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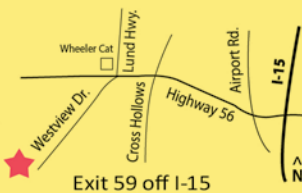
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# MADE OF MEDAL



*The Cedar Reds runners celebrate their gold mettle and medals from their 4x400 win.*

STORY IN SPORTS

# Utah Summer Games selects new director

from Kenzie Lundberg

SOUTHERN UTAH UNIVERSITY

Jonathan Oglesby has been selected as the new executive director of the Larry H. Miller Utah Summer Games, and will officially begin his appointment on June 1, 2023.

"We are thrilled to have Jon at the helm of the Larry H. Miller Utah Summer Games," said Southern Utah University President Mindy Benson. "His extensive experience will help the Games reach new heights and elevate our partnerships with sponsors, athletes, teams, and communities across the state."

An experienced sports director, Oglesby previously worked for the Utah High School Activities Association where he served as the sports director for basketball, cross country, lacrosse, tennis, and track-and-field.

*"His extensive experience will help the Games reach new heights and elevate our partnerships with sponsors, athletes, teams, and communities across the state."*

*Mindy Benson, SUU President*



**Jonathan Oglesby**, new executive director of the Larry H. Miller Utah Summer Games.

COURTESY USG



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## Southern Utah University

# Partners launch "Local First" scholarship, commit \$120,000 to Iron County Students

from Kenzie Lundberg

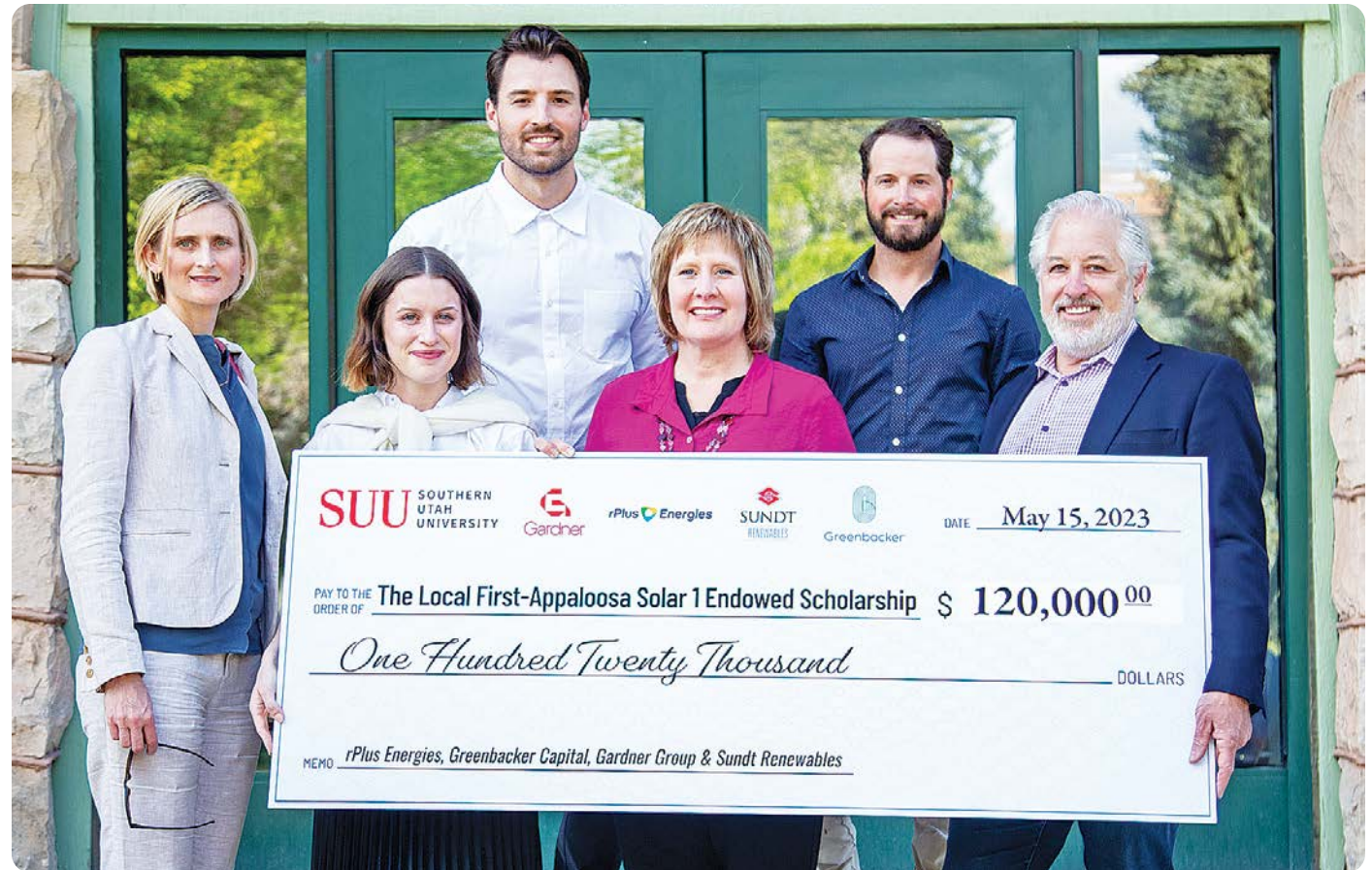
SOUTHERN UTAH UNIVERSITY

rPlus Energies, Gardner Group, Sundt, and Greenbacker Capital Management (Greenbacker) announce the Local First – Appaloosa Solar 1 Scholarship in conjunction with Southern Utah University. The \$120,000 scholarship is specifically for students who currently reside in Iron County, UT -- home to the 200-megawatt (MW) Appaloosa Solar 1 project.

The Local First Scholarship series will be available exclusively to students residing in counties where rPlus Energies constructs a namesake project. The scholarship series supports students wishing to remain local while pursuing their career goals and assists communities in meeting their workforce needs by providing full and partial tuition scholarships to local university certificate and degree programs. The series was launched last year for students residing in Carbon County, UT, where the now operational 80 MW Graphite Solar project is located.

“We are thrilled to launch our second Local First Scholarship program, this time in Iron County,” said rPlus Energies President and CEO, Luigi Resta. “Iron County has been a great partner throughout the development and construction of Appaloosa Solar 1. By providing this scholarship we hope to empower Iron County residents to enhance their skills and knowledge, and ultimately contribute back to the growth of this vibrant community.”

The Local First – Appaloosa Solar 1 Scholarship will provide a total of \$120,000 to SUU qualifying students who reside in Iron County, UT and plan to stay local after degree or certificate completion. The applicants can pursue any certificate, associate, or 4-year program.



COURTESY SUU

**Local First – Appaloosa Solar 1 Scholarship donors** pose for a photo with Southern Utah University President, Mindy Benson.

**“By providing this scholarship we hope to empower Iron County residents to enhance their skills and knowledge, and ultimately contribute back to the growth of this vibrant community.”**

**Luigi Resta, rPlus Energies President, CEO**

“We are delighted to welcome rPlus Energies, Gardner Group, Sundt and Greenbacker Capital as members of the T-Bird Family and appreciate their partnership to elevate SUU’s and Iron County’s future,” said SUU President Mindy Benson. “The impact of this

scholarship will be felt not only by the awarded students, but also the entire Iron County region as it encourages additional workforce and economic development opportunities in our community.”

The program is currently open to Fall 2023 applicants through the

MYSUU portal. Students will need to be admitted to SUU to be eligible to apply for the award.

“Sundt is honored to support the Local First Scholarship program and the Iron County students it serves,” said Sundt Renewables President Tom Dodson. “Helping local communities meet their workforce needs aligns with Sundt’s purpose to build environments where all people can prosper.”

“Being a responsible community partner is one of our core values,” said Ben Tillar, Investments Principal at Greenbacker. “We’re proud to continue contributing to the Local First scholarship series and supporting both education and the local workforce in Iron County.”

## opinion

### FROM THE EDITOR

# Con-grad-ulations!

**W**eren't we just congratulating our graduates? Where did the year go? And perhaps for some of us, where did the years go? The important question is—whether we walk across the stage this week, or weeks (years, decades) ago—what are we going to do with the time that is left? Age is just a number and too much of life is defined by age and numbers. The real equation of education is what are



**COREY BAUMGARTNER**  
MANAGING EDITOR

you and me doing with it to make the world a better place. Because if we're not using our education, skills and talents to do so, it won't matter when we graduated, or with what honors, or prestigious plaques on our walls, or how many abbreviated letters are after our names. Today, may we each commit (recommit) to continue learning, living and doing our best to become better people in our families, circle of friends, jobs, schools, neighborhoods and communities. That's the best reward (and investment) any graduate could ever have.

