at (435)319-5632 to volunteer. If you’re a contractor proficient in stucco, carpentry, electrical, concrete, pool/plaster repair, roofing, landscaping, and fabricating, and want to help, please call Dan Jessen at the Parowan City Office at (435)477-3331.



The citizens of Parowan are working hard to renovate the city pool and restore this community treasure.

PHOTOS COURTESY JENELLE ZAJAC

ask for a list of requirements to reopen the pool. Punch lists were created and the pool was filled with water to assess the existing equipment and see “how bad it leaks.”

The Parowan City Pool’s Grand Reopening is scheduled for July 4, 2023. Reopening the pool is contingent on several issues: Iron County Health Department approval, insurance company approval, equipment in good operating order, sufficient staffing achieved, labor/volunteers/contractors to do the work, and funding of the project. Parowan City has set aside approximately \$320k from donations, operating and capital funds held over from previous years to kick start the project.

The repair of the old pool will include removal of the diving board, closing of the kiddie pool (for health reasons), electrical upgrades, plumbing repairs and upgrades, major repair of the concrete deck, as well as paint, a roof, new doors and windows, signage, and fencing modifications.

Proposed upgrades and expansion of the pool will include openings in perimeter block walls to make the “footprint” larger, adding wrought iron fencing, a rentable group area with shade and tables, deck chairs, rentable cabanas and shade structures, a concession



In addition, Parowan City is accepting cash and Echeck donations at their website, www.parowan.org (select “Pool Donations”). Donations can also be dropped off at the Parowan City office at 35 E 100 N in Parowan.

Concert combines two mainstays of California country music scene

from George Loosley

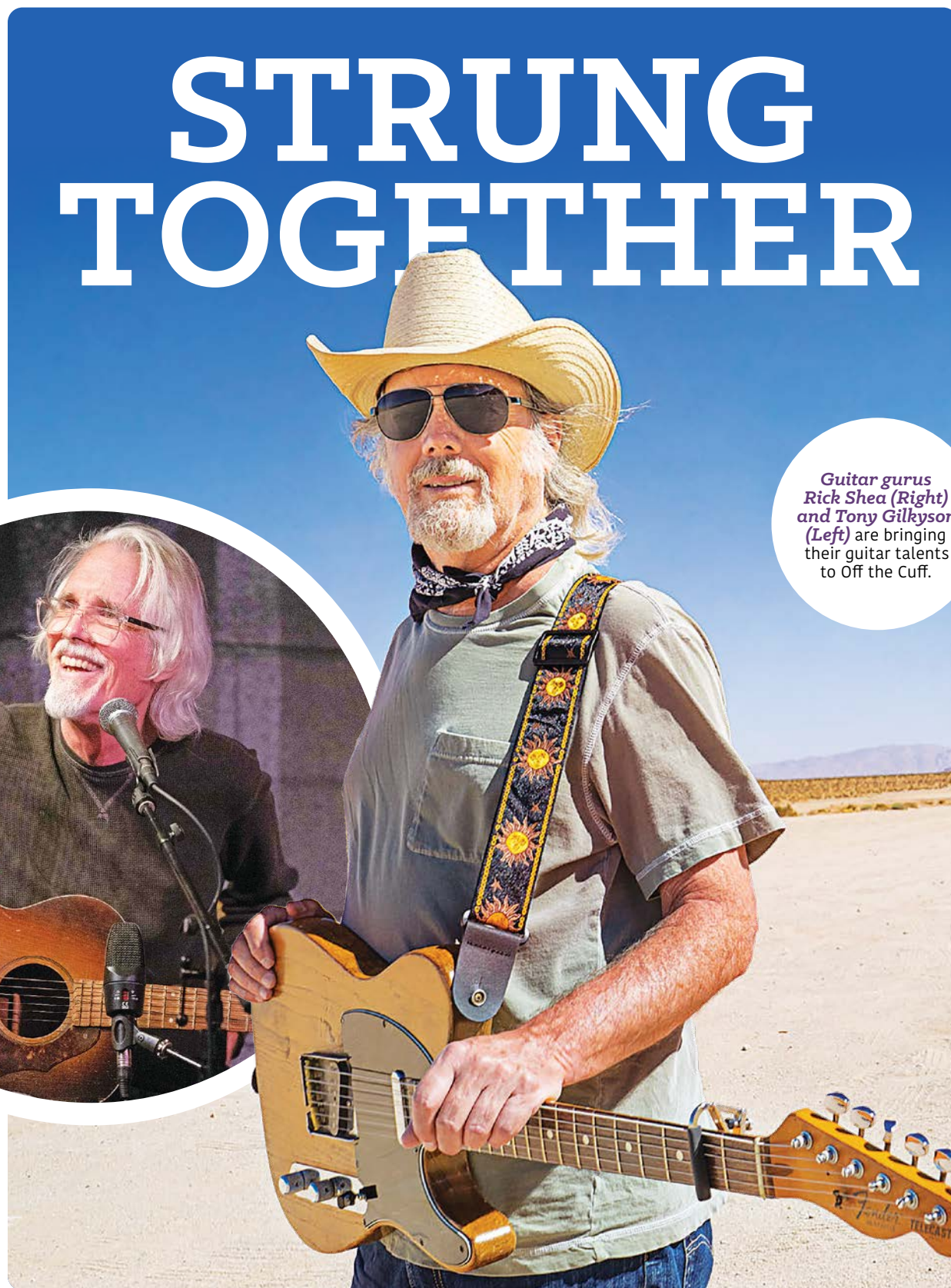
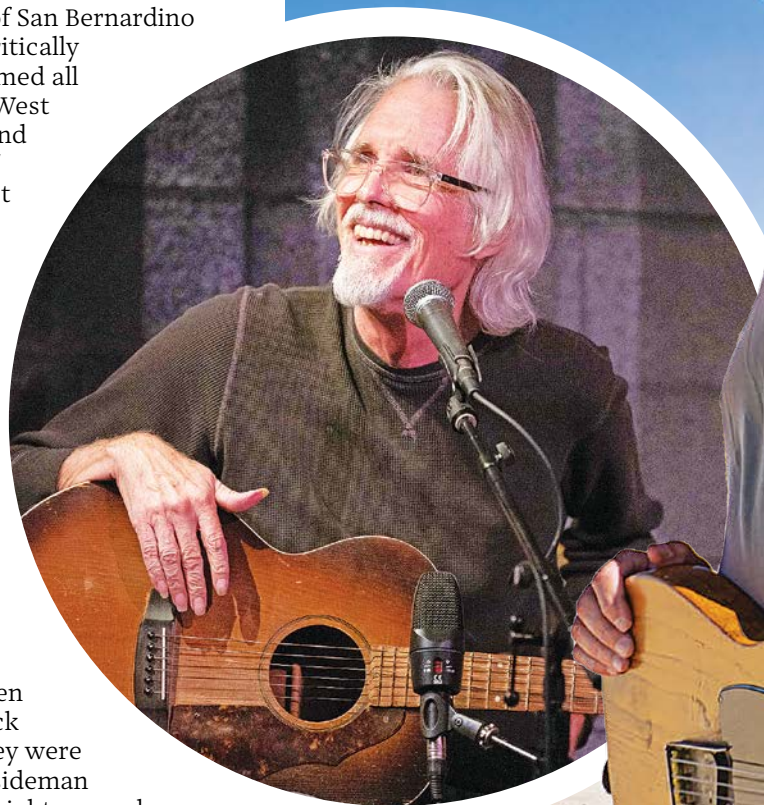
FOR IRON COUNTY TODAY

Live and on stage this Saturday, marks the return engagement for Rick Shea. His friend, Tony Gilkyson, will also be performing for the first time in Southern Utah. Both are outstanding guitarists, and at different times have performed as members of Dave Alvin's band, The Guilty Men.

Longtime Southern California singer-songwriter Rick Shea got his early musical education in the bars and honky-tonks of San Bernardino where he grew up. With ten critically acclaimed albums, he's performed all over Southern California, the West Coast, the US and in Europe, and built a solid career for himself as a solo artist, singer, guitarist and songwriter. Shea's songs reflect the folk, country, rock and Mexican influences he grew up with. "Songs tell our stories and our history and songs were how those stories were shared in the past, I like to continue that tradition."

60 miles east of Los Angeles where the urban sprawl starts to thin out and the desert starts to take over sits the old railroad town of San Bernardino. Shea says, "Growing up there were a dozen or more honky-tonks and truck stop bars on the outskirts. They were kind of tough places but as a sideman and singer I could work 6 - 7 nights a week. That's where I first heard a lot of those old songs - Merle Haggard, Lefty Frizzell and Buck Owens - every night."

Shea's recently released album *Love & Desperation* has gained a lot of praise as have his earlier albums. He is a deeply evocative singer and a



Guitar gurus Rick Shea (Right) and Tony Gilkyson (Left) are bringing their guitar talents to Off the Cuff.

David and Sarah Sun to perform at fireside recital

from Dr. Ling Yu

FOR IRON COUNTY TODAY

On Friday, May 19th, 2023, Cedar City will celebrate the talents of David and Sarah Sun during a fireside recital that will be held in the SUU Thorley Recital Hall at 7:30 pm.

David Sun, who was born to a musical family in Cedar City, recently performed as a solo pianist in some of Europe's most prestigious venues, including the Royal Albert Concert Hall in London and the Center of Fine Arts in Brussels. He is incredibly excited to come back to Cedar City to share his love of music. In fact, his first performances as an orchestral soloist were with the Orchestra of Southern Utah (OSU) and the Salt Lake Philharmonic Orchestra.

To date, he is an eight-time International Piano Champion and has placed in competitions based in the United Kingdom, Belgium, the Netherlands, Austria, and the United States. He has also been invited to perform at the Ehrbar Concert Hall in Vienna this August as a soloist.

Aside from participating in music, he is also a Junior-Olympic fencer, competitive debater, and has placed in a number of international business competitions. David is currently a freshman at Yale University studying Ethics, Politics, and Economics.

Sarah Sun, the Distinguished Young Woman of Utah for 2019, won an international music competition and has performed at Carnegie Hall in New York. She has also studied at Cornell University's business school as well as BYU's music school. She has multiple talents, performing as a BYU Young Ambassador.

She first soloed with OSU when she was 8 years



Sarah Sun has won an International Music Competition and performed at the famed Carnegie Hall. **David Sun** is an eight-time International Piano Champion.



PHOTOS COURTESY THE SUN FAMILY

old, and later she won concerto competitions and performed with the Utah Symphony, American Fork Symphony, Southwest Symphony, and the Orchestra of Southern Utah as a soloist. She also performed with China's professional orchestras in Henan, Hubei, and Anhui provinces.

Sarah and David Sun grew up in Cedar City. Both of their parents, Dr. Ling Yu and Dr. Xun Sun teach at SUU in the music department. Sarah and David Sun have been shaped immensely by their music teachers: Dr. Irene Fox, JoAnn Jones, Sara Penny, Dr. Christian Bohnenstengel, Dr. Adam Lambert, Professor Carol

Ann Modesitt, Mr. Allan Lee, and Mr. David Palmer.

David and Sarah are most grateful for the love and supportive community here in Utah, which has allowed them to thrive beyond what they could have imagined.

CONCERT

« CONTINUED FROM PAGE 9

formidable guitarist who doubles on steel guitar and mandolin. On his songwriting influences Shea says, "When I was younger Merle Haggard cast a long shadow, but since then Dave Alvin, Jim Ringer and a lot of other music has found its way in."

"If your tastes run toward hard working, literate, back 40 folkies like Tom Russell, Chuck Pyle, Jimmie Dale Gilmore and others like that, Shea is sure to be another that you're going to dig. With a very personal edge to his writing and singing, this is classic folkie/troubadour stuff that cuts right to the chase and delivers moves that others can

only turn into clichés. Check it out, it's the real deal." - Chris Spector Midwest Record

"A hauntingly nostalgic vocalist, imperative guitarist and literate, detail-rich songwriter, do yourself a favor." - Gary von Tersch, Sing Out

Born in Hollywood and raised in an environment of musicians, songwriter-guitarist Tony Gilkyson originally started recording as a boy with his father, Terry Gilkyson, a composer for Walt Disney and a prominent folksinger/songwriter in his own right. Artists he has played and recorded with include Lone Justice, Ray Wiley Hubbard, Sam Phillips, Jimmie Dale Gilmore, Peter Rowan, Larry Hosford, K.D. Lang, Alice Cooper, Kris Kristofferson, Bob Dylan,

and X. He has produced recordings for sister Eliza Gilkyson and Dances with Wolves author and poet Michael Blake. With Tom Waits, he co-produced Chuck E. Weiss's albums Extremely Cool and Old Souls & Wolf Tickets. In 2003 he produced the acclaimed Country for True Lovers by Eleni Mandell. He also has played guitar on numerous film soundtracks including the Johnny Cash biopic Walk the Line, as well as The Big Lebowski, Don't Come Knockin' and All the King's Men, with producer T Bone Burnett.