### WORD OF THE WEEK

#### KVETCH

*To complain, especially chronically.* With increasing chaos in the world, is it easier to be wretch and kvetch, or grab a proverbial wrench and seek to create a solution to the problem?

Submit your letter to the Editor on our website at [www.ironcountytoday.com](http://www.ironcountytoday.com), or by emailing it to [news@ironcountytoday.com](mailto: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.



## Sen. Lee stands united with house republicans on debt ceiling negotiations

**WASHINGTON** — On the steps of the U.S. Capitol, Senator Mike Lee (R-UT) joined Speaker of the House Kevin McCarthy, Senate Conference Chairman John Barrasso, House Conference Chairwoman Elise Stefanik, Congressman Dusty Johnson, Senate Conference Vice Chairwoman Shelley Moore Capito, and Congressman Chip Roy, along with other members of the House and Senate, for a press conference hosted by Speaker McCarthy. The conference was held amidst ongoing debt limit negotiations between the Speaker and President Joe Biden.

Senator Lee highlighted the urgency of the situation, emphasizing the united front of the Senate Republicans and their commitment to addressing the debt ceiling in a responsible and sustainable manner. He stated:

"We all understand the gravity of the situation, we need to address the debt

ceiling, and we need to do so in a way that makes a difference to make sure that we're not back here in just a few more months."

Sen. Lee indicated that 43 Senate Republicans are committed to not supporting any debt ceiling

increase that does not contain substantive spending and budgetary reforms. He further emphasized their support for the bill passed by the House of Representatives that aligns with these principles:

"Now it just so happens the House of Representatives has passed precisely such a bill. We stand behind that bill. We need to pull up and pass that bill. We need to do it today."

Sen. Lee concluded his remarks with an urgent call to action for the Senate, insisting, "The Senate has no business leaving town before an agreement has been reached. Let's get this done!"

**"The Senate has no business leaving town before an agreement has been reached. Let's get this done!"**

**Senator Mike Lee (R-UT)**

### QUOTE OF THE WEEK

*"There is always light. If only we're brave enough to see it. If only we're brave enough to be it."*

**Amanda Gorman**

IRON COUNTY **today**

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COURTESY PHOTO

# Romney welcomes Utah Veterans for Honor Flight

WASHINGTON — U.S. Senator Mitt Romney (R-UT) welcomed more than 70 Utah veterans to Washington, D.C., for their Honor Flight, meeting at the World War II Memorial. The Utah Honor Flight group included veterans from World War II, the Korean and Vietnam wars, the Cold War, and Operation Desert Storm.

“Our nation’s veterans—and the profound respect for our country and its founding principles they hold—are truly inspiring,” said Senator Romney. “I was honored to meet with these heroes during their visit to the World War II Memorial and offer my sincere appreciation for their service and sacrifices. Utah is a state with a deep history of service to our country, and these Honor Flights—where our veterans visit monuments that honor their fellow servicemembers and friends—touch the heart.”



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Partly Cloudy  
**77°/51°**  
 PRECIP: 20%  
 WINDS: S 10-15

**FRIDAY**

Partly Cloudy  
**77°/49°**  
 PRECIP: 20%  
 WINDS: SW 10-15

**SATURDAY**

Mostly Sunny  
**76°/50°**  
 PRECIP: 10%  
 WINDS: SW 10-15

**SUNDAY**

Mostly Sunny  
**76°/50°**  
 PRECIP: 10%  
 WINDS: SW 5-10

**MONDAY**

Mostly Sunny  
**78°/50°**  
 PRECIP: 10%  
 WINDS: WSW 10-15

**TUESDAY**

Mostly Sunny  
**78°/49°**  
 PRECIP: 10%  
 WINDS: SW 10-15

**WEDNESDAY**

Mostly Sunny  
**80°/51°**  
 PRECIP: 10%  
 WINDS: SW 10-15

**IRON COUNTY FORECAST**

A SLIGHT CHANCE FOR A FEW SHOWERS AND STORMS TO CLOSE OUT THE WORKWEEK. OTHERWISE, IT WILL BE WARM WITH PARTLY CLOUDY SKIES. FROM THE WEEKEND INTO NEXT WEEK, WE GET MOSTLY SUNNY SKIES, LOW RAIN CHANCES, AND TEMPS THAT WILL BE NEAR/SLIGHTLY ABOVE AVERAGE.

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## public & health

# Moving more to be more

from Karen Brown-Gordon, M.Ed. & Jennifer Padilla, M.S.

FOR IRON COUNTY TODAY

What is the most common desire and hope of Seniors? According to the article in the June 2022 AARP bulletin, in "The New Truth About Aging", to be able to move and do, carrying out tasks and activities with relative ease, to be mentally sharp, and able to connect with and see family is it. How is this most often accomplished? By obtaining and maintaining optimal fitness levels by getting moving more according to today's ability for each person. Physical activity engagement on a regular basis will improve both body and brain.

Our hope in writing this article is to encourage all seniors to get moving more to be able to do more with greater ease. In America, billions of dollars of healthcare costs could be eliminated if our population would just

get moving regularly and sit less of the time. (American College of Sports Medicine). In this article are easy ways to get activity into lifestyles.

So many special conditions can be remedied with the appropriate exercise regime, such as arthritis, musculoskeletal disorders, spinal conditions, cardiovascular disease, cancer, depression, anxiety, Parkinson's disorder, and a host of other conditions. No matter what condition there is, exercise can help many get healthier and feel better.

So how can more moving and less sitting be implemented into daily life? Doing something is better than nothing. There are always obstacles to overcome, instead of stating "I can't", figure out the "I can."

Here are some ideas to Sit less, Move more: Instead of sitting while watching television or on the phone, stand or walk around or in place-Do chores whenever possible-Minimize television, computer, video game time-Try fun activities such as park strolls, play lawn games such as bocce, cornhole, croquet, badminton, etc.-Garden and do yard work-Finish home projects. If one can't walk or stand, do chair exercises such as knee lifts, kicks, foot slides, punches, arm circles, etc. While commuting, park farther away, stand on public transportation, get off early and walk some.

Moving more will help you stay functional throughout aging and increase independent living. Being able to spend quality time with family, and the ability to go on walking or hiking adventures, or to participate in any activities of interest will improve quality of life.

*Karen Brown-Gordon and Jennifer Padilla are exercise physiologists that were students of Dr. Lawrence Golding. Karen has worked since 1990 and Jen since 2000 using exercise to assist others in becoming healthier*

**Whether it's working out** at a community or home gym, or Mother Nature's gym, moving is a must.



*The mission to move is something we all need to help us keep moving as we age.*

PHOTOS COURTESY KAREN BROWN-GORDON, M.ED.



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## public & health

### 8th annual Combat Veterans Poker Run returns to play another hand

On June 3rd, 2023, Chapter 49-4 of the Combat Veterans Motorcycle Association® “CVMA®” will be holding its 8th Annual poker run out of Cedar City, Utah to raise money for veteran causes. The CVMA® is a national organization of Veterans. Our chapter consists of Full Members (verified combat service), Support Members (non-combat military members), and Auxiliary members (Spouses of both Full and Support Members) who ride motorcycles as a hobby.

The event will start at the Cedar City Veterans Park, 200 N. 200 E. in Cedar City, UT. Sign-ups will be from 10 a.m.-Noon. The route will be approximately 100 miles and take around 3-5 hours to complete. While we are a motorcycle association, this is not an exclusively motorcycle event. Anyone can participate. If you would like to take the route in a car or truck, please do so. It is important to our chapter that this event brings our local Southern Utah community together. You may pre-register at [utahcvma4.com](http://utahcvma4.com) to guarantee that we have a shirt in your size.

Our Association's core mission is “Vets Helping Vets.” Our chapter donates funds to veterans across Southern Utah in various crisis situations. We find it our duty to seek out and find our brothers and sisters and be the helping hands that they need. Chapter 49-4 of the Combat Veterans Motorcycle Association is registered with the IRS as a 501(c)(19) non-profit.

The end-of-the-run party will be hosted at The BlackBird Bar in Cedar City, UT from 9 p.m. until midnight. Our friends in the band, Apollo's Army, will take the stage at 9 p.m. You can find out more about them and listen to their music at [apollosarmyrocks.com](http://apollosarmyrocks.com). The party will have the Poker Run high-hand and low-hand winners announced. Prize drawings from our generous local business partners will go on throughout the night as well. You can get a preview of the prizes at the final stop and purchase tickets there.