Come join us at the Off the Cuff Improv Theatre (913 S Main St, Cedar City). Advance tickets are available for \$20 at otccomedy.com/concerts Doors open at 7:30 - show starts at 8:00pm.

ICAMA PRESENTS THE 5TH ANNUAL

MUSIC IN THE PARK

SAT JUNE 3 12-8PM
CEDAR CITY MAIN ST. PARK

BLUEGRASS + ACOUSTIC + AMERICANA

DICK EARL'S ELECTRIC WITNESS
COYOTE BLUEGRASS + 3HATTRIO
W DUO + JERYEE LEE + STONE COMPANY
TYLER BRAUN'S OPEN DRUM CIRCLE @ NOON

VENDORS + FOOD TRUCKS

FREE EVENT BRING A CHAIR BRING A FRIEND

Shakespeare's Globe Theater resides in Cedar City!

by *Mary Anne Andersen*

CEDAR CITY ARTS COUNCIL

Speaking of theaters in town—which I spoke about a week ago—it's a good thing I checked my dates. I was guessing at the opening of the "new" Utah Shakespeare Festival campus and was going to say that this summer would be the 6th season. Actually, this will be the 8th season in those beautiful spaces. And upon further reflection, of course the reason that we seem to have lost some years is because of COVID. So there have been fewer normal seasons than we should have had. But barring more thunderbolts from angry gods, we are back in business in those relatively new spaces.

The centerpiece of the campus is the Englestad Shakespeare Theater, the outdoor space meant to replicate Shakespeare's famous Globe Theater in London. I didn't think any theater would become as dear to me as was the Adams Theater on the SUU campus. That was so close in its design to the original Globe Theater in London that the BBC and Royal Shakespeare Company came here to film a production in 1981. The new theater has so much concrete, so many stairs, ramps and an elevator, that I thought it would never be the same experience. But it is sort of magic. Once you go up the stairs and around the railings, there you are, in Elizabethan England! The theater looks exactly like the old Adams theater. The distance between the stage and the last row of the balcony is the same as in the Adams.



“Once you go up the stairs and around the railings, there you are, in Elizabethan England!”

The sky is overhead, the seats are just as uncomfortable, and we are meant to hear the Shakespearean actors without microphones.

It wasn't without its problems the first year: late summer sun was in the eyes of the audience in the east-side seats, the adjacent air-conditioning unit was too loud, and the traffic on Center Street was disturbing to the patrons in the last few upper rows. But the powers-that-be persevered and fixed things, and now it is a nearly perfect experience.

The beautiful Randall Jones Theater will be in its 34th season this year, another surprise to me. It was in use 10 years before we moved here, and I remember it won an architectural award. Why wouldn't it?—all that glass, warm wood, and gold trimmings. The space is used for SUU and community productions as well as USE.

The darling little Anes black-box theater is another magic space. Seating about 200, I think, it can be configured in the round, three-quarters, and two-sided. I love the intimacy of it and the different settings it has represented. The only time it didn't work for me was its production of Julius Caesar. Caesar shouldn't be stabbed mere feet from your face. Unfortunately, it is always cold in there; take a heavy sweater, but the seats are comfortable.

The imposing SUMA gallery isn't really a theater, but it is stunning. I'm sure this paper will run more than one piece about the annual art auction on May 20th. Consider going. It is a class act.

ORCHESTRA OF SOUTHERN UTAH'S
ROARING 20'S
SOIREE

Hors d'Oeuvres
Auction
Live Music

5:00 PM - 7:00 PM
Friday, May 19, 2023

The Lobby at the Cedars Hotel
52 N. Main Street, Cedar City, UT

\$50 per Person • \$350 for groups of 8
All proceeds support the orchestra

For tickets or more information, please visit:
my.osu.org/tickets

HERO RUN 5K

HEROIC HIGH SCHOOL STUDENTS LAUNCH ALTRUISTIC ACTIVITY

by Corey Baumgartner

IRON COUNTY TODAY

Last Friday morning, students from Launch High School met near Veterans Park to begin a race which they created for a great cause—the Hero Run 5k. Many were dressed as their favorite superheroes as they prepared to run and show their support in encouraging their friends and fellow students. The heroic event is just one example of the students' mission to "Innovate, Improve, Impress."

Their Launch teacher, Mary Saylor, welcomed and reminded them what the race meant to the runners and those they were running for.

"We've got a lot of kids who don't feel confident since COVID," she began. "We want to change the narrative and start saying kids are awesome. The story has been told for too many years that kids just have anxiety—they do—but let's help them start feeling confident."

"We want to change the narrative and start saying kids are awesome."

Mary Saylor

She also let them know that a special guest "Anxie-T Wrecks" the dinosaur would be visiting them on their run along with its continuing mission to help fight back against fear and make anxiety extinct in the lives of teens.

Other benefits of the Hero Run is the newly created TeenX Youth Organization and the long-term goal of bringing a teen center to Cedar City to help build and reinforce a culture of confidence, one teen at a time. The race also helped raise money for running shoes for their friends and students who need better shoes to compete.



Heroes come in all sizes, shapes and speeds, and they all have one thing in common, making the community a better place.

family

Language barrier

Generally speaking, my kids are pretty good listeners. While I may have to repeat myself from time to time, they do eventually respond by getting their shoes on, finishing their dinner or flushing the toilet.

Their level of response gives me the indication that they understand the words that I use, which is how I know we are all speaking the same language. That said, there are times that I have to scratch my head and wonder if that



SHUTTERSTOCK

mom's CORNER(ED)

by **Weslie Stratton**

CONTRIBUTOR



language somehow changed, because there is suddenly a new meaning to the words I have repeated to them many, many times!

The following are a list of common things I have said to my children, and their seeming interpretation of the words they hear:

What I said: Time to get ready for bed!

What they heard: Hide and seek on three! One, two, three, HIDE!

What I said: Please hurry!

What they heard: Freeze in your tracks and stare blankly until my left eye begins to twitch, then proceed with caution.

What I said: Watch that corner so you don't bump your head.

What they heard: See that corner? Run right into it as fast as you can!

What I said: Please don't splash in the bath.

What they heard: Tsunami!!

While I could continue expressing comical frustration about this phenomenon, I have to pause from time to

time and remind myself that they are still kids. No matter how many times they come up with the right response to something I say, there is a good chance that they're making an educated guess.

This was apparent when my three-year-old got busted for lying about why her baby brother was crying last week. A witness ratted her out for pushing him roughly after she claimed she had nothing to do with it. I disciplined her appropriately and explained that lying was not OK.

Three days later I watched her sitting silently in thought before asking, "Mommy? What does lying mean?"

At this moment it occurred to me that while we may be using the same words, we may as well be speaking different languages.

people



MISSION

Ashton T. Dunn

Ashton T. Dunn has been called to serve in the Wichita Kansas Mission for the Church of Jesus Christ of Latter-day Saints. He will start his mission on May 15th, 2023. A Farewell will be held in his honor on May 21st at 9:00 am, at 638 E Canyon Center Dr., Cedar City, Utah. He is the son of Jason and Heidi Dunn.

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 479 N 100 W, #1, Cedar City. The deadline is Friday at noon for the following week's issue. Announcements should be 100 words or less. Please call 435-701-9982 for pricing for all other announcements.

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FREE DENTAL CLEANING FOR CHILDREN 0-2 YEARS OLD.

business

Eric O. Leavitt named a 2023 Utah Business CEO of the Year

from Heather Pierce

FOR IRON COUNTY TODAY

Eric O. Leavitt, Executive Chairman and CEO of Leavitt Group, a national insurance brokerage, was selected as one of this year's 22 honorees for the Utah Business CEO of the Year. Each year, Utah Business Magazine celebrates Utah's most accomplished professionals—the CEOs who have led their organizations with strength, courage and endurance and have made it their mission to change the way business is done in Utah.

"What an honor this is! I'm deeply grateful to our 3500+ employees who make up Leavitt Group," Eric shared.

"Our business is built around the concept of finding like-minded people, whose hearts can be knit together with ours, to do great good with shared resources. I've had terrific partnerships across the many years I've been engaged in this business, for which I am grateful."

Eric has led Leavitt Group since 2003 in a variety of capacities and served as Executive Chairman and CEO since 2014. Eric's industry relationships and strategic vision



PHOTO COURTESY ERIC LEAVITT

brought unprecedented growth to the company.

Notably, he saw marketplace opportunities that accelerated acquisitions of other insurance agencies and created a structure to support and grow new affiliates. Within two years, over 20 insurance agencies joined Leavitt Group.

"I love the broad view through which he sees the potential of people, often more clearly than they see themselves. I love his warmth and generosity of spirit. If you have received his counsel, consolation, or correction, you know he is your friend. I love that he sees to the center of issues, problems, and challenges, then responds with uncommon fairness. I love that creative solutions flow to him from his capacity to listen, consider, and act. I love his expansive inclusion of needy souls of any age, color, or creed. I cherish a myriad of truly significant things he has taught me without preaching." Anne O. Leavitt (Mother)

Eric has led Leavitt Group since 2003 in a variety of capacities and served as Executive Chairman and CEO since 2014.

Remote living and leadership

LEADERSHIP 101.13

Ever use a remote control? You probably have more than one! They used to be simple – On, Off, Play, Stop and Volume. Nowadays it feels like one needs a master's

that program permission to entertain you by entering your TV, home, mind and heart. Your pressing invites/ allows that program to reprogram (or reinforce) your thoughts, words and actions. Who, What, When, Where, How, Why are you giving permission to be a part of your life today? If

what's on the "tube" isn't worth your time, thankfully you have the ability to change the channel, or the INPUT, and find something better.

Another benevolent button is one we all need more practice with is the VOLUME.

When life gets too

noisy, we need to be able to turn it DOWN, or get away and find a quieter place. Yet, there are other times when we need to speak UP for our well-being and that of others in our families, friends, classrooms and offices. And when there are negative noises and nuisances, especially those programmed/playing in our own minds, thoughts, it would be wise to become more skilled with the MUTE button.

Don't forget about the remotes for the DVD/Bluray/VCR! (What's a VCR?) Whether you are the leader of a home, business, classroom, etc. while we can't REWIND our lives to live them better, or even FAST FORWARD through trials, we can learn to PAUSE, or even STOP when we're doing things that aren't beneficial, profitable and strive to live better from this moment forward.

And when there are people, places, possessions in your life that even remotely aren't healthy, or bringing true joy/happiness, it's time to push the STOP and/or EJECT button and PLAY something better for your life and all those you associate with.

Today, it's time to take back control of your life.



degree just to turn on the TV. And let's not get distracted by remotes you can control with your voice!

Ever lose a remote, or the batteries die, or you're out of range to change the channel? The world stops spinning and the universe begins to disintegrate! Alright, not really the end of the world, but you get the "point", remotes are an important part of life. Why? Because we've made them that way by relying on them for so long, and now we "can't live" without them.

How can we use these benevolent buttons to emphasize living and leading better? Let's begin with the simplest, but most important button, the POWER button. Nothing else on the remote will work until you press the power button. And it won't work unless there's batteries in the remote. Most power buttons also won't work unless they're pointed at, or in the general direction of the infrared (IR) receiver/sensor. Where are you directing your power/focus today?

When you do find a good channel/movie to watch/invest your power in, you've got to press the ENTER/OK button. In other words, you are giving

"Where are you directing your power/focus today?"

SONRISE CHRISTIAN CHURCH

CHURCH IN THE PARK

JOIN US!