We would like to thank our generous sponsors, many of which have participated since our first year. If you wish to donate or you have questions about this event or our organization, please see our website at [utahcvma4.com](http://utahcvma4.com). Contact Charles Triplett at (435) 590-7525, or [utahcvma4@gmail.com](mailto:utahcvma4@gmail.com).

*Combat Veterans Motorcycle Association*

### Get the knowledge to help someone in crisis

It's a topic that hits close to home for many and is of deep concern to even more. Yet, how to address the subject of suicide can feel overwhelming. Not knowing what to say, when to say it or even what

*“Talking about [suicide], learning how to cope, these things reduce stigma and anxiety and the thoughts that relate to it.”*

*Jordan Merrill*

resources are available can keep even the most well-meaning would-be helpers quiet on the matter. That's why suicide prevention trainings like those offered through Intermountain Health are so important.

The requests for these trainings have increased, both in Southern Utah and across the state, and Merrill said they're doing everything they can to expand these offerings, including adding additional specific trainings for specific groups, such as athletes.

“I was trained through the University of Colorado School of Medicine to be able to provide this training and we're hoping to work with school districts, universities and more.”

For example, many athletes feel a lot of internal and external pressure to succeed and when those expectations are not met, they feel like

they're failing.

“We want the staff members who work with athletes to know how to navigate those specific situations,” Merrill said.

Another specific group that often deals with people under a lot of stress, are those working in healthcare. Intermountain Health offers an online training titled Counseling on Access to Lethal Means, which offers evidence-based material on how to speak to patients when they are in crisis.

“We want our patients to receive top notch care,” Merrill said. “If the patient is in crisis, we want to have our caregivers effectively navigate that situation to prevent them from taking their own life, and to help family members assist their loved one in navigating the crisis.”

On the positive side, Merrill said he the conversations around important topics like suicide have also increased, which can lead to better outcomes.

“The more we talk about it, the more it reduces stigma,” Merrill said. “There's still the No. 1 myth out there that talking about suicide will put thoughts in people's heads or create a negative situation, but it's the opposite. Talking about it, learning how to cope, these things reduce stigma and anxiety and the thoughts that relate to it.”

For anyone interested in scheduling one of these trainings, feel free to contact Merrill at [Jordan.merrill@imail.org](mailto:Jordan.merrill@imail.org) For more information on suicide

prevention and how to help others, check out [www.LiveOnUtah.org](http://www.LiveOnUtah.org).

*Jordan Merrill, Community Health Program Manager*

### Rocky Railway Bible Daycamp at Community Presbyterian Church

May 29-June 2 9am-12 noon. For kids K-5th grade. Come celebrate God's loving power with us! Our time will be filled with wacky games, hands on sciency-fun experiments, adventurous Bible stories, catchy music, yummy snacks and so much more! Plus, we'll help kids discover how to track God's strength and love in everyday life—the awesome good times and the rocky tough times. Our fundraiser will help provide llamas to impoverished families in Ecuador through World Vision. No political agendas here, just the powerful, grace-filled love of God! Each day, VBS camp ends with closing worship where adult family and friends are invited to join us at 11:30. Friday 6/2 will include a hotdog lunch for all as we celebrate the end of an awesome week. Suggested donation \$10 1st child, \$5 siblings, max \$20 per family. Questions? Email [pastorrobyn@cedarpres.org](mailto:pastorrobyn@cedarpres.org)

*Pastor Robyn Eddy*

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# SUU Community Reads

*Discussion held in anticipation of Festival season*

from Susie Knudsen

FOR IRON COUNTY TODAY

Southern Utah University (SUU) Community Education and Utah Shakespeare Festival recently hosted a Community Reads discussion at the Cedar City Library revolving around the beloved novel “Emma” by Jane Austen. This event was designed to encourage the community to read the popular love story and engage in conversation in anticipation

for the Festival’s production of “Jane Austen’s Emma The Musical,” which premieres later this summer.

The facilitators of the event were SUU Assistant Professor of Musical Theatre Lisa Quoresimo and Utah Shakespeare Festival Interim Artistic Director/Director of New Play Development Derek Charles Livingston. Quoresimo shared information of Austen’s life and writings while Livingston

contributed theater and play production experience, drawing primarily from the musical about “Emma.”

“I was delighted to take part in this chat about ‘Emma,’” said Quoresimo. “Everyone offered passionate opinions about the characters and themes in the book. Some attendees were new to Austen, and some brought a wealth of knowledge about

see **FESTIVAL** » 10



*Derek Charles Livingston and Lisa Quoresimo engage Community Reads attendees in conversation about Jane Austen’s ‘Emma.’*



# Those big cookies abound. It must be summer.

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

**W**e all have our personal signs that indicate the changing of the seasons. Almost everyone would agree that the first day of school means autumn, but when does fall become winter? November 1st, after Halloween? The first snowfall? Spring is the messiest arrival. April can be hot or snowy in the same week.

And then there is the ritual of summer. For us it has to do with planting tomatoes and cleaning off the deck to get ready to eat outside. Taking the electric blanket off the bed counts as well. But for 20 years or so, the event that meant summer to us has been the Utah Shakespeare Guild's barbecue held to welcome the new company for the season. It was a Monday, the day that all members of the company arrived in Cedar City—actors, techies, seamstresses, dancers, stage managers, etc.

For years it was held in the courtyard beside the Adams Theater. The menu was hamburgers, hot dogs, and veggie burgers, cooked by Ray Inkel. Sort of soggy salad and oversized cookies were standard, and cast members held lottery tickets for goody baskets. I agonized over the weather for weeks in advance; would it be warm enough, not too windy, or heaven forbid, raining?

And then we abandoned the Adams and moved around to different locations. Ray left but Fred and the SUU president were always there and tradition thrived.

But then COVID ruined everything! There wasn't even a season in 2020, let alone a barbecue. In 2021 and 2022 the festival limped back, but the barbecue was still considered too risky. But on May 8th of this year, there we all were, jammed into long tables in the Adams courtyard. The menu was fancier this time: delicious pulled pork sandwiches, beans, and the ever-present big cookies, from Las Vegas, no less.

And hundreds of company members, many old friends that we've known for years were there. But who were all these young kids—and I mean really young—who were strangers? Did we age—No!—or was the pool just younger this year? We talked

to a young woman who will perform in *A Midsummer's Night Dream* and *Raisin in the Sun*. She asked what our part in the Festival was and when LeGrand said his first participation had been in 1776 in 2003, she didn't know the show! She had been a little girl. And then, horrors, she pointed to the Adams Theater and said, "What is that old building?" Her

neighbor explained the venerable history of the theater and I looked at it with new eyes. Yes, it is old—shabby, dusty, and needing paint. Our young actor was unimpressed.

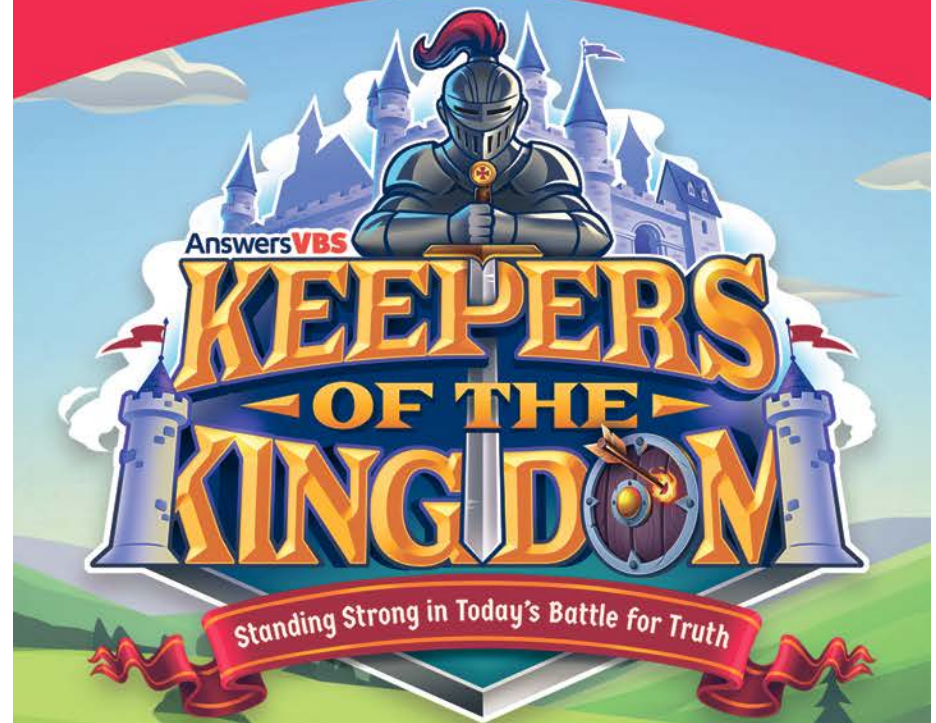
Never mind. Summer came that night. We walked to our car in perfect weather, munching on huge cookies. Life is good.