SUNDAY MAY 21 AT

10:00AM

MAIN STREET PARK

GIVE US A CALL FOR ANY QUESTIONS

435-586-3640

SONRISECHURCH.NET

**WE WILL HAVE A
POTLUCK/BBQ ALONG WITH
BAPTISMS TO FOLLOW**

calendar

THURS, MAY 18

NOTEBOOK DAY

SUMA - MINIATURE ART EXHIBIT (11AM - 6PM) @ SUMA (13 S 300 W, Cedar). Admission FREE. "Dreamland". Today is the last day to see the tiny masterpieces created by local artists! INFO: 435-865-8564 or suu.edu/suma.

FRI, MAY 19

NASCAR DAY

ORCHESTRA OF SOUTHERN UTAH SOIREE (5pm) @ Cedars Hotel (52 N Main St, Cedar). Tickets \$50 per person or \$350 for group of 8. Join the Orchestra of Southern Utah for an evening of the Roaring '20s. Live music, food, live and silent auctions, meet the orchestra and Board. INFO/Tickets: my.osu.org/tickets.



SUN'S COMMUNITY PIANO RECITAL (7:30pm) @ SUU Thorley Recital Hall (351 W University Blvd, Cedar). Admission FREE. Join the celebration of the talented David and Sarah Sun. INFO: Ling Yu 435-868-1058.

SAT, MAY 20

ARMED FORCES DAY

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

FESTIVAL CITY MARKET (9AM-1PM) @ (Center St. & 100 W) By Bristlecone Coffee. FREE. Handmade treasures and a bounty of local farmers, backyard gardeners, fresh fruits, veggies, with local artisans for jewelry, art, wood, pottery.



"A NEW HOPE" 5K FUN RUN/WALK (8AM) @ Old Enoch Park (1600 E 5250 N, Enoch). Categories: 5K (Kids 12-Under - \$5), 5K (Race - \$25), 5K Walk (Stoller - \$25). Breakfast, Prizes, Give Aways, more! Sign up at raceentry.com. (Search: Iron County Children's Justice Center Fun Run 5k). INFO: Jennifer Davis 435-590-1317.



COLOR COUNTRY ROCK SHOWS (10AM - 4pm) @ Cedar Rock & Bead Shop (718 W 400 N #1, Cedar). Admission FREE. Vendors and Customers wanted! Come for Rocks, Minerals, Crystals, Beads, Metaphysical, Jewelry, more. Drawings for prizes. Must be present to win. INFO: 435-275-4445.

SOLAR TELESCOPE (12-2PM) @ CEDAR CITY LIBRARY (303 N 100 E). Admission FREE. Join the National Park Service and view the sun through a solar telescope.

SUMA ART AUCTION (5-8PM) @ SOUTHERN UTAH MUSEUM OF ART (13 S 300 W, Cedar). Live music and catered dinner. Get ready to bid on a variety of the finest art from around the region in both silent and live auctions. Proceeds will support the museum. INFO/Admission \$: 435-865-8564 or suu.edu/suma.



OTC CONCERT - RICK SHEA & TONY GILKYSON (8pm - 10:30pm) @ Off the Cuff Improv Theatre (913 S Main, Cedar). Performing for the first time in southern Utah both are outstanding guitarists, and at different times have performed as members of Dave Alvin's band, The Guilty Ones. Tickets \$20. Available online at otccomey.com/concerts.

THREE PEAKS CLASSIC @ THREE PEAKS RECREATIONAL AREA. At 7.8 miles and 500 feet of elevation per lap, the course will challenge riders as they pedal up the climbs and traverse the ladder bridges that dot the course. INFO/Reg @ redrockbicycle.com

SUN, MAY 21

WORLD BAKING DAY

"WE MUST NEVER FORGET WHY WE HAVE, and why we need our military. Our armed forces exist solely to ensure our nation is safe, so that each and every one of us can

sleep soundly at night, knowing we have 'guardians at the gate.'" Allen West

MON, MAY 22

SHERLOCK HOLMES DAY

MESSIANIC DANCE WORKSHOP (4PM) @ Cedar City Library (303 N 100 E). Come and learn easy, fun ancient Judeo-Christian dances. Info @ 702-460-2317

TUES, MAY 23

WORLD TURTLE DAY

CHILDREN'S STORY TIME (TUES, 10-11AM) @ Frontier Homestead State Park Museum (635 N Main, Cedar). Admission FREE. A ranger reads a fun frontier-themed story along with a corresponding take-home activity. Recommended for preschool-aged children.

WED, MAY 24

BROTHER'S DAY

MIDVALLEY FARMERS MARKET & ARTISAN FAIRE (4-7PM) @ (780 Midvalley Rd. Enoch). Live music, jump house, face painting, and more. Beautiful, original, and unique items. Crafters and artisans are local. Have dinner, listen to music, let the kids play in the jump house while you watch the sunset. A Project of The PEACE Guild - Text: 435-704-6916.

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

THURS, MAY 25

MISSING CHILDREN'S DAY

SLOW ROLL (6-8PM) @ SOUTHVIEW TRAILHEAD, S. SHURTZ CANYON DR. CEDAR CITY.



FRI MAY 26

I'M SORRY DAY

NATIVE GOODS MARKETPLACE (10-2PM) @ Utah Paiute Tribal Housing Authority parking lot (565 N 100 E, Cedar). Join us at our "farmer's market" event where you can buy goods, food and handmade items. We really hope you'll come and enjoy this event with us!

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



DIRT BIKE WORCS PARTY (8AM - 5PM) @ Three Peaks Oasis (N Lund Hwy, Cedar City). INFO: worcsracing.com.

SAT MAY 27

NOTHING TO FEAR DAY

BREAKFAST ON THE FARM (8:30 - 11AM) @ Red Acre Farm (2322 W 4375 N, Cedar). Come enjoy the farm and eat a real farm breakfast hot off the grill! Farm Girl Flapjacks, French toast, farm hash with veggies, fresh eggs, bacon, and sausage! INFO: 435-865-6792 or visit them Facebook /RedAcreFarmCSA/.

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. Based on the labyrinth in Chartres Cathedral, France. This meditative practice has been used for centuries to calm the mind and open the soul. FREE (apprx. 30 Mins.) INFO/Reservations please call Anne (702) 539-3400.

Want your event on our calendar?

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

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

2nd & 4th 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)

DAR – Bald Eagle Chapter

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

Elks Lodge #1556

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

Lion's Club

Tues, 12 pm • Call Pres. 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 KKCBC 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

KKCBC 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 Raven Albertson, 385.831.7124, utahprograms@alz.org

ARP—Addiction Recovery

1st Wed, 7 pm • Parowan Seminary building, Main & 300 N, Parowan Sun 7:30 pm • 85 N 600 W, Cedar 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

3rd Thurs, 6:30-8:30 pm • Johnson Arts Center (59 N 100 W, Cedar). All levels of the caregiver's journey from pre-caregiving to bereavement and rebuilding welcome. INFO: Kat at 702-292-9911.

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

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

Senior Blind/Visually Impaired

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

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 Sunrisechurch.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 Breaks Model A/Vintage Car Club

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

Cedar Chest Quilters' Guild

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

Cedar City ESL

Wed, 6:30 - 7:30 pm • Free ESL lessons offered at Cedar City Public Library, Rare Book Room (303 N 100 E). No pre-registration required.

Cedar City Toastmasters

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

Cedar Professionals

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

Cedar Radio Control Club

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

Color Country Winds

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

Cub Scout Pack 1848

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

Explorer Bible Club

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

Folk Dancing Class

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

Hey Cedars Square Dance Club

Wed 6-7:30 pm (Beginners), Dancing 7:30-8 pm • Cedar City Aquatic Center (2090 W Royal Hunte Dr). 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

Iron County Moms For America

2nd Thurs, 7pm • CC Visitor Center (581 N Main). Help heal our nation, keep liberty alive in your heart & home. INFO: Kami Merrill 435-592-4152 or email: ironcountymomsforamerica@gmail.com

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

Top Bar Hive Bee Keeping

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

TOPS – Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

Wed Noon-1 pm • Create Better Health. ZOOM Mtg ID: 841 6308 8990, PV: 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

schools

Cedar City American Legion announces candidates for Utah's Girls and Boys State

from Darrin Duncan

CEDAR CITY AMERICAN LEGION

The Cedar City American Legion is proud to announce the selection of the following outstanding high school students to attend Utah's Girls and Boys State. This American Legion course is the foremost program in the United States for training young people to be responsible citizens and to understand our representative democracy. State Officials and

arships are awarded annually, and Cedar City students have received this honor twice.

Part of the program's curriculum involves participating in elections. Students elected as Senator, Governor, or Lieutenant Governor are invited to attend Girls and Boys Nation the following summer in Washington DC. Students meet Utah's elected leaders and receive personal tours of the capital. Many of our local students have been elected



PHOTOS COURTESY DARRIN DUNCAN

veterans teach this patriotic course.

Students attending receive three university credits in political science and also the opportunity to earn scholarships. Our local students have recently received the program's top scholarships. Two southern Utah students have received a \$20,000 national Samsung Scholarship. Samsung Corporation provides this scholarship to show appreciation for the American Soldiers service during the Korean War. Only nine schol-

to these offices and have gone to Washington DC. The students that the Cedar City American Legion select to attend Girls and Boys State are the cream of the crop. They are leaders within their schools and community and enjoy good grades and have bright futures.

The Cedar City American Legion Post 74 is grateful to our local sponsors that help send these

see **CANDIDATES** » 21

IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

Enoch Elementary

Enoch Elementary's 5th graders hiked Snow Canyon State Park. The rangers guided them on the Hidden Pinyon Trail, pointing out various plants, animals, and landforms. After the hike, students learned more about how landforms are made by fault lines and tectonic plates. They also found out why Utah's rocks have layers of color, too. They enjoyed lunch and played at the sand dunes to end the field trip.



Three Peaks Elementary

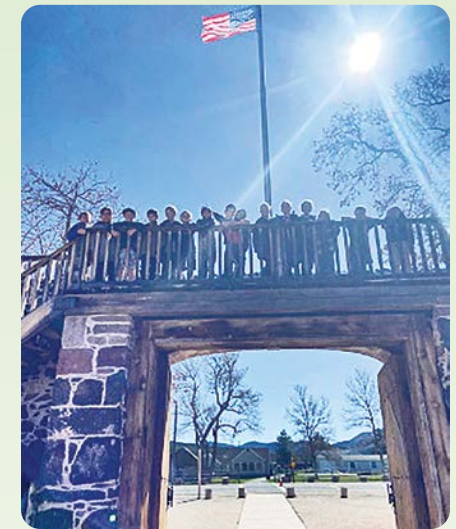
Three Peaks Elementary 5th grade students have completed the DARE (Drug Abuse Resistance Education) program taught to them by Deputy Mary Menke. The course, consisting of 10 one-hour sessions, aims to provide students with knowledge, skills, and an opportunity to explore attitudes to help them make informed decisions and to develop safe and healthy lifestyles. The 5th grade students were taught about the negative health effects of tobacco, alcohol, and drugs; communication and how to be assertive and stand up for themselves; bullying - what it is and what it is not; building healthy networks with trusted adults; tattling vs. telling; and avoiding risky situations.

They also learned the Dare Decision Making Model and how to apply it in life situations: Define the problem, Assess the situation, Respond; Evaluate the decision. The Iron County Sheriff's Department spoke with the students about the importance of avoiding drugs and alcohol, watched a presentation by a highly trained dog who currently works on the drug task force, and were presented with graduation certificates, DARE shirts,

pencils, and other DARE reminders. We would like to thank everyone who made this graduation successful, but especially Deputy Menke for teaching the students each week, gathering prizes, and arranging the graduation activities.

Fiddlers Canyon Elementary

Fiddlers 4th graders recently took a field trip to Cove Fort and Fremont Indian State Park and Museum. They learned about what life was like for the people in the area at different times in history, and they saw all the hard work that went into survival in harsh conditions.



As the school year comes to an end, make sure your students have returned all their library books. Please also note that both May 25 and 26 are early out days.

Mark your calendars for our Spring Arts Night on Monday, May 22 from 5:30-7:30 pm at the school. There will be activities to take home, singing, and a scavenger hunt! Watch your child's homework folder for more information, and stay up on all the happenings at our school by following the Fiddlers Canyon Elementary PTA page on Facebook.



schools

Enoch students learn importance of saving money

from Kallee Feuz Nielsen

FOR IRON COUNTY TODAY

ENOCH — Teaching children the importance of saving money can set them up for success later in life. And according to a study from the University of Kansas, children are developmentally capable of saving at an early age.

To help children learn healthy money habits, Zions Bank's Cedar City branch manager Josh Hunt visited Enoch Elementary School to teach first-grade and fourth-grade students the value of saving money. Hunt is among dozens of Zions Bank employees in Utah and Idaho who are teaching more than 2,000 K-12 students their financial ABCs in honor of National Teach Children to Save Day.

In honor of the bank's 150-year anniversary in 2023, Hunt also presented each student with \$1.50 in cash to help them start their savings journey.

"National Teach Children to Save Day is an opportunity to instill positive lessons about saving and spending money," he said. "Helping children develop healthy financial habits will help empower them to become responsible adults."

These lessons comes at a time when personal savings are in a slump. After peaking at 33.8% in April of 2020, the U.S. personal savings rate — the



COURTESY ZIONS BANK

Zions Bank Cedar City Branch Manager Josh Hunt visited Enoch Elementary School to teach first-grade and fourth-grade students the value of saving money.

percentage of income left over after taxes and spending — stood at 5.1% in March.

Since opening for business 150 year ago, Zions Bank has been encouraging people of all ages to save money. An 1893 bank ad declared "minor children have right to deposit money in their own name and payable only to their own order."

Parents can follow these six simple steps to enhance their children's saving habits:

Set the example: Model responsible money management by paying bills on time, being a conscientious spender and an active saver. Children tend to emulate their parents' personal finance habits.

Set goals: Help your child set short-

and long-term goals so they can learn how to save money they earn through chores, receive as gifts, or get through an allowance.

Start talking: When your children hear you generally discuss bills, loans, and checking accounts, they can learn the roles money plays in our lives. Talk to them about your experiences with money — even your mistakes. Encourage questions, and be prepared to answer them.

Teach the uses of money: Teach your children the four uses of money: spending, saving, giving and investing. Help them allocate their money into those categories. A good formula is 10 percent for savings, 10 percent for giving, 10 percent for investing (or long-term savings), and the rest for spending.

Keep track: Children learn visually, so you may want to create a system that will allow them to watch their money grow as they save. Clear glass or plastic jars work well. Older children can record the money they earn and where they spend it, or open a savings account to see their money grow as they accrue interest.

Explain wants and needs: Teach children the difference between the things they need and the things they want, and the value of saving and budgeting. There can be real-life consequences when these differences and values are not understood.

Gateway Middle Choir earns superior marks during festival

from Joni O'Hanlon

FOR IRON COUNTY TODAY

Gateway Academy Middle School Choir, taught by Sarah Shelley, attended the 2023 UMEA State Junior High Festival on Saturday, May 6th. The choir, composed of 6th-8th graders, auditioned in March and were then invited to perform in the festival. Only

18 choirs were invited to perform and the Middle School Choir showed up and performed wonderfully. The choir received a 2 rating with Superior marks from their judges. The choir will also be performing their festival pieces at our upcoming End of Year Concert in conjunction with our Middle School Festival on May 19th, at 5:30pm. Come cheer on our exceptional singers!



A musical selfie can only capture so much of the dedication these choir students have put into their singing.

COURTESY GATEWAY ACADEMY

finances

ASK RUSTY: SOCIAL SECURITY

Widow stung by Social Security's "Claw Back" rule

from Assoc. of Mature American Citizens

FOR IRON COUNTY TODAY

Dear Rusty:

My husband of 48 years died on December 30th, and he received a Social Security direct deposit for December's benefits in early January, but Social Security demanded the bank return his December payment. I used part of his December benefits to pay for household expenses, so his bank account was overdrawn after his bank paid back his Social Security for the December benefit. My questions are:

1. Is it legal for Social Security to demand a return of his benefits because he died one day prior to 1/1/2023? That just seems so wrong to me!

2. Am I legally responsible for the overdrawn amount his bank repaid to Social Security? I was not notified by Social Security or his bank before "the deed was done."

3. Aren't there Social Security spousal benefits available for the surviving spouse, and how do I apply for them? (Form #, please)

My husband medically retired early, and his Social Security benefits were always lower than mine, but I fear that my benefits may be affected by his death. Is that true?

Signed: Grieving Widow, Feeling Wronged

Dear Grieving Widow:

Please accept our sincere condolences on your husband's passing. Unfortunately, I don't have good

news for you about his December benefit payment. Social Security pays benefits in the month following the month they are earned, and the recipient must live the entire month to be eligible for that month's benefit. Even though your husband lived until almost the end of the month, Social Security's rule says that he must live the entire month to be eligible for December benefits; thus, they took back (often referred to as "Clawed Back") the December benefits paid in January.

So, is all of this legal? Yes, I'm afraid it is. From what you've shared Social Security took back the money they are legally entitled to, so you have no further obligation to Social Security. The bank had no choice but to return your husband's December Social Security payment – they were legally obligated to do so. Thus, your obligation to resolve your husband's overdrawn bank account resulting from the bank fulfilling its legal obligation to Social Security still remains.

As for any spousal or survivor benefits you might be entitled to – you say your husband's Social Security payment was less than yours, which means you weren't getting a spousal benefit and cannot get a surviving spouse benefit

as a widow (you can only get your benefit or his, whichever is higher). You will, however, be eligible for a one-time lump sum death benefit of \$255. I know it's not much, but you're entitled to it and should claim it. And, from what you've described – that your monthly Social Security amount is more than your husband's – your own benefit will not be negatively affected by any of this.



RUSSELL GLOOR
SOCIAL SECURITY
ADVISOR

This article and its included opinions are intended for informational purposes only. To submit a question, please visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

obituaries

Mary Lucetta Andersen (Johnson)



17 May 1936 – 14 May 2023

We regret to announce with sorrow the passing of Mary L. Andersen. She passed away peacefully at home on the 14th of May after fighting cancer for a year. She was born 17 May 1936 in Preston Idaho to Ellis Yates Johnson and Moselle Johnson (Buttars).

Mary was raised in Beaver Dam Utah and Logan Utah with her 6 Brothers and sisters. She lived in Logan until marrying Raymond Dean Andersen on April 23, 1954, in the Logan Temple. She then began traveling the U.S. and overseas as an Air Force serviceman's wife. Shortly after marriage Raymond got orders to England. Mary had to stay behind, alone when her first born Keven Dean was born. When Raymond returned to the states from England they then got orders to Fairfield California, where her second child was born, Brenda Lee.



Her next adventure was when she accompanied her husband to Great Britain with two small children via train to New York City, then by ship to the port of South Hampton Great Britain where she spent the next 3 years. 2 more children were born while there. First, Steven Ellis, then Jeffery Ray.

In 1962 they then traveled back to the states, this time by air, which was the first and last time she ever flew on an airplane. They then traveled to their new assignment in Mtn. Home Idaho in a very small car with 4 kids and all their belongings. They lived there for 6 years when Raymond received orders to go to Elmendorf Alaska. Ray bought a new (used) car packed it up and began the drive to Alaska by way of the Alcan Highway, in the winter, right after Christmas. They were there for 2 1/2 years before driving back, in summer this time, back to Mt Home Idaho where they remained until Raymond's retirement from the Air Force in 1972. In the years after his retirement there were a series of moves during which the family was blessed with the last addition to the family Katheryn Marie. In 1977 they settled in Enoch City Utah where they were to live for the remainder of their lives.

Together they raised 6 children, Keven Dean (Janet), Brenda Lee (Jeff), Steven Ellis (Zadie), Jeffery Ray (Rexy), Katheryn Marie (Joe), and Tamara Lynne. Mary is preceded in death by her husband Raymond Dean Andersen, her father and mother, daughter Brenda Lee, and Grandchild Mary Lou. She is survived by her brothers and sisters, her remaining children (Keven, Steven, Jeffery, Katheryn, Tamara) 16 grandchildren, 15 great-grandchildren, also there are 11 honorary grandchildren and 7 honorary great-grandchildren.

A viewing will be held at the Garden Park Ward located at 451 East Midvalley Road in Enoch on Friday, May 19 from 9:30 to 10:30 a.m. followed by funeral services at 11:00 a.m. Interment will be at the Enoch City cemetery under the direction of Heartlight Affordable Funeral Services. Online condolences and memories can be shared at www.affordablefuneralservices.com.

In lieu of flowers, donations may be made to the Missionary Fund of The Church of Jesus Christ of Latter-day Saints.

CHECK US OUT ONLINE...

ironcountytoday.com

+

obituaries

Murray Vance Ashdown



Our family is sad to announce that at the age of 71 years old, our beloved Murray Vance Gopher Ashdown returned home on May 2, 2023. Vance was born February 6th, 1952, to Murray and Marketta Ashdown. He grew up on the west side of town with his two younger brothers Jeff and Mark, along with his other brothers and sisters he loved along the way.

Growing up he was a Cub Scout, Boy Scout, and graduated from Cedar High school where he also attended seminary. He went to Southern Utah State College where he met the love of his life Linda Susan Wright, from Stockton, California. They were inseparable. They loved riding his bike. They traveled the world on his Harley Davidson. They married and were blessed with one son, Jackson Jesse Ashdown, and they took him coast to coast. Two Grandsons; Antonio and Hunter, granddaughter Jayda Lynn. And three great-grand kids.

Vance loved and enjoyed spending time with his family and friends, hunting with bows or guns. He had a passion for the outdoors. He had bird dogs that went with him all throughout his life. Fishing, birds, calls to the wild, he was very adventurous. He had a huge heart, and a contagious laugh. He camped like no other and had extra of what was needed.

You could count on him, and he stood for something. He was a true American patriot and took pride in sharing his values with others. He worked as a heavy construction operator for many years and held a CDL. He could operate any piece of machinery, a favorite was the dozer. Some of the places he worked at were Ashdown Brothers Construction, Colemans and Morton Metal. He also worked in Colorado and enjoyed it. Ramco Trucking, JP Construction. He traveled to parts of Utah, Idaho, and California with the dozer for the wild fires with High Gear Grading. He helped build the Quail Dam, and worked at many other places, always chasing the dream and working hard to provide for his family.

He is preceded in death by his wife Linda Ashdown, Father Murray Ashdown. Grandparents Leonard and Thelma Ashdown. Oliver (Skinny) and Margia Phillips. The greats, Nephew Brennen Ashdown, Niece Chyanne Ashdown and many other family members.

Funeral services will be conducted at 11:00 am on Saturday May 20, 2023, At Southern Utah Mortuary, 190 N. 300 W. Cedar City. There will be a time of remembrance 30-45 mins before the services. Interment will be at the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be made at mortuary.org.

Want to submit an obituary?

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

Jay Vern Clark



Jay Vern Clark was born on May 27, 1944, and passed away on March 16, 2023. Jay leaves behind Denise, his loving wife of 30 years, and a large, blended family. He will be missed by his six children Carlos Clark (Rochelle), Candice Clark (Belinda), Travis Clark (Krista), Damon Clark (Sarah), Landon Clark (Brittanua), and Clayton Clark as well as Denise's five children Drew Christensen (Carrie), Rachelle Gronning (Jared), Melanie Sparkman (Randy), Heidi Melling (Trevor), Tyler Mortensen, a combined

30 grandchildren, and 2 great-grandchildren with another on the way. He is also survived by three sisters (Donna, Kay, and Mary) as well as two brothers (Tom and Ron). He was preceded in death by his parents William "Don" and Beth Clark.

Jay married Charlene Murie in February 1969 and had six children. Together they raised their children and worked the small farm on the family land. They later divorced. He was always an example of hard work and doing what was required, even when it was not pleasant. In 1969 he took a factory job at Coleman until he found something better. He didn't like working in a factory but would do it day in and day out for 25 years, before coming home and attending to family and farm daily activities.

On April 10, 1992, he married Denise Ingram and later solemnized in the Manti LDS Temple. For the next 31 years together they conquered life by going for rides and visiting with each other. Jay could often be found working on a project for Denise, whether she knew she needed it or not. He replaced cabinets, tile, rebuilt antique sewing machines and many other activities.