Three mysteries: 1) Who decided that beautiful dandelions are weeds? Let's call them wild flowers. 2) Why is 60 degrees warm in winter and cool in summer? 3) Why would the movie theater schedule "Are You There, God?...It's Me, Margaret" for 10:20 P.M.?



*"Who decided that beautiful dandelions are weeds? Let's call them wild flowers"*

## VACATION BIBLE SCHOOL



# June 5-9

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**For children who have completed kindergarten through 6th grade**

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435-865-7068 | [WWW.RHSBC.ORG](http://WWW.RHSBC.ORG)

# 5th Annual 'Music in the Park' returns in June

from Jim Howells

FOR IRON COUNTY TODAY

Get ready to enjoy an afternoon and evening of beautiful acoustic and Americana music in the great outdoors as Iron County Acoustic

in Cedar City. Guests of all ages are welcome to attend. The musicians will perform a variety of Acoustic and Americana styles and songs, ensuring that there is something for everyone to enjoy.

In addition to live music, there

corner of the park.

The lineup for the afternoon and evening includes a diverse range of talented artists. Tyler Braun kicks off the show at noon with an open jam drum circle. Richfield country folksinger Jerye Lee follows at 1. The

their unique blend of instruments, vocals and original songs. Kanab's multi-instrumentalist and vocalist Jon Stone takes over at 5 with old time classics and original tunes. An acoustic/electric set by Dick Earl's Electric Witness will light up the late



COURTESY ICAMA

*This year's lineup includes a diverse range of talented artists* to provide an entertaining environment for everyone.

Music Association Presents the 5<sup>th</sup> Annual Music in the Park, Saturday June 3, 2023, Noon to 8 PM in Cedar City's Main Street Park featuring 6 local and regional acoustic music acts.

This free concert is the perfect way to kick off the summer season

will be food trucks selling a variety of tasty food and refreshments as well as vendors offering their original artisan creations. Concertgoers are encouraged to bring their own chairs and blankets, along with their friends and family. The stage will be in the shady southeast

dynamic W Duo from Kanab take the stage at 2 with country favorites and original tunes.

Local favorite Coyote Bluegrass will follow with a long-awaited reunion of their original Jackson Hole bluegrass band. Next up, 3Hattrio will enthrall the crowd with

afternoon and close out the show with the band's take on the blues.

For more information about the concert or other upcoming ICAMA events in Cedar City, visit ICAMA on Facebook at [icama music](#) or [#icamamusic](#). Media Contact: James Howells (435) 463-4693.

## FESTIVAL

« CONTINUED FROM PAGE 8

her life and writings, all of which made for a lively discussion with everyone making new discoveries.”

The novel is set in Highbury, England, in the early 19th century. It focuses on protagonist Emma Woodhouse, a head-strong young woman whose misplaced confidence in her matchmaking abilities causes several romantic misadventures in her friends' lives as well as with herself.

Livingston also remarked on how he enjoyed the discussion and looked forward to seeing the Community Reads attendees at the Festival this summer.

“Sitting in a room with local Austen lovers and having such thought-provoking and fun conversations about ‘Emma’ was a lovely experience,” Livingston said. “I can't wait to see these folks after they've had a chance to see our production.”

The Festival's production of “Jane Austen's Emma The Musical” begins June 22 and runs through October 7 in the Randall L. Jones Theatre. It is directed and choreographed by Valerie Rachele and features Allie Babich as Emma Woodhouse, Rhett Guter as George Knightley, Laura Brennan as Harriet Smith, and Chris Mixon as Mr. Woodhouse. For more information or to purchase

tickets visit [www.bard.org](#) or call 800-PLAYTIX.

Books are made available at no cost due to a generous donation from the Cedar City Rotary Club. Community Reads is a collaboration between SUU Community Education, Utah Shakespeare Festival, Cedar City Library and Cedar City Rotary Club.

SUU's Community Education program offers classes, workshops and events for the purpose of generating fun, cultural and educational opportunities for those who love to learn. While increasing participant knowledge, programs provide non-credit experiences for community members wishing to develop new hobbies, skills and areas of personal interest. For more information, or to register for the next Community Reads event, visit [suu.edu/wise](#) or call SUU Community Education at (435) 865-8259.

*The Utah Shakespeare Festival is a Tony and Emmy Award-winning regional repertory theatre founded in 1961. It is one of the oldest and largest Shakespearean festivals in North America and welcomes approximately 100,000 visitors annually. Productions feature works of Shakespeare, other classical works, comedies, musicals, and dramas, plus free nightly Greenshows, orientations, seminars, backstage tours, and more.*

ICAMA PRESENTS THE 5<sup>TH</sup> 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

COMMUNITY + PERSONAL INTEREST IN IRON COUNTY

*Fun Run encourages people to start every day with a*

# NEW HOPE

by May Hunter

FOR IRON COUNTY TODAY

The annual Iron County Children's Justice Center 5K was a huge success this past May 20th. "A New Hope" was the theme and it was a beautiful day for a fun run, especially for such a great cause!

This community showed their support with over 220 race entries. The racers enjoyed a free breakfast provided by Pork Bellies Eatery, fruit donated by Lin's Marketplace, medals donated by GAF, Eric Lewis Manager, and the grand raffle prize was an Oculus, donated by Ben Batty.

There were many other generous sponsors and volunteers including the Friends of the ICCJC Friend's Board who planned the event. Cassie Meredith took the reins and made this all happen.

The run began with a flag ceremony and the Pledge Of Allegiance by Enoch City Boy Scouts, then the National Anthem was sung by Tiana Green, after that, BACCA revved their engines and everyone was in full race mode.

True to this year's Star Wars theme, Darth Vader greeted people at the finish line and handed out awards. All proceeds will go towards their new center for Iron County.

The ICCJC decided to hold this year's event at the Old Enoch Park just below the 1-acre lot that Enoch City donated to build the new Children's Justice Center on. If you would also like to donate to their new building, please contact Jennifer Davis, the Friends of the ICCJC Board Chair, at 435-590-1317.



Obi-Run-Kenobi would be proud of the Force each runner and walker exerted in helping make the Iron Galaxy a better and safer place for young padawans.



PHOTOS BY MAY HUNTER

## family

## Dirty jobs: parent edition

**T**here are some weeks that I struggle to find a topic for this column, and it may reflect in the words you read. This week, however, inspiration landed right in my freshly washed hair.

I was cooking dinner when our one-year-old fell off something he shouldn't have been climbing on and needed some reassuring snuggles. I stepped away from the stove to pick him up when one thing led to

another, and his crying turned into puking! He heaved down the side of my head, covering both of us and the kitchen floor. In an attempt to direct him into the sink I pivoted at exactly the wrong time, and he made a projectile disaster of the entire countertop.

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SHUTTERSTOCK

**mom's**  
CORNER(ED)

by **Weslie Stratton**  
CONTRIBUTOR



*“Understand that whatever you had planned for the next hour or two just changed and it's going to be OK.”*

I looked from the putrid explosion to the ground beef I was browning on the stove and wondered where to start when our three-year-old signaled the completion of her potty break by bellowing, "I'm DONE!" from the bathroom. All the while I was wearing a now soiled Mother's Day gift from my family: a

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[suu.edu/parks](http://suu.edu/parks)

# Miss Iron County send-off gathering

The Miss Iron County Organization would like to extend an invitation to the Iron County community in 'Sending-off' our Miss Iron County, Talise Mosely, to Miss Utah. The gathering will take place on Thursday, June 1, from 7:30-8:30 at the Park Place Eatery Event Center, located at: 23 West Center Street. Please enter through the west side door.

At the Send-off Gathering Talise will show several items that she will be using throughout the competition week in representing Iron County as well as presenting her talent, Ventriloquism, at approximately 8:00 p.m.

The Miss Utah Competition will take place in Salt Lake City at the Capitol Theatre from June 6-10.

## Talise's Competition Schedule for Miss Utah:

- » Tuesday: Show Me Your Shoes Parade 6:30 - Orem
- » Wednesday: Private Interview
- » Thursday: On Stage Question and Evening Gown 7:00 p.m.
- » Friday: Talent 2:00 & Health and Fitness 7:00 p.m.
- » Saturday: Finals



COURTESY TALISE MOSELY, MISS IRON COUNTY.

**Talise will represent well Iron County** with her poise, personality and talents.

Talise is the former 2017 Miss Cinderella Women, 2020 Miss Utah All-American Girl as well as Miss National All-American Girl 2021. Talise is the daughter of Lori Milbery Mosley.