Jay was born in Cedar City, where he called home for his entire life. He was a member of the Church of Jesus Christ of Latter-day Saints and served in many callings. Jay proudly served in the US Army from 1966 to 1967, then again in the Utah National Guard 222nd from 1984 until his retirement in 2004.

He loved outdoor activities of hunting, fishing, gold prospecting, looking for arrowheads and just simply exploring. Together with his brothers Tom and Ron, the trio explored all of southern Utah and even managed to branch out into other places from time to time. The brothers probably have well over a million miles of riding the roads together; and if they could even remember half the lies they told each other. Later he would spend as much time as possible with his kids and grandkids. Jay worked to create a love of the outdoors with his family and would spend many weekends with his young kids at the "Property" on the mountain.

Projects and hobbies could sometimes get out of control; more than once they would send him to the hospital. While working on the 1950 Chevy "rust bucket", the grinder got out of control and he ended up with 20 stitches in his hand. Another time, he was working on melting down concentrate for gold when he inhaled the fumes from the furnace and crucible, making him ill.

We want to thank the doctors and nurses at the Cedar City Cancer Center, Cedar Health and Rehab and Suntree Hospice for their exceptional care, kindness, and support. He gave them a run for their money, often responding to; "How are you doing?" with "Fair to midlin', kinda, sorta, maybe on a good day."

Graveside services with military honors were held on Tuesday March 21, 2023, at the Cedar City Cemetery. Prior to the graveside service there was a viewing at the Sunset Canyon Ward building (2830 West Cody Drive) from 10:30 to 12:30 pm. Interment was at the Cedar City Cemetery under the direction of Heartlight Affordable Funeral Services.

James Dayle Neilson



James Dayle Neilson, loving husband and father, returned to our Father in Heaven on May 8, 2023. He was born 17 May 1932 in New Harmony, Washington County, Utah to James Deitrick and Emily (Emma) Adelia Grant Neilson. He married the love of his life, Verlyn Beckstead, on 6 Jan 1984. They were later sealed in the Manti Temple on 14 July 1998.



Jim lived most of his life in the town of his birth. He attended grade school in New Harmony but continued the rest of his education in Cedar City, Utah. He played on his high school and college football teams, serving as running half-back. He joined the Army and served two years at Camp Gordan, Georgia. Later, he went to work at the SUU athletic department and was there for twenty-six years. He drove school bus from New Harmony into Cedar City for 33 years. In 2005 he started driving for the Iron Co. School District and drove there for an additional 5

years before retiring.

Jim had a special way with horses. He was a farrier, and shod and broke many for himself and other people. His wife, Verlyn, shared this love of horses with him, so they spent many enjoyable years breeding, raising and riding many fine horses. They spent every opportunity they had riding on Pine Valley Mountain and on the vast Nevada desert.

Jim was an honest, down to earth man, who was loved and respected by his family and friends. He was preceded in death by his parents, one brother, and four sisters and son, Gray. He is survived by his wife, Verlyn, of New Harmony; children: Toni Neilson of Cedar City, Charlotte Anderson, James Verle Neilson of New Harmony. Also surviving are seven grandchildren, 5 great-grandchildren. Interment will be at the New Harmony Cemetery.

CANDIDATES

« CONTINUED FROM PAGE 18

students to Utah's Girls and Boys State. Sponsors include the Veterans of Foreign Wars, Cedar City Lions Club, Cedar City Rotary Club, Southern Utah Mortuary, and State Bank of Southern Utah. If your organization would like to help these wonderful students attend Utah Girls and Boys State, please mail a check made payable to:

» Cedar City American Legion Post 74
PO Box 2231
Cedar City, Utah 84721

Additionally, there is a beautiful patriotic quilt on display at State Bank of Southern Utah, 377 N Main Street, where your donation could also win a quilt, while supporting these great students.

faith

Check engine light

If you've driven a lot of miles in life, I'm sure you've experienced the alarming illumination of the Check Engine light. If you haven't, you will. Remember that it's there to help, not harm and there are many reasons (not all dramatic or drastic) that it came on. Usually, it's the computer detecting something not quite right and that needs your attention.

When the Check Engine light does come on, don't panic. Check your other gauges to see if they are alright (Temp, Oil, Tire Pressure, Fuel, etc.). Make it safely home and make an appointment with a service tech at a reputable dealership or auto repair shop as soon as you can. They have computers that can decipher the Diagnostic Trouble Codes (DTC) and not only know what is wrong but also how to repair it. Yes, there is a time and a

cost involved, but it's better than having small problems lead to bigger ones, which include more costly damages or accidents.

Some of these codes include fuel problems (1 Corinthians 6:19), spark plug problems (103:5), or the engine is overheating (1 Timothy 4:2) and needs some coolant (Psalm 37:7-9). Other times it may be a code to remind us that even in our detours (Romans 3:23), that Christ died (and lives) for us (Romans 5:8) and nothing will separate us from the love of God (Romans 8:38-39).

What about your spiritual Check Engine light? Each day we should be checking our spiritual gauges to see if our Check Engine is illuminated. If it's not, great! Be grateful and also prayerful to

help keep it that way throughout the day. How? Through regular maintenance of Prayer, Scripture Study, Serving, Worshiping and trusting that God will get you through whatever traffic, trials and temptations try to keep you from your divine destinations.

When your spiritual engine light comes on get to God's Garage and through His divine diagnostics, He'll help you understand your trouble codes and help you repair them. Yes, there is also a cost (Philippians 4:13, Matthew 11:29-30, Proverbs 28:13). Grace does the rest! But grace isn't just for repairs it's to help maintain the new life you've gained.

Unfortunately, sometimes we

get too busy to investigate, or procrastinate, when our spiritual check engine light illuminates. Even though we're counseled to pray always (Ephesians 6:18), do we also make time to ask God to help us be aware of any damages that occurred throughout our day and help us fix them? Perhaps, we'll just put a piece of black tape over the light so it will stop annoying us.

Today, watch for the guiding light of Christ and listen for the Holy Ghost's illuminating warnings (Hebrews 3:7-8) and teachings (John 14:16-17, 26) to help you travel safely. And since we share the road together, let us warn our fellow travelers about life's dangers (Ezekiel 3:18-21) and also encouragement about where to get repairs (Matthew 11:28-30).

GOD'S
garage

Corey Baumgartner

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National Day of Prayer

EVENT LIFTS HANDS, HEARTS FOR HEALING AND GUIDANCE FOR OUR LEADERS, NATION

from Don Hickok

WESTVIEW CHRISTIAN CENTER

This was one of the prayers offered during the recent National Day of Prayer and submitted to us so that those who were not able to attend the event can still partake of this prayer.

Heavenly Father,

Today is set aside as the National Day of Prayer for the people of this Nation to call out to you to receive our prayers and offer thanksgiving for providing us safety and peace in this troubled world. Millions today are reaching their hands up to you and many are kneeling in your honor across this nation. Thousands are praying with tears and anguish.

Father, we thank you for giving us our Constitution where we inherit as American citizens, our freedom of the press, our freedom of religion and speech allowing us to pray to you openly tonight. We especially thank You for giving us the brave men and women who are (or who have) served our nation in public office, our teachers, our administrators and those who served in the military and especially for the many who died on the battlefield giving their all to preserve our Freedom.

Every state and county in our nation is struggling with big issues today. We have thousands of young people dying from drugs and killing each other in the schools and streets of our cities. We are overwhelmed by the corruption in our government, inflation in our economy, the

southern border crisis, crime in our streets and a divided nation.

We lift these issues to You tonight as You are the only hope for us as our country continues to slip into secularism, socialism, and the ever common sins of greed, lust, deceit, and selfishness. We divorce each other at the drop of a hat, and we use abortion as birth control paid for by our government.

The religion of the day seems to be those who seek their own way in a godless society. The New Age movement has replaced You with a false God. Our media seems devoid of fair and honest reporting. Hollywood is bent on making movies to satisfy a small majority of the faithless, ungodly lost people seeking love and happiness in all the wrong places.

So, Lord, we thank you for your help tonight! We need a revival. We need our leaders to speak out and guide the confused toward voting in a new leadership in Washington. And help us to turn away from TV shows and movies promoting trash.

We pray that our teachers and their union will drop this "Woke" philosophy propagated by a small group of far left ideologues. We pray that prayer in public schools will be reestablished.

And Lord, we pray this evening that each person in this room will leave this meeting, to go home, convinced that healing the family unit is the heart of the issue. If we heal our families, we can heal our city, if we heal our city, we can heal our state, and if we heal our state, we can heal our nation.



Don Hickok

COURTESY PHOTO

faith

Is it possible to experience happiness, joy, in a world of grief (Part 5)

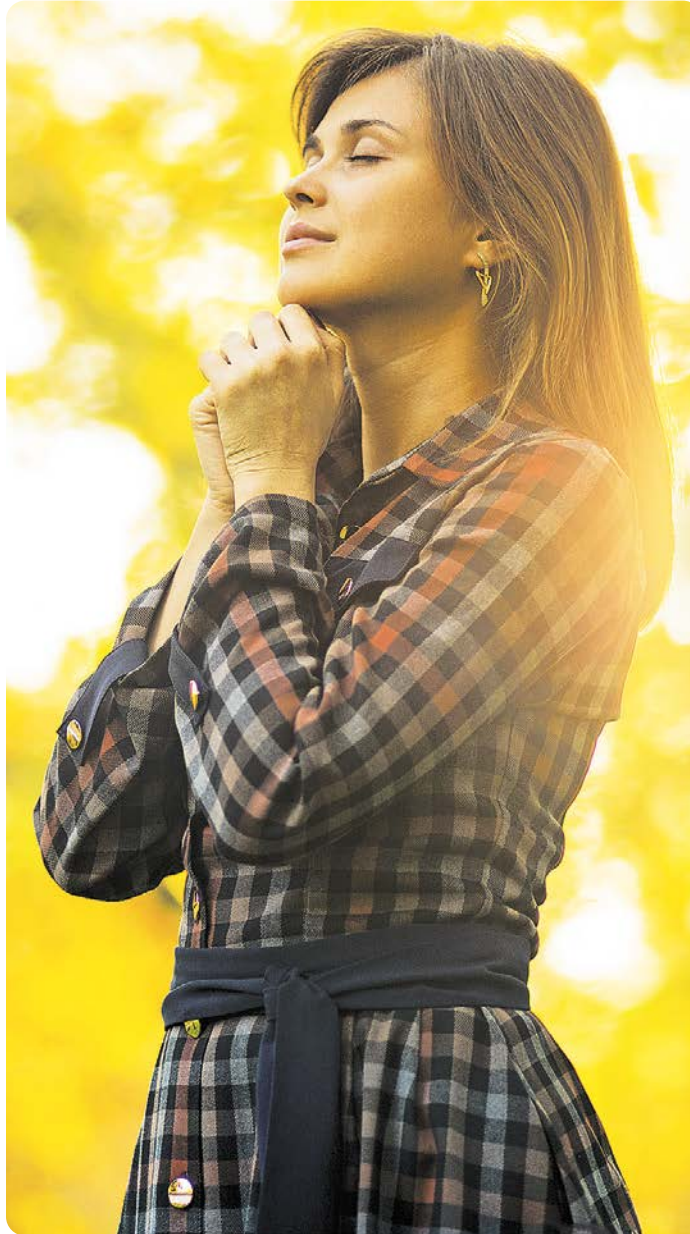
by Edy Meredith

FOR IRON COUNTY TODAY

In the 1980's, a professor at the University of California Davis was given an assignment to explore what is now known as positive psychology, the study of human emotions that are healthy and pleasurable. Whereas the field of psychology had previously focused on emotional problems. For over 10 years, Dr. Robert A. Emmons, Ph.D., and his associates explored the positive emotions of happiness and goal striving. In 1998 he was invited to a conference about wisdom, hope, love, spirituality, gratitude, and humility—all considered classical, ancient, and modern sources of human strength. He was assigned the subject of gratitude in which he explored theological, philosophical, and social science literatures, to derive insights and understand the soul and inner meaning of gratitude's universal strength. To put it on a scientific basis, he designed a series of experiments about how the expression of gratitude and thankfulness helps humans overcome difficulties. He worked with groups of people deemed handicapped in various ways, from physical handicaps to severe illnesses.