# Miss Iron County & Miss Iron County's Teen information meeting

The Miss Iron County Organization is looking for Young Women ages 13-28 to compete for the title of Miss Iron County and Miss Iron County's Teen.

Both Young Women will represent Iron County with various opportunities to serve our area throughout the year, some of which includes: the Iron County Fair, Hocus Focus, The Heritage Livestock "sheep" Parade, Parowan Christmas Parade, Jubilee

of Trees, Wreaths Across America, summer festivals in the park and other engagements presented by county or city officials within Iron County.

Both young women will also have the opportunity to compete at the Miss Utah and Miss Utah's Teen Competitions respectively.

If you are interested and want to find out more, please plan to attend the Information Meeting which will be held on Monday, June 5 at 7:00 p.m., at the Cedar City Library East Conference Room. If you are unable to attend, please contact us at: [missironcountyut@gmail.com](mailto:missironcountyut@gmail.com) for more information.

# Cultivate your culture

## LEADERSHIP 101.14

Just as it's important to have a solid foundation upon which to build your home (outside and inside), business, career and your community, great leaders know that even the most fortified foundations still require continued reinforcement and routine maintenance to sustain. However, be on guard as to not let even regular routines become inconveniences. Because whatever kind of culture and success you're striving to cultivate, when a leader chooses (or allows) to default to indifference, or deafness, especially when there are improvements that can and need to be made, those well-intentioned routines will rot away the foundation of the best homes and businesses.

A firm foundation is crucial, but whatever you want to be successful will need both continual endorsement and development if you want that entity (marriage, family, friendships, business, corporation community, etc.) to be both sustainable, profitable, and enjoyable. Which means that if you don't have a purpose, a plan, and a process, then your passion will eventually feel useless, pointless, mis-directed, or even wasted; like trying to carry water from the river to your garden in a bucket full of holes. No matter how good your intentions and passions, it won't work well.

This is why no matter where you are leading today and what kind of leader you are, you cannot just dictate directions. Directions/goals are a great foundation, but to truly empower your people to be successful in the (Where and How), they also need the provisions to become the (Who)

and encouragement to do the (Why) so they better accomplish the (What and When) of the work you are asking them to do. That's why when leaders are more developmental than demanding, the crew, council, community believe in themselves, in you, and in the work even more.

Thus, a great leader must not only seek for results, but also elevate the altitude of the attitudes of those under your roof and reign. When you do so with care and encouragement, this cultivates and increases their actions and their abilities to repeat and sustain successful results. Thus, the culture not only cultivates momentary (and monetary) success, but inspires the drive and desire to continue to create,

**the rut**  
LESS TRAVELED

**Corey Baumgartner**

[news@ironcountytoday.com](mailto:news@ironcountytoday.com)



improve and move forward. This not only creates the culture, but protects it when oppositions and conflicts arise. Thus, this culture cultivating unity will steady and sustain the organization through the storms and encourage all hands (hearts) on deck to keep rising to the occasion.

As you keep rising (not resigning), it's also important to realize and remember that success comes in strides. Success is not in the number of barriers you battle, but how you battle them and overcome them together. Thus, a culture of unity, not just being friendly, will create and sustain a foundation and fortitude allowing all to keep forging ahead.

Today, whether you're a leader of one or one thousand, ask yourself, "Am I cultivating a culture conducive to commitment, cooperation and companionship? If not, it's time.

## calendar

## THURS, MAY 25

## MISSING CHILDREN'S DAY

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

**SLOW ROLL (6-8PM) @ SOUTHVIEW** Trailhead, S. Shurtz Canyon Dr. Cedar City. Everyone welcome to bring their wheels and enjoy family fun festivities. Games, FREE swag, raffle.



## FRI, MAY 26

## PAPER AIRPLANES 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/.

**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.

**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 (approx. 30 Mins.) INFO/Reservations please call Anne 702-539-3400.



**POETRY RECITAL (6-7PM) @ PAROWAN** Library pavilion. Bill Smith will be reciting his poetry of Life. Questions: 559-471-6443

## SUN, MAY 28

## INDIANAPOLIS 500

**"EDUCATION IS THE MOST POWERFUL** weapon which you can use to change the world." Nelson Mandela

## MON, MAY 29

## MEMORIAL DAY

**PAROWAN MEMORIAL DAY (10AM) @** Parowan Cemetery (834 Canyon Rd). Everyone welcome. INFO: 435-477-8190.

## TUES, MAY 30

## CREATIVITY 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 31

## UTAH 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, JUNE 1

## DINOSAUR DAY

**UTAH SUMMER GAMES OLYMPIC-STYLE** festival for athletes of all ages and abilities. Don't miss the Opening Ceremonies festivities or the Athlete Block Party. If you are not competing, pick a sport and a team, make a banner or bring some pompoms and cheer the athletes on. For a full schedule and INFO: visit utahsummergames.org or call 435-865-8421.

## FRI, JUNE 2

**SUMA: CREATE PLAYDATE (10AM) @ SUMA (13** S 300 W, Cedar). Admission FREE. A special story time and hands-on creative activity in performing and visual arts. Each Create Playdate is about 45 minutes long and is geared toward preschool children (ages 3 to 5) and their parents or guardians. Registration not required.

**CEDAR STREET FEST (EVERY FRI 3-10PM) @** Cedar Fun Center (170 E Fiddlers Canyon Rd, Cedar). Local businesses, farmers markets, artisans, musicians, comedians, drive-in movies,

etc. for a weekly celebration of Cedar City's unique culture. INFO: www.cedarstreetfest.com.

**SWTC CAR SHOW (6-8PM) @ AUTOMOTIVE** & Tech Building (555 W 800 S, Cedar). Admission FREE. Music, food, door prizes, beautiful cars. INFO/Enter 435-865-3939.

**WENDY WOOD MEMORIAL RODEO (JUNE** 2-3, 7-10pm) @ Cross Hollow Event Center (11 N Cross Hollow Rd, Cedar). Admission \$12 adults, \$7 children. Tickets online or at gate. Breakaway roping, mutton busting, and more!

**CEDAR VALLEY COMMUNITY THEATRE** - CINDERELLA: (7:30pm, 2, 3, 5, 8, 9, 10) @ Heritage Center Theater (105 N 100 E, Cedar). General admission \$15. \$10 for seniors and students with ID, available at Heritage Center Box Office and cvct.online.

## SAT, JUNE 3

**VETS HELPING VETS POKER RUN (RIDE)** (9-11am Signups) @ Veterans Park (200 N 200 E, Cedar City). \$30 per person. Comes with shirt (passenger \$10 with \$20 for extra shirt). Route takes about 2 hours. Open to everyone including cars! Pre-registration available online at www.utahcvma4.com. Proceeds help veterans and families. Open to the public and can be done in a car. After Party at Mikes Tavern (90 W Hoover Ave, Cedar).



**ICAMA: MUSIC IN THE PARK (12-8PM) @** Cedar City Main Street Park (200 N Main). Admission FREE. Donations accepted. Enjoy live music, vendors, and food trucks. Music will include Bluegrass, Acoustic and Americana and Tyler Braun's open drum circle at noon. Bring a blanket, chair, and friends, and join us as we kick off the summer right! INFO: Facebook: /ironcountyacousticmusicassociation.

## 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](http://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](mailto: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](http://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](http://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](http://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](http://Sunrisechurch.net).

## CLASSES, CLUBS &amp; 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 [cedarmodela@gmail.com](mailto:cedarmodela@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](http://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](http://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](mailto:ironcountymomsforamerica@gmail.com)

**Parowan Pickleball**

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

**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](http://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](http://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](mailto:ksharp@swuhealth.org)

**To add your ongoing opportunity to our calendar, call 867-1865, ext.6 or email [news@ironcountytoday.com](mailto:news@ironcountytoday.com)**

## schools

# Gateway students enjoy an adventurous outing

FROM KATI MEYERS

K/1 TEACHER

The Gateway Academy Kindergarten and 1st grade students were able to go to the Tonaquint Nature Park this week. They did

a nature scavenger hunt and saw lizards, ducks and turtles. Then, they had a picnic and went to the Thunder Junction All Abilities Park in St. George where students played in the water and had a glorious afternoon.



COURTESY GATEWAY ACADEMY

## people



### 1ST BIRTHDAY

#### Josephine Lindsay Clark

Josephine Lindsay Clark, daughter of Peter and Lindsay Clark, of Twin Falls, Idaho, celebrated her first birthday on May 11, 2023. She is an absolute delight to her family, including her siblings Lydia, Owen, Lucy, Ezra, Spencer, and Sam. Her grandparents are Lewis and Maureen Clark of Nauvoo, Illinois and Roland and Julie Williams of Cedar City. Jo is also fortunate to have a great grandfather, Sheridan Hansen of Cedar City. We sure all love our sweet JoJo!