In the series of experiments that Dr. Emmons and his associates designed, they worked with handicapped and disabled individuals where they assigned participants one of three tasks, encouraging some participants to indirectly feel gratitude and others to be indirectly negative and complaining, with a third neutral group as a control. The participants kept journals in an experiment that lasted 10 weeks. In the "gratitude group" they listed examples of blessings: the generosity of friends, the right to vote, the God-given gift of determination, all that they had learned, sunset through the clouds, the chance to be alive and in-laws living only ten minutes away.

The second group listed the following:



SHUTTERSTOCK

hard to find parking, messy kitchen no one will clean, finances depleting, taxes, no money for gas, home smells like manure, burned my macaroni and cheese, did favor for unappreciative friend. In their daily journals they also kept track of their moods rating distress, excitement, happiness, sadness, stress, shame, physical pains in detail. Focusing on life experiences, whether small or large, turned out to be very important.

At the end of 10 weeks participants in the gratitude group felt better about their lives as a whole and more optimistic. They were a full 25% happier than the other participants. The gratitude group "felt more joyful, enthusiastic, interested, attentive, excited, determined, and strong than those in the second group of negative focus. What he also discovered was that gratitude is not superficial, but gratitude is transformational and allows humans to think differently about an experience than we originally thought about it before. Not as a disability or hurt but an ability and life-changing approach to life where thinking becomes thanking and gratitude.

Gratitude is the quality of being thankful with a readiness to forgive perceived "wrongs" and return kindness instead of simmering anger or regret. In other words, the highest level of human attitude and activity is to express grace, as unearned and a gift. Grace and gratitude are the foundation of all religious traditions and transformational experiences where the giver of grace becomes greater than he or she was before. In religious traditions all over the world, the Creator of the Universe expresses and delivers grace, an unearned gift, to humanity through bounteous nature and godly creativity.

We will continue this exploration of happiness and joy next week as I explore more about Dr. Emmons and his career. Let us apply more joy, happiness and gratitude in our own lives.

DAY OF PRAYER

« CONTINUED FROM PAGE 22

Many years ago you gave Your chosen people an answer to their prayers:

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

Now Father, most importantly, we thank you for your Son, Jesus Christ, who came to this earth to die in our place to erase our sins on the cross, and provide those who believe in Him eternal life. We thank you for your never ending Grace, your forgiveness of our sins, and your amazing unconditional love.

We lift this prayer to you in the name of the Father, the Son, and the Holy Spirit.

Amen.

VERSE OF THE WEEK

LAMENTATIONS 3:22-23

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

Today, God isn't waiting for you to wake up today so He can reprimand you for all the mistakes you made yesterday. He's waiting for you to wake up and get up so He can help you live your best life, today.

sports

SCORES + RECAPS FROM IRON COUNTY COMPETITION

CEDAR SWEEPS PAST GRIZZLIES

by Tom Zulewski

IRON COUNTY TODAY

With a No. 7 seed secured for the Super Regional round of the 4A softball playoffs, the Cedar Reds wasted little time making quick work of the opposition on its home field. Thanks to six home runs – three in each game – the Reds cruised past the Logan Grizzlies, winning the opener 14-4 in six innings May 12 and finishing a two-game sweep

with a 15-3 win in five innings May 13.

In Game 1, Logan got the scoring started with a run in the top of the first, but Cedar answered with two in the bottom of the second and added runs in every inning the rest of the way. The Reds took the lead for good with four runs in the third and secured the win with the run rule after scoring four more times in the sixth inning.



(Top Right)
Taislee Arehart connects for a crucial hit and Haylee Campbell keeps a Grizzly off from reaching 2nd Base.

Mya Bishoff hit a grand slam in the win for Cedar (13-13 overall) while Haylee Campbell and Shaylee Johnson also went deep. Campbell went 3-for-4 at the plate and also scored three runs for the Reds.

Sadie Parson threw a complete game for Cedar, allowing only two walks to go with 11 strikeouts. The visiting Grizzlies had seven hits, including two home runs.

Cedar struck early and often in Game 2, doing most of the offensive work in the first three innings and completing the sweep of the Super Regional with a 15-3 win over Logan, its fourth straight. Bishoff homered for the second straight game – a three-run shot – while Marley Geddes and Lexi Ludlow went deep for the Reds.

Cedar scored six runs in the first inning, then added four runs in the second and again in the third to put the win away early. The Reds opened bracket play in the 4A playoffs on Wednesday with a game against Bear River at the Cottonwood Softball Complex that was too late for press deadline.

PHOTOS BY COREY BAUMGARTNER

Falcons fall short of big prize at 3A baseball

by Tom Zulewski

IRON COUNTY TODAY

The Canyon View baseball team was able to put playoff momentum on its side after beating the Juan Diego Soaring Eagle in the second round of the 3A state playoffs. With the chance to play for a championship waiting on the horizon, the Eagle soared a little

higher and left the Falcons feeling grounded.

Lange Livonius hit a two-run double to highlight a three-run third inning, and pitcher Malik Harris made it stand up as Juan Diego beat Canyon

View, 5-3, in the one-loss bracket semifinal May 12 at Gates Field in Kearns. After giving up all of the runs over four innings in a 7-0 loss to the Falcons on May 6, Harris got the better of the duel with CV starter Myles

Topham as he allowed only three runs over 6 $\frac{2}{3}$ innings with three walks and 11 strikeouts.

Topham worked 6 $\frac{1}{3}$ innings, but

see **FALCONS** » 29

CANYON VIEW FINISHES SEASON WITH 21-9 OVERALL RECORD

Cedar's Earl signs letter to wrestle at Snow

by Tom Zulewski

IRON COUNTY TODAY

As she started her run toward a 4A state girls wrestling title, Cedar senior Mel Earl got a chance to meet the head women's wrestling coach at Snow College, Ross Taylor. After receiving an invitation to practice – and with some nerves going in – Earl left enough of an impression to earn her chance to wrestle for the Badgers.

The Reds senior – who wrestles at 115 pounds – signed her official letter of intent to head to Ephraim on May 9 in front of teammates, friends and family at the CHS campus. In her first year participating in wrestling, Earl admitted the

opportunity to show what she could do on the mat felt a bit strange.

She came well-recommended. Cedar assistant wrestling coach Alana Taylor is the sister of the Badgers' coach.

"Before the first day of state (wrestling), Alana introduced me to her brother, and he invited me to practice," Earl said. "I felt like 'this is so weird. He's never seen me wrestle. I could be totally awful, and I thought he was crazy.'"

After Earl finished her run to the 115-pound title – winning all three matches by first-round fall – it set the wheels for the offer in motion.

"When I won state, Alana texted me and said 'my brother is really interested. Can I give him your

number?'" Earl said. "She gave him my number, then we went up to Richfield for a practice and I loved it. I thought it was so cool."

Even though the sport of wrestling was completely new to Earl when her senior season began, she wasn't bothered by the challenges and took them head-on after getting off to a rough start following two match losses.

"I put in all the work, but I almost feel like this shouldn't have happened," she said.

"This is a completely different style of wrestling. It's gonna be a good adventure."

Mel Earl

Earl had one major hurdle to her run to the title when she faced Bear River's Bella Gunderson – who had a 30-4 record – in the semifinals. She was undeterred and put Gunderson's shoulders on the mat 1 minute and 2 seconds into the first round, then won the spot at the top of the medals podium after doing the same to Pine View's Genesis Diaz in 44 seconds.

Diaz had a 26-4 season record. Earl finished her season at 27-14.

With college on the horizon, Earl is ready for what lies ahead on a bigger stage.

"This is a completely different style of wrestling. It's gonna be a good adventure," she said.

Cedar coach Luke Payne said Earl's mentality made all the difference.

"Her approach was 'I'm going to succeed,'" Payne said. "She started 0-2 – and they were bad losses – but she kept getting better and better and better. Her determination made her opponents at State quit."



TOM ZULEWSKI

THUNDER BASEBALL ELIMINATES REDS

by Tom Zulewski

IRON COUNTY TODAY

In the parlance of baseball math, leaving runners on base reduces a team's chance to win. When the Desert Hills Thunder got their chances to score runs, they didn't miss, and the Cedar Reds saw its season come to an end.

The Thunder scored six runs in the third inning to take control and go on to a 12-4 win over Cedar on May 12 to win the Super Regional, two games to one. The Reds (6-21) had built a 3-1 lead, but left the bases loaded in two of the first three innings.

Desert Hills (14-12) added five

runs in the sixth inning to seal the victory and advance to bracket play in the 4A state playoffs. The Thunder faced the Mountain Crest Mustangs on Monday in a game that was too late for press deadline.

Quaid Mackert went 3-for-3, scored two runs and added a homer to pace the offense for the Reds.

Cedar forced a deciding game in the Super Regional by scoring five runs in the fourth and fifth innings and holding on late to beat Desert Hills, 11-10 earlier in the day. The Reds

had trailed 5-1 after three innings before the comeback began.

Mackert had a three-run double and Jacob Boyer went 2-for-3 with a double and four RBI to lead the offense for Cedar. Desert Hills scored two runs in the fifth and added three in the seventh, but the Reds were able to hold on.

In the opener, Cedar fell behind early, but a late rally fell short in an 8-7 loss to Desert Hills. The Reds faced an 8-1 deficit after four innings, but scored twice in the sixth and added four runs in the top of the seventh, but

fell a run short.

Krew Giles went 3-for-4 and scored three runs to lead the Cedar offense, and Gavin Mackert added a two-run homer. Cole DeCastro set the tone for Desert Hills with a triple, home run, and two RBI.

The Reds wrapped up the regular season on a high note with a 16-5 road win over Timpview on May 8. Quaid Mackert went 4-for-4 with a home run and five RBI, and Cedar scored eight runs in the fourth inning to wipe out a 4-3 deficit and go on to the victory.

CEDAR FINISHES TOUGH SEASON WITH 6-21 OVERALL RECORD

PREP SOFTBALL PLAYOFFS

Templars eliminate Falcons at 3A softball

by Tom Zulewski

IRON COUNTY TODAY

With runners on base and a run already across the plate, the Canyon View Falcons had a golden chance to stay alive at the 3A softball playoffs in Spanish Fork on May 12. Manti had other ideas and was able to slam the door.

Pitcher HayLee Daniels overcame six walks and got the final out that mattered with a strikeout as the Templars held off Canyon View with a 7-5 victory that eliminated the Falcons from 3A title contention. CV left the bases loaded in the final inning and finished the season with a 22-7 overall record.

Manti, the 12th seed in the tournament, had built a 5-0 lead after three innings, but CV got on the board with two runs in the fourth and two more in the fifth. The Templars responded with two in the top of the sixth, but had to hold on down the stretch.

Jayda Gleave and Avery Trujillo

had two hits each and drove in two runs to lead the CV offense, which finished with 11 hits.

The Falcons opened play earlier in the day with a 12-7 loss to North Sanpete. The Hawks scored in every inning except the fourth and secured the win with three runs in the sixth and one in the seventh after CV had cut the deficit to 8-7.

Canyon View opened the 3A tournament on a high note May 11 with a four-run rally in the bottom of the sixth inning that helped key a 6-4 win over the Morgan Trojans. The No. 7 seed Trojans scored three runs in the top of the third to take the early lead before the Falcons answered with a single run in the bottom of the inning and one in the fourth.

Kaylee Quintanilla, Gracie Burt and Elli John had two hits apiece for CV in the victory. Payton Lister came on in relief and allowed only a run on two hits over the final three innings to finish with the win in the circle.

Rams fall short of 2A final

by Tom Zulewski

IRON COUNTY TODAY

For any team playing in the one-loss bracket in the 2A state softball playoffs at the Spanish Fork Softball Complex, the challenge and the pressure get kicked up an extra notch with winning as the only option, especially on Day 2.

The Parowan Rams nearly completed the gauntlet, but fell a run – and a win – short.

Kelsey Grant allowed one earned run in a complete-game effort, and Lexi Morlan provided the offensive jolt with a two-run single in the third inning as the Duchesne Eagles held on for a 3-2 win over Parowan on May 13, ending the Rams' season with a 16-11 overall record.