## Want to submit a people announcement?

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](http://ironcountytoday.com), or emailed to [news@ironcountytoday.com](mailto: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.

## IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

### Enoch Elementary

Chalk was flying at Enoch Elementary's annual Color Run! This year the PTA added an awesome obstacle course. Students ran through tires, crawled through giant pipes, hopped through hula-hoops, and crossed the finish line at the balloon arch. Before the event students raised funds for school improvements and earned fun prizes. Thank you to the community for supporting our school!



### South Elementary

South Elementary would like to thank our awesome PTA President Cassidy Smith and her board for all that they have done for our school this year. They have spent countless hours doing so many different activities with our students and staff. They really are the best!

### Three Peaks Elementary

3rd grade students participated in their annual egg drop on Thursday, May 11. Each student carefully created a wrapping around a raw egg in hopes that it would survive the drop from the school's roof. Amazingly, some eggs made the drop without breaking. Thank you to the parents who helped their child participate in this fun adventure and to the 3rd grade teachers for scheduling the event; Shaun Hunt, Stephanie Abbott, Tonya Stratton, and Shauna Marshall. Also, a special thanks to Mr. Hunt for being brave enough to drop the eggs from the school's roof and to the "chicken" who made a special

guest appearance to help with the event. On May 15, the PTA sponsored a Color Run for our students. There were tunnels to crawl along, a balloon arch to walk under, and of course all of the colors to run through. The students, teachers, and parents had a grand time as they walked around the track, got sufficiently covered with chalk, and then danced to music. Please remember that school dismisses at 1:30 pm on both May 25 and 26 this week, with Friday being the last day of the school year. Thank you to everyone for making it such a grand year!



### Fiddlers Canyon Elementary

It's our last week of school! We have had a great year as we've learned, laughed, and loved being Fiddlers Mustangs. Our 5th graders recently performed their American history program, "We the People." We are grateful to them for their performance and to our dedicated teachers who helped students put on a great show!



We hope everyone has a great summer! Be sure to follow the Fiddlers Canyon Elementary PTA page on Facebook for updates about community events, Back to School Night, and other teacher and student highlights.

# Pink Tea pours compassion for Camp Kesem kids

by Ruth Scovill

FOR IRON COUNTY TODAY

On Saturday May 13, the annual Pink Tea event was held in the SUU Great Hall to raise funds to help send children whose parents are battling cancer, to Camp Kesem. It was hosted by Power in Pink (Iron County) Iron County and the SUU Camp Kesem Crew. Power-In-Pink (Iron County) also sponsors a 5K run in the Fall to celebrate cancer survivors and raise funds for those who are battling cancer.

Guests, young and old, were adorned with feathery, frilly hats appropriate for a tea party. The event included prizes for those donning the best hats. Guests could also choose from assorted teas served with hot water in fine China teacups, (or ice water for those who aren't even tea-totalers—it's fun to sip from fine China, too!). Traditional vanilla bean scones accompanied the tea. There were even lovely little tea sandwiches and dessert included tiny towers of lemon or strawberry cakes, and chocolate-dipped coconut macaroons.



Each year the Pink Tea event brings together beautiful people for a wonderful cause, helping children be children despite their challenges.

PHOTOS BY RUTH SCOVILL



Although Camp Kesem is a national organization, the specific Utah campsite is located near Toole, Utah. Kids who go to camp, as well as the counselors, take fun "camp names" to help protect their

privacy as they enjoy fun activities and learn to process what they are going through as children of parents or legal guardians who are fighting cancer. Some of the children have also lost a parent to cancer.

Members of the SUU Camp Kesem Crew, led by Cameron Monson, camp name "Pineapple Brian," explained that the Crew helps to prepare students to serve as counselors at Camp Kesem and to take kids from

the Cedar City area up to the camp. He declared, "Cancer or not, every child deserves to be a child, and that is why I Kesem."

Other members of the SUU Kesem Crew also explained their reason for wanting to be part of the camp. Tiffany Watson, camp name "Ducky," does Camp Kesem because she believes kids should have a place where they can be kids. Regan Judd is excited to be going for the first time and Isaac, camp name "Snowbird," found Camp Kesem about two years ago...one month after he lost his mother to cancer. He wants to help provide a support system to kids that he didn't have but is something that he wished he had.

Some of the other children who are going to or who have been to Camp Kesem also got to share some of their reasons for going and their

**"Cancer or not, every child deserves to be a child, and that is why I Kesem."**

**Cameron Monson**

experiences at the camp. They expressed how important it is to them to share their stories, make friends, and have a place to make friends. Even just having a place to chill, and to be understood is important. Camp Kesem means having a place where they know that they are not alone. Lifelong friendships are made at camp.

Robyn Brown, a mother who has sent her children to Camp Kesem, explained how important it has been for her children to be able to go to the Camp. Being a kid at Camp Kesem gives her children a chance to be a kid without worrying about what is going on at home for a little while. The young campers find people who can understand what they are experiencing and have empathy for each other.

# Patches4Patriots honors local Veteran with an honorary 300,000th Quilt Award

from Esmeralda Carter

## QUILTS OF VALOR

The Patches4Patriots group awarded group leader, Esmeralda Carter an honorary 300,000th Quilt of Valor on May 2, 2023. Esmeralda is a retired United States Navy, Gulf War veteran and local group leader for Iron County, Cedar City, Utah.

Husband Bry Carter was also awarded the 20th Anniversary Quilt of Valor. He is a retired United States Navy veteran and Iraq/Afghanistan war veteran.

The award was presented in the Heritage Theater building in Cedar City, along with the Letters from Home organization. In attendance were group members and family & friends. Quilts were made by the local group, Patches4Patriots members and awarded by Crystal Farinella, Quilts of Valor State Coordinator.

This honorary quilt award celebrated a special Quilts of Valor milestone. The Quilts of Valor Foundation (QOVF) have made almost 300,000 quilts total since 2018 when QOVF began tracking the number of Quilts of Valor created. QOVF encouraged local Quilts of Valor groups to award an honorary 300,000th quilt to a Veteran in their community to celebrate this milestone.

Patches4Patriots is one of the 600 QOVF member groups that create quilts and award



(Above) Esmeralda Carter and husband Dr. Bry Carter, receive their honorary quilts. (Below) (L to R) QOV State Coordinator, Crystal Farinella (Patches4Patriots Group Leader), Esmeralda Carter (Gulf War Veteran) and her husband, Dr. Bry Carter (Iraq War Veteran) examine the beautiful quilt.



PHOTOS COURTESY ESMERALDA CARTER

them to Veterans touched by war. QOVF's mission is to cover Service Members and Veterans touched by war with comforting and healing Quilt of Valor.

These quilts are awarded during ceremonies where Veterans are honored for their service. QOVF has over 10,000 members who make and award over 30,000 quilts a year.

Patches4Patriots started in 2021 and has been making and awarding quilts to local Veterans. The group invites any interested volunteers that would like to help make quilts, coordinate award ceremonies, or donate to the group to contact Patches4Patriots group at 757-438-2371. Quilts of Valor® Foundation, PO Box 191, Winterset, Iowa 50273. [www.QOVF.org](http://www.QOVF.org).

Our Mission: To cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor. The Quilts of Valor Foundation is a non-profit organization established and operated in accordance with section 501(c)(3) of the US Internal Revenue Code.

# Happy Birthday to Ye Old Catholic Thrift Shoppe

by May Hunter

FOR IRON COUNTY TODAY

Ye Old Catholic Thrift Shoppe in Cedar City opened on May 22, 1997. The thrift shoppe will be celebrating its 26th Anniversary this week on May 25, 26, and 27 with a number of special events to show customers how much they are appreciated.

The Catholic Thrift Shoppe continues to be a thriving part of the community, fulfilling its mission, giving shoppers a place to hunt for bargains in their efforts to make ends meet during the tough times everyone has faced.

Their loyal customers and donors keep the business alive through donating and shopping at the store. The store is actively involved with assisting clients of the Iron County Care & Share, Canyon Creek Services, and special emergency needs of the community. Together they help the community by giving donations of new baby items to the St. Martha's Baby Project, pop tabs to the Ronald McDonald House, new toiletry items to Iron County Care & Share and new school supplies to the local Family



MAY HUNTER

Support Center. The Thrift Shoppe also played a large role in retiring the mortgage of Christ the King, the only local Catholic church in Cedar City.