Madison Adams did all she could in the circle and at the plate for Parowan. She gave up only two earned runs and went 2-for-2 at the plate with a solo home run in the loss. Maycee Andersen also had two hits for Parowan off Grant, who drove in a key run at the plate with an RBI single for Duchesne. The Eagles moved on and fell to the Enterprise Wolves, 7-4, in the 2A title game.

Parowan reached the final day at the state tournament after a pair of strong offensive efforts. The Rams fell to Enterprise, 11-4 in the opening game of the day May 12, but beat Gunnison, 10-6, and followed up with a 19-3 rout over the San Juan Broncos. Against the Bulldogs, Parowan scored six runs in the fourth inning to erase a 4-3 deficit and go on to the win.

Brynlee Andersen doubled and drove in three runs to lead the Rams on offense. Adams and Cale Renzello added two RBI each.

In the final game of the day, the fourth-seeded Rams struck quickly with seven runs in the top of the second and secured the win on the run rule with six in the fifth. Andersen had four hits, including three doubles, and every player in the batting order had at least one hit for Parowan.

The baseball team had its season ended early at the 2A tournament after a 10-1 loss to Gunnison on May 9. The host Bulldogs broke away from a 1-1 tie by scoring five runs in the bottom of the third and pulling away to the victory that continued its season.

Parowan was held to three hits and finished the year with a 6-14 overall record.

REGION REIGN



PHOTOS BY DAVE MINEER SR.

The Parowan girls' track and field team jumped, threw, ran and raced their way to becoming the Region 19 Champions last weeked at SUU Eccles Stadium.



Two experienced coaches added to T-Birds basketball staff

by Parker Haynie

ASSISTANT DIRECTOR,
SUU ATHLETIC COMMUNICATIONS

CEDAR CITY — SUU men's basketball and head coach Rob Jeter are excited to announce the hiring of two new coaches to the staff.

Allan Hanson who joins Southern Utah from Western Illinois, was an assistant for coach Jeter, who shared, "It's important to me to have a former player on my staff, especially during this transition. Al played for me at MKE and coached with me at Milwaukee and Western IL. He is a bright and talented coach on both ends of the floor. He brings high energy and his enthusiasm for the game is infectious. He will be an outstanding role model for our student-athletes!"

Before Western Illinois, Hansen was a head coach at Nicolet High School in Glendale, Wisconsin. At Nicolet, Hanson compiled a 117-37

overall record and led his team to the 2019 WIAA state championship. That squad ended the year ranked No. 7 in the country by USA Today. Hanson also won a pair of conference titles at



Donald Williams

Nicolet and played three seasons for Jeter at Milwaukee.

Also joining the Thunderbirds is Donald Williams as an assistant coach. Williams has over 20 years of coaching



Allan Hanson

experience, including 10 years at the Division I level. Most recently, as the assistant coach at the College of Southern Nevada.

"Donald has a strong work ethic and is a tireless worker." Said Jeter, "he brings with him 13 years of college coaching experience and has a presence that draws people in and is very likable. The community of Cedar City and the T-Bird nation is going to love him!"

Coach Williams started his coaching career in the Bay Area with the Oakland Soldiers in 1998 while cutting his teeth at San Leandro High School from 1998-2002. Williams then moved up to the NCAA D1 level at San Jose State for two stints: 2002-2004 and returned to the program as the assistant coach and recruiting coordinator for George Nessman from 2005-2013.

Williams said, "I am excited to be here, to get involved with the community, and help win basketball games."

Multiple medals for SUU at WAC Outdoor Track Championships

by Parker Haynie

ASSIS. DIRECTOR, SUU ATHLETIC COMM.

NACOGDOCHES, Texas — SUU men's and women's track and field programs had a stellar final day of competition at the WAC Outdoor Track and Field Championships. The men come home with a second-place finish and a team score of 129, and the women finish eighth overall with a score of 51.

The final day morning session of the outdoor conference championships was finishing up the finals in the field events, and SUU came home with a gold and silver medal.

Astley Davis continued his absolute domination in the men's triple jump, winning the gold by more than a foot at 16.12m, which was also good enough to beat his own school record.

A 2.07m high jump for Joren McKeever was good enough to secure him the men's high jump silver medal.

Morgan Blackburn got the scoring started for the Thunderbirds on the

final day, taking sixth in the women's discus with a throw of 47.49m.

Ajia Hughes followed that up with a fifth-place finish in women's high jump, at 1.74m.

Daniel Krynzal secured seventh in the men's discus with a throw of 47.67m, earning two points for the men's team.

The men's 4X100m relay started the afternoon running session off with a bang. Cameron Beans, Noah Bringhurst, Nelson Douglas, and Ricardo White secured a second-place finish for the Thunderbirds with a time of 40.28.

The women's 4X100m relay also performed well, finishing seventh overall with a time of 45.94, run by Ronnie Walker, Iana-Michovani Graham, Shante Myrie, and Secret Mceuen.

Payton Riggs and Santiago Gaitan continued their successful weekends with a third and fourth-place finish respectively in the men's 1500m. Riggs with a time of 3:45.53 moving him into seventh in SUU's record books and

Gaitan right behind him at 3:46.35.

The ridiculous freshman Jaedyn Carpenter set himself a school record in the men's 400m sprint. Finishing fifth overall with a time of 46.30. And Dylan Gibson wasn't too far behind him, finishing sixth overall and running a 46.58.

Payton Riggs found himself on the scoreboard again, this time in the

800m finishing sixth overall with a time of 1:52.14.

Aviry Stratton finished seventh in the women's 800m running a 2:12.64.

Jace Rodgers capped off an impressive season with a silver medal finish in the men's 400m hurdles with a 53.50 finish.

see [SUU TRACK](#) » 29



Astley Davis continued his absolute domination in the men's triple jump, winning the gold by more than a foot at 16.12m.

PREP SCOREBOARD

SCORES

Region 10 Baseball

- 5/8 Cedar 16, Timpview 5
- 5/11 **4A PLAYOFFS, SUPER REGIONAL (BEST-OF-3)**
Desert Hills 8, Cedar 7
Bear River 8, Pine View 0
Mountain Crest 15, Logan 0
Green Canyon 11, Hurricane 0
Ridgeline 7, Sky View 5
- 5/12 Cedar 11, Desert Hills 10
Desert Hills 12, Cedar 4
Bear River 4, Pine View 3
Mountain Crest 11, Logan 1
Green Canyon 11, Hurricane 1
Ridgeline 10, Sky View 9
- 5/15 **4A PLAYOFFS, BRACKET PLAY AT BYU**
Bear River vs. Snow Canyon
Green Cyn. vs. Crimson Cliffs
Ridgeline vs. Dixie
Mountain Crest vs. Desert Hills

Region 12 Baseball

- 5/9 **ONE-LOSS BRACKET**
Summit Acad. 5, Grantsville 0
Juan Diego 16, Am. Leadership 0
Union 7, Richfield 5
Ogden 8, Emery 6
- 5/11 **CHAMPIONSHIP BRACKET AT KEARNS**
Carbon 10, Canyon View 0
Juab 22, Manti 15
Juan Diego 9, Summit Acad. 4
Union 6, Ogden 4
- 5/12 **3A PLAYOFFS, CHAMPIONSHIP BRACKET AT KEARNS**
Canyon View 16, Union 9
Juan Diego 6, Manti 1
Juab 6, Carbon 5
Juan Diego 5, Canyon View 3
- 5/13 **3A PLAYOFFS, CHAMPIONSHIP BRACKET AT KEARNS**
Juan Diego 5, Carbon 2
Juab 7, Juan Diego 4

2A West Baseball

- 5/9 **2A PLAYOFFS, ONE-LOSS BRACKET**
Gunnison 10, Parowan 1
Millard 10, Milford 8
Duchesne 11, North Summit 4
San Juan 16, North Sevier 13
- 5/11 **2A PLAYOFFS, CHAMPIONSHIP BRACKET AT BYU**
South Sevier 6, Beaver 3
Kanab 6, Enterprise 2
Duchesne 13, Millard 2
San Juan 6, Gunnison 5
- 5/12 **2A PLAYOFFS, CHAMPIONSHIP BRACKET AT BYU**
Kanab 10, South Sevier 8
Duchesne 10, Beaver 5

- San Juan 13, Enterprise 3
San Juan 12, Duchesne 7
- 5/13 **2A PLAYOFFS, CHAMPIONSHIP BRACKET AT BYU**
South Sevier 16, San Juan 10
Kanab 10, South Sevier 2

Region 10 Softball

- 5/12 **4A PLAYOFFS, SUPER REGIONAL (BEST-OF-3)**
Cedar 14, Logan 4
Snow Canyon 8, Pine View 0
Crimson Cliffs 14, Green Cyn. 4
Sky View 10, Dixie 2
Mountain Crest 10, Hurricane 9
- 5/13 Cedar 15, Logan 3
Snow Canyon 11, Pine View 1
Crimson Cliffs 9, Green Cyn. 3
Sky View 11, Dixie 1
Hurricane 7, Mountain Crest 5
Mountain Crest 11, Hurricane 6
- 5/17 **4A PLAYOFFS, BRACKET PLAY AT COTTONWOOD COMPLEX**
Cedar vs. Bear River
Mountain Crest vs. Ridgeline
Sky View vs. Desert Hills
Crimson Cliffs vs. Snow Canyon

Region 12 Softball

- 5/11 **3A PLAYOFFS QUARTERFINALS AT SPANISH FORK**
Canyon View 6, Morgan 4
North Sanpete 9, Union 5
Carbon 7, Manti 1
Grantsville 15, South Summit 0
- ONE-LOSS BRACKET**
Manti 16, Juan Diego 5
South Summit 11, Juab 10
Emery 11, Morgan 7
Providence Hall 13, Union 12, 8 in.
Providence Hall 6, Emery 3
Manti 14, South Summit 2
- 5/12 **3A PLAYOFFS, CHAMPIONSHIP BRACKET AT SPANISH FORK**
North Sanpete 12, Cyn. View 7
Grantsville 4, Carbon 3
Manti 7, Canyon View 5
Carbon 13, Providence Hall 3
Grantsville 3, North Sanpete 0
Manti 12, Carbon 10
- 5/13 **3A PLAYOFFS, CHAMPIONSHIP BRACKET AT SPANISH FORK**
North Sanpete 13, Manti 3
Grantsville 10, North Sanpete 0
- 2A South Softball**
- 5/11 **2A PLAYOFFS QUARTERFINALS AT SPANISH FORK**
Parowan 8, Beaver 6
Enterprise 11, Millard 3
San Juan 10, South Sevier 0
Duchesne 10, Gunnison 8
- ONE-LOSS BRACKET**
Beaver 16, North Sevier 1
Millard 10, Milford 0

- South Sevier 18, Piute 13
Gunnison 10, Kanab 9
Beaver 22, Millard 7
Gunnison 15, South Sevier 4
- 5/12 **2A PLAYOFFS, CHAMPIONSHIP BRACKET AT SPANISH FORK**
Enterprise 11, Parowan 4
Duchesne 8, San Juan 2
San Juan 7, Beaver 4
Parowan 10, Gunnison 6
Enterprise 5, Duchesne 4
Parowan 19, San Juan 3
- 5/13 **2A PLAYOFFS, CHAMPIONSHIP BRACKET AT SPANISH FORK**
Duchesne 3, Parowan 2
Enterprise 7, Duchesne 3

Region 10 Boys Soccer

- 5/11 **4A PLAYOFFS, SEMIFINALS AT ZIONS BANK STADIUM**
Green Canyon 2, Dixie 0
Mtn. Crest 2, Crimson Cliffs 1
- 5/12 **4A PLAYOFFS CHAMPIONSHIP AT AMERICA FIRST FIELD**
Green Canyon 1, Mtn. Crest 0

Region 12 Boys Soccer

- 5/10 **3A PLAYOFFS, SEMIFINALS AT ZIONS BANK STADIUM**
Morgan 1, Ogden 1,
Trojans win 6-5 on PKs
Juan Diego 2, Manti 0
- 5/12 **3A PLAYOFFS, CHAMPIONSHIP AT AMERICA FIRST FIELD**
Juan Diego 1, Morgan 0
- 2A South Boys Soccer**
- 5/10 **2A PLAYOFFS, SEMIFINALS AT ZIONS BANK STADIUM**
St. Joseph 5, American Heritage 0
Maeser Prep 8, Waterford 1
- 5/12 **2A PLAYOFFS, CHAMPIONSHIP AT AMERICA FIRST FIELD**
St. Joseph 3, Maeser Prep 0