They would not survive without volunteers. There are seventy-five volunteers who give their time and effort freely in order to help. They are proud of each and every person who emulates Their Mission Statement "Forming a loving and caring community, one that mirrors and reflects the love of Jesus for us and from us to all whom we work and meet."

Congratulations Ye Olde Catholic Thrift Shoppe for 26 years of service in Cedar City, Utah. All are welcome to come shop, donate, volunteer or like many, stop in to just say, "hello."

## obituaries

### Michael Patrick Brady

Michael Patrick Brady returned home to his Father in Heaven on May 15th, 2023. Michael was born on April 7, 1957, to Patty Eileen Pepper and Bill Jay Brady in San Fernando California. He had a great heritage of family who got together on weekends to celebrate life. His parents parted and his mother remarried, giving him his second sister. His dad would remarry and give him three brothers and a sister.

Michael graduated from George Whittell High School and set out on the grand adventure of Life. He loved music and played many instruments, including singing. He would pursue a job in banking with Wells Fargo bank. While in the San Francisco area he went to the University of California Berkley where he would become an accomplished Deaf Interpreter. This talent would be a great part of his life. It would allow him to meet many people.

After California he moved to Texas and went to MD Anderson Cancer research center and Hospital as their IT specialist. It is in Texas where he was introduced to the Church of Jesus Christ of Latter-day Saints. He was baptized and became an active member until his death. His sign language training allowed him to have many callings with the deaf in the Church and he also had a passion for family history. Many hours would be spent doing temple work.

While in Texas he would become ill and be told he only had a few months to live. He sold all his things and bought a camper and truck, deciding to see the United States with what time he had left. Ten years later he was still enjoying this beautiful country. Due to health and callings in the Church, Michael would settle in South Lake Tahoe. This is where he met his wife, Sandra Kay Truesdell. They were married on January 22, 2000. They were later sealed in the Reno Temple for Time and All Eternity, April 7, 2001.

A prompting brought them to Cedar City, Utah where they reside to this day. Michael is survived by his Father Bill Jay Brady, his Wife Sandra Kay Brady, His Son Andrew Hruby (Jin) and Daughter Laurel Hruby (Josh), His Sisters Beverly Laughter (Randall), Melissa Wilhelm (Chad), Branda Hale (Tim) Hale. His Brothers Mark (Karen) Brady, Scott (Robin) Brady, and Matt (Kim) Brady. His five Grandchildren Benjamin, Dominic, Josh, Kali Jayne and Daniel.

Service will be held at the Church of Jesus Christ of Latter-day Saints Greenslake Chapel, W Greenslake Dr., Cedar City, UT, On May 27th at 10 Am. In lieu of flowers the family asks that you give a donation for funeral expenses.

### Jacqueline Raquel Reber



On May 12, 2023, the world lost one of its brightest lights - Jacqueline Raquel Reber! It was on June 1, 2003, that this curly raven haired, almond green-eyed beauty made her debut into the longing loving arms of her parents, Russell and Misty Reber, whose two daughters are their greatest treasures.

Jacqueline was born in St. George, Utah and raised in Cedar City, Utah. She was a mystical magical being who spread sunlight and sprinkled pixie dust wherever she went! She was a voracious reader who loved giving book recommendations as she was writing approximately {we keep finding more} five books of her own. She was not only an eternal student always in search of truth; she was also one of the greatest teachers



of all time. Her depth of soul was magnanimous. Her intelligence was breath taking in its scope. She loved to hide behind her beauty and roast you with her quick wit.

She lit up the room and warmed everyone in it. She was an empathetic collector of souls who did all in her power to help those in need. She frequently honed her skills so that she was prepared at all times to trump anyone who challenged her at Disney Trivia. She was especially fond of books, plants, cats, crystals and lost souls. As a young child, she was blessed with a beautiful natural vibrato. Her singing voice was mesmerizing. She was a gifted artist and an exquisite ballerina. She was also a flyer for the Canyon View High School Cheer Team.

While studying History and Literature at Southern Utah University, her favorite job was working at the Bristlecone Cafe. Jacqueline loved fiercely. Her magnanimous heart always had room for anyone in need of a safe place. She always fought for the underdog. She was a true friend to all. She was fierce; she was fiery; she packed a big life into a very short timeline. She came here to do what she needed to do. She not only taught us how to love unconditionally, she showed us how it was to be done.

Jacqueline was preceded in death by her grandparents, Glen Colin Miller Sr., Brenda Williams Reber Aila and Paul Reber. She is survived by her beloved parents, Russell Williams and Misty Lyn Miller Reber and her little sister, Bronwyn Kathryn Reber, whom Jacqueline adored, her grandmother Wanda Fae Miller Deller and grandfather James Martin Deller.

Funeral Services took place at The Southern Utah Mortuary located at 190 North 300 West, Cedar City, Utah 84720 on Friday, the 19th of May at 2:00 p.m. Prior to the Funeral, there was a Viewing from 12:30 to 1:30 p.m. Interment took place at the Cedar City Cemetery, under the direction on Southern Utah Mortuary. Online condolences may be left at [www.mortuary.org](http://www.mortuary.org). The family wishes to thank all those who have extended their unconditional love and support. We have felt it and been sustained by it.

## Want to submit an obituary?

There is a charge of \$100 for obituaries to be published. Submissions can be made online at [ironcountytoday.com](http://ironcountytoday.com), emailed to [news@ironcountytoday.com](mailto: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.

## faith

## Yes, Yes, and Yes—Gratitude improves one's life (Part 6)

by **Eddy Meredith**

FOR IRON COUNTY TODAY

Robert A. Emmons, Ph.D., is considered the world's leading scientific expert on gratitude. He is a professor of psychology at the University of California in Davis, California, and the founding editor-in-chief of "The Journal of Positive Psychology." He is the author of the following books: "Thanks! How the New Science of Gratitude Can Make You Happier", "Gratitude Works! A 21-Day program for Creating Emotional Prosperity", "The Little Book of Gratitude", "Greater Good Magazine", and "Words of Gratitude for Mind, Body, and Soul" where the key to a joyful life is seeing all of life as a gift. A gift is given willingly to us without requiring payment, and in this case, is a natural ability, talent, flair, and aptitude for gratitude that appears to be built into human DNA. The science of gratitude is not a fluffy idea, but it is based on tested science. I recommend the purchase of at least one of Dr. Emmon's books online in the used book market.

Out of Dr. Emmon's professional work has also come the Greater Good Science Center located in Berkeley, California, which produces a Monthly Happiness Calendar which you can download at: [greater@berkeley.edu](mailto:greater@berkeley.edu). Need I remind you that the basis for most of the world's religions begins with a path toward inner peace, deeper meaning, greater enlightenment, and gratitude—the hallmark of our rediscovered science-based positive psychology leading to a constant state of physical, emotional, mental, and spiritual blessedness.

The Greek word translated

"blessed" refers to a state in the here and now as well as in the anticipated eternity after-this-life which means to be fully satisfied with a joy that comes from being saved from despair to a sense of salvation that communicates the thought of deliverance, safety, preservation, soundness, restoration, and healing. It is a progressive and not a static state where the saved hunger and thirst after righteousness, knowing that attitude and conduct are led by honest and truthful principles.

"Blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are they that mourn for they shall be comforted. Blessed are the meek for they shall inherit the earth. Blessed are they which hunger and thirst after righteousness for they shall be filled. Blessed are the merciful for they shall obtain mercy. Blessed are the pure in heart: for they shall see God. Blessed are the peacemakers for they shall be called the children of God. Blessed are they which are persecuted for righteousness' sake for theirs is the kingdom of heaven. Blessed are you when men shall revile you and persecute you and shall say all manner of evil against you falsely. Rejoice and be exceedingly glad for great is your reward in heaven." (Matthew 5:3-12)

Blessed are those who see beyond their own circumstances in the moment here and now to the great future still to come. And how do we teach gratitude to our children and grandchildren? We will explore that next time so that future generations will have better health, longer life, and greater wellbeing by harnessing the power of joy, mindfulness, inner strength, and human flourishing.

## Honk for help

I was in the carwash last week (yes, inside my vehicle) and as the mechanical track took me along the pathway of purging, I noticed a sign on the wall, "Honk for Assistance." Good to know that as I went through the throes and cleaning chaos of the carwash, that should something go wrong, I can honk my horn and someone will know I'm in trouble and send help.

The first thought that came to mind, despite how noisy it was (and how glad I was being on the inside of my vehicle) was the image of the bumper sticker that says, "Honk if you love Jesus." I also

fight (1 Timothy 6:12, 2 Timothy 4:7-8), even if the trial or temptation, sickness or sorrow is not immediately illuminated and eliminated (Deuteronomy 31:6).

Maybe you think that you're honk isn't loud enough for God to hear you? If it comes from your heart, He hears you. Whether it's a bicycle horn, train horn, or a foghorn on a battleship, God hears you. (Isaiah 65:24). That being said, maybe you've been honking your whole life and still feel unheard and unloved. I know that when our mortal logic is misled about love it can quickly turn to loathing when we feel forgotten and forsaken

(Romans 8:38-39). Please don't misinterpret God's silence for indifference. He still has a plan and a beautiful and powerful purpose for your pain (James 5:13-18) and life (Jeremiah 29:11). Don't give up, keep honking (Psalm 91:14-15).

Sometimes we need to honk for help when we need to forgive someone, including

forgiving ourselves (Matthew 6:12,14). And when the devil is blaring his horn of wickedness at us, we need to honk (pray) for deliverance (Matthew 6:13) and strength to overcome and escape (1 Corinthians 10:13).

Today, no matter where you are traveling on the roads of life, don't be afraid to honk for help. Yes, you can also honk if you love Jesus, just don't forget that an important part of "Praying always" (1 Thessalonians 5:17) is also learning to listen always. As you do so, you will hear God's heavenly honks in your heart reminding you that He is with you always (Matthew 28:20) and loves you (John 3:16-17, 1 John 3:16).



wondered if someone out there has one that says, "Honk if you need Jesus."

Because the paths of life—even the right ones, even the straightest and narrowest (Matthew 7:13-14)—are still noisy, chaotic and full of opposition in all things (James 1:2-4). Yet, as we progress, we are encouraged and comforted in knowing that God is still in charge, that He still loves us and will still lead us through (Psalm 16:5-11) our throes and uphold us with His hands and heart (Isiah 41:10).

And when those storms of life come upon us—whether they are unexpected or not—when we reach out to Him (honk our hearts)—He will hear us and help us have courage to keep fighting the good

## VERSE OF THE WEEK

### JOHN 14:26

*"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you."*

With so many different philosophies (for better and worse) being taught in today's classrooms—physical and virtual—it is a great fortitude, reinforcement and comfort to know that God has given us the Holy Ghost to help guide and guard us in wisdom's paths.

# RUNNERS UP

## CEDAR BOYS FINISH SECOND AT STATE TRACK

And now, another school year of athletic competition has come to a close for Iron County. There were a lot of entertaining highlights from the spring season that wrapped up with the state track meet, and the Cedar boys team led the way. Behind a win in 4x400-meter relay and a pair of second-place finishes from senior Logan Peel, the Reds came through with a second-place finish in the final

### RANDOM thoughts

Tom Zulewski  
IRON COUNTY TODAY



team standings with 97 points.

Snow Canyon handily won the boys 4A state title with 214 points, and Pine View finished third overall at 67. Peel capped off a week to remember with his efforts in the 800 and 1,600

meters, and he started the week by signing a letter of intent to run for Southern Utah University on May 16 in front of friends, family and teammates at the CHS campus.

For the Cedar girls, Quincy Esplin easily won the state title in the discus with a throw of 130 feet, 6 ¼ inches, and the team was fifth overall with 84 points. Desert Hills won the girls team title with 108.5, just ahead of run-

see [STATE TRACK](#) » 23

The Cedar Boys proudly display their 2nd Place trophy after a grueling duel on the track and field.





(L to R) Addy Dalton, Ashley Flannigan Kenzie Bird, Anna Reed kept the Reds in the running.



Harmony Lopez - Canyon View (300M Hurdles)



Parowan's Brentlee Mineer overcomes her hurdles to take the lead.



4A Discus Podium with Quincy Esplin (Center) and McKenna Twitchell (Left)



Cedar's Quincy Esplin gets ready for her discus throw.

PHOTOS BY TANNER ESPLIN

## STATE TRACK

« CONTINUED FROM PAGE 21

ner-up Green Canyon.

In the 3A girls meet, Harmony Lopez stood atop the medals podium for Canyon View, winning the title in the 300-meter hurdles after a time of 44.95. She joined with teammates Maycee Sorensen, Ashlyn Dustin and Gabriele Dabb to finish second in the 4x100 relay in 50.74 seconds.

The Falcons finished third overall in the girls 3A meet with 65 points, only eight behind runner-up Juan Diego.

Here are all of the Iron County athletes who finished in the top three of their events at the state track meet held May 18-20 at BYU:

### 2A-4A Boys

- » 4x200-meter relay: Cedar, 2nd (Reuben Vinson, Adam York, Tel Hirschi, McKoy Smith), 1:29.46.
- » Unified 50-meter: Zachary Harker (Cedar), 3rd, 7.97; Wyatt Lake (Canyon View), 2nd, 8.69
- » 4x800 relay: Cedar, 2nd (Kyler France, Charlie Davidson, Caleb Burrows, Braxten Gifford), 8:04.31.
- » 1,600 meters: Logan Peel (Cedar), 2nd, 4:21.15.
- » 400 meters: Asher Groft (Canyon View), 2nd, 49.77.
- » 300-meter hurdles: McKoy Smith (Cedar), 2nd, 38.13.
- » 800 meters: Peel (Cedar), 2nd, 1:56.03.
- » 4x400 relay: Cedar, 1st (York, Gifford, Smith, Hirschi), 3:21.88
- » Shot put: Dallen DeMille (Cedar), 2nd, 49-10.75
- » Unified shot put: Harker (Cedar), 3rd, 19-6.25

### 2A-4A girls

- » 4x800 relay: Cedar, 2nd (Mayce Dalton, Izzy Illlian, Leah Albrecht, Scarlett Guillen), 9:54.32.
- » 400 meters: Gabriele Dabb (Canyon View), 3rd, 58.47.
- » 300-meter hurdles: Harmony Lopez (Canyon View), 1st, 44.95.
- » 800 meters: Dalton (Cedar), 2nd, 2:21.21 (beat Hadlie Ballard of Green Canyon by .01)
- » 4x100 relay: Canyon View, 2nd (Lopez, Maycee Sorensen, Ashlyn



*Cedar's Tel Hirschi flies to the finish line in 1st for his 4x400 team.*

TANNER ESPLIN

- Dustin, Dabb), 50.74.
- » Parowan, 2nd (Matilee Sudweeks, Deanna Gale, Abby Jacobsen, Brentlee Mineer), 51.95.
- » Shot put: Kiara Hansen (Cedar), 3rd, 38-4.75.
- » Discus: Quincy Esplin (Cedar), 1st, 130-6.25; Addilyn Guymon (Parowan), 3rd, 93-10.75.

**One highlight from the 4A baseball state tournament worth mentioning:** even with a 17-game losing streak during the season, the Cedar Reds finished strong and was the only team to extend a Super Regional series to the full three-game distance in the opening round.

Cedar had trailed 8-1 in the opener, but a rally over the final two innings fell short in an 8-7 loss. They trailed 5-1 after three innings in Game 2, but put together a pair of five-run innings and held on in the seventh for an 11-10 win that forced a

third game.

Even if the overall record was different, the finish of the season left Cedar on a positive note for next year.

With the 4A ranks expanding in the fall to four regions, including the return of Region 9 to our area – the challenge of championship success gets magnified a little more now. It will be interesting to see what happens.

### **On the softball side, Cedar went 2-2 in four games**

played at Cottonwood Softball Complex. The Reds fell in the opener to Bear River, 7-2 on May 17. The Bears had trailed 2-1, but put together three-run innings in the fifth and sixth to rally for the victory.

Later in the day, Cedar scored nine runs in the top of the first and went on to beat Sky View, 14-7. Lexi Ludlow and Haylee Campbell homered in the win, and Campbell went 5-for-5 at

the plate with four RBI, including two doubles.

On May 18, Cedar eliminated Desert Hills with a 9-5 victory. The Reds broke a 3-3 tie with six runs in the top of the seventh. Ludlow homered twice and Shaylee Johnson added one of her own in the win.

Bear River ended Cedar's season later in the day with a 10-1 victory. The Reds broke up the shutout with a run in the top of the sixth inning and finished the season 15-15 overall.

With the 4A ranks expanding in the fall to four regions, including the return of Region 9 to our area – the challenge of championship success gets magnified a little more now. It will be interesting to see what happens.

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

# SUU qualifies 8 for Division I Outdoor Track and Field Western Regional

by *Regan Hunsaker*

ASSISTANT AD, SUU SPORTS INFORMATION

**CEDAR CITY** — The NCAA announced Thursday qualifiers for the Western Regional of the 2023 Division I Outdoor Track and Field Championships. Eight Southern Utah athletes qualified for the highly anticipated NCAA Outdoor Track and

- » Haley Tanne (Anderson) - Event: 3000m Steeplechase
- » Jentry Skidmore - Event: Long Jump