STANDINGS

RPI RANKINGS IN PARENTHESES

Region 10 Baseball

	REGION	OVERALL
Crimson Cliffs (2)	11-1	21-3
Snow Canyon (1)	10-2	20-4
Dixie (3)	8-4	17-7
Desert Hills (5)	6-6	14-12
Cedar (12)	3-9	6-21
Hurricane (10)	2-10	6-14
Pine View (9)	2-10	5-16

Region 12 Baseball

	REGION	OVERALL
Carbon (2)	11-1	18-7
Canyon View (3)	9-3	20-9
Emery (8)	5-7	12-14

Richfield (11)	4-8	9-14
Grand (16)	1-11	6-18

2A West Baseball

	REGION	OVERALL
Enterprise (2)	10-1	18-6
Beaver (4)	9-3	16-7
Kanab (6)	7-3	15-7
Millard (8)	5-7	11-13
Milford (10)	4-8	7-13
Parowan (9)	2-8	6-14

Region 10 Softball

	REGION	OVERALL
Desert Hills (3)	11-1	18-5
Snow Canyon (4)	11-1	21-9
Crimson Cliffs (5)	8-4	14-7
Cedar (7)	6-6	13-13
Hurricane (9)	4-8	11-12
Pine View (13)	1-11	6-18
Dixie (11)	1-11	5-19

Region 12 Softball

	REGION	OVERALL
Carbon (4)	8-0	18-7
Canyon View (2)	6-2	22-7
Emery (8)	4-4	13-11
Richfield (14)	1-6	10-13

2A South Softball

	REGION	OVERALL
Enterprise (1)	12-0	26-6
Beaver (5)	10-4	15-10
Parowan (4)	9-4	16-11
Millard (9)	8-5	10-12
Milford (10)	6-7	9-11
Panguitch (14)	3-10	5-15
Kanab (16)	1-11	4-18

Region 10 Boys Soccer

	REGION	OVERALL
Crimson Cliffs (2)	10-2	13-4
Desert Hills (3)	10-2	12-4
Dixie (8)	7-5	10-8
Snow Canyon (10)	7-5	7-9
Cedar (9)	7-5	7-10
Pine View (12)	1-11	3-13
Hurricane (14)	1-11	1-13

Region 12 Boys Soccer

	REGION	OVERALL
Carbon (5)	6-2	9-3
Emery (9)	6-2	6-6
Canyon View (12)	3-5	5-8
Richfield (13)	3-5	7-9
Grand (14)	2-6	6-8

2A South Boys Soccer

	REGION	OVERALL
Gunnison (2)	12-0	14-1
Beaver (6)	8-4	8-6
Parowan (8)	8-4	8-6
South Sevier (14)	5-6	6-8
Millard (12)	5-7	5-8
San Juan (18)	3-9	3-11

FALCONS

« CONTINUED FROM PAGE 25

was charged with all five runs – only two earned – in the loss for CV. The senior walked four and struck out 10.

Livonius' big hit broke a 1-1 tie and the Eagle didn't trail again. CV got two runs back in the bottom of the third on a single from Hutson Slack, but Juan Diego added a valuable insurance run in the top of the seventh.

Canyon View finished the season with a 21-9 overall record.

The Falcons' only victory of the tournament was a 16-9 decision over the Union Cougars earlier in the day May 12. Canyon View scored seven runs in the first inning and had an 8-2 lead, but No. 5 seed Union shocked the Falcons with seven runs in the top of the third to briefly take a 9-8 lead.

CV shook that off and came through with six runs in the bottom of the inning to regain control. Asher Slack went 3-for-4 at the plate and drove in five runs to lead the Falcons' 15-hit attack. Hutson Slack came on in relief and allowed only one hit to the Cougars over the final 4 1/3 innings.

The Falcons started the tournament from the championship bracket on a rough note when Wyatt Falk threw a no-hitter as the Region 12 champion Carbon Dinos posted a 10-0 win in five innings. Falk issued one walk and struck out eight.

The Dinos scored twice in the first and added six more runs in the second before ending the game early with two more runs in the bottom of the fifth.

SUU TRACK

« CONTINUED FROM PAGE 28

Secret Mceuen finished eighth in the women's 200m dash with a time of 24.22.

The men's 5K was littered with

SUU student-athletes. Travis Feeny comes home with a silver medal and a 14:08.50 time. Hayden Harward and Coleman Cragun would finish fourth and fifth with times of 14:32.96 and 14:38.99 respectively. And Nathan Carlin would snag an eighth-place finish with a time of 14:42.51.

Madisan DeBos cracked the points in the women's 5K, finishing fifth overall in just 16:45.03.

The women's 4X400m relay had a strong finish, Secret Mceuen, Jentry Skidmore, Maya Benjamin, and Seadra Hamilton brought home sixth place and a 3:45.46 finish.

And last but certainly not least the men's 4X400m relay team bring home the gold medal at the WAC Outdoor Championships. Dylan Gibson, Nelson Douglas, Nick Pembroke, and Jaedyn Carpenter pulled it out down the final 100 meters and finish first overall with a time of 3:08.20.

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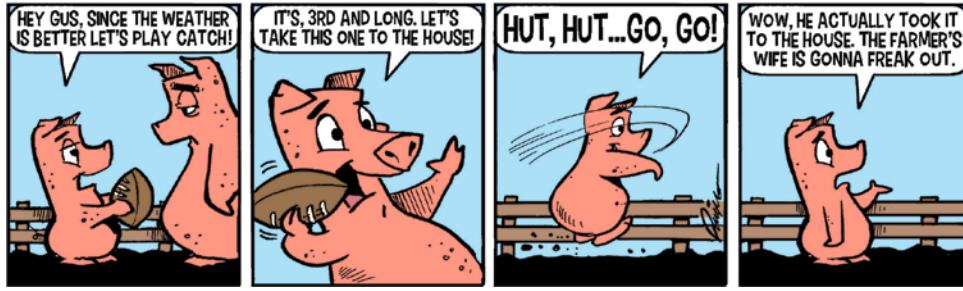
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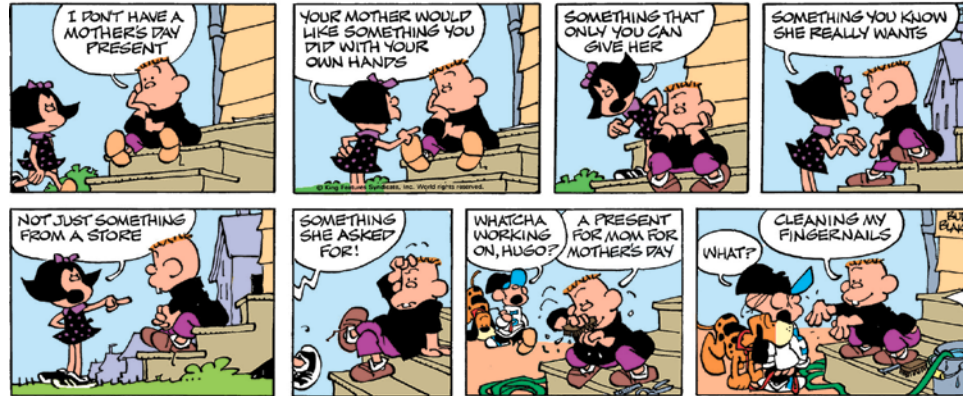
Amber Waves

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by BUD BLAKE



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by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

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

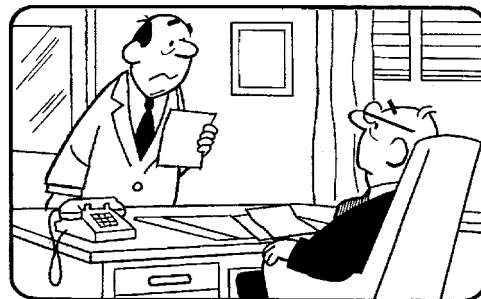
DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

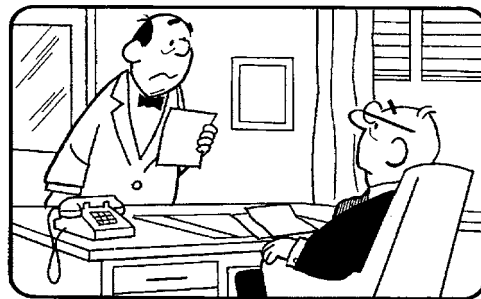
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

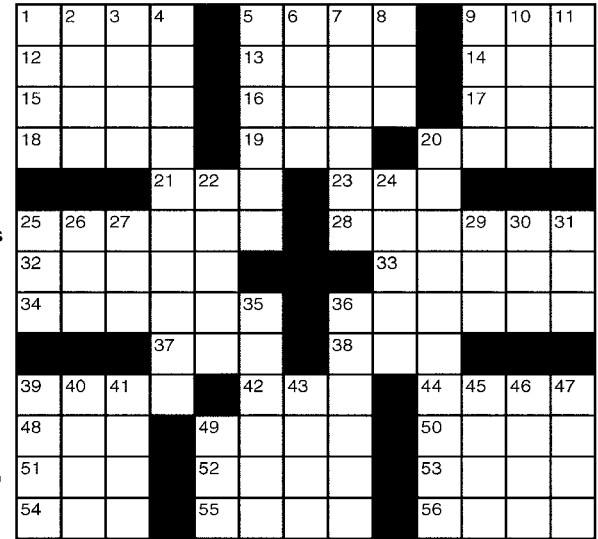


Differences: 1. Nose is different. 2. Tie is different. 3. Picture is moved. 4. Handle is different. 5. Sleeve is shorter. 6. Chair back is lower.

King Crossword

ACROSS

- 1 Actor Baldwin
5 Hindu hero
9 ISP alternative
12 Without help
13 Burden
14 — Jima
15 Woody's son
16 A/C measures
17 Moving vehicle
18 High point
19 Belief
20 Fury
21 "There's no — team!"
23 Mil. morale booster
25 "Bottoms up!"
28 Perfect place
32 Martial arts mercenary
33 "Rubber Capital"
34 Cancel out
36 Heirs
37 Workout unit
38 Scratch (out)
39 AAA jobs
42 Skull tool
44 Bigfoot's cousin
48 Mimic
49 Initial chip
50 Cupid's alias
51 CSA soldier
52 Rhone city
53 Baseball's Tommie



- 54 Switch settings
55 Madame Bovary
56 Valentine flower
6 Picnic invaders
7 Hawaiian garment
8 Ninny
9 Prima donna
10 Booty
11 One and only
20 Athlete's first season
22 Hopping mad
24 Pancake order
25 Blitzler's channel
26 Hasten
27 Chang's brother
29 Expert
30 Charged bit
31 Reply (Abbr.)
35 Name derived from a person
36 Tennis great Williams
39 Tropical tuber
40 Frank
41 Entanglements
43 Teensy bit
45 Thus
46 Low digits
47 "Got it"
49 Hearty quaff

DOWN

- 1 Now, in a memo
2 Traditional tales
3 Jazzy Fitzgerald
4 Ginger snaps vessels
5 Small song-birds

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

Answer

Weekly SUDOKU

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

Solution time: 21 mins.

Answers

King Crossword



1. ANATOMY: What is a common name for lateral epicondylitis?
2. GEOGRAPHY: What was the country of Portugal known as in Roman times?
3. MOVIES: What are the final words spoken in the movie "The Shawshank Redemption"?
4. LITERATURE: Which novel series includes a fictional place called Godric's Hollow, England?
5. SCIENCE: What is cytology?
6. TELEVISION: What is the name of the ranch in the 1960s western show "Bonanza"?
7. U.S. STATES: Which state has the longest cave system?
8. FOOD & DRINK: In which country were bagels invented?
9. HISTORY: What kind of beetle was revered by the ancient Egyptians?
10. ANIMAL KINGDOM: What is the largest lizard on Earth?

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1. Tennis elbow; 2. Lusitania; 3. "I hope"; 4. The "Harry Potter" series by J.K. Rowling; 5. The study of cells; 6. Ponderosa; 7. Kentucky; 8. Poland; 9. Scrabble; 10. Komodo Dragon.

Trivia Test Answers

5

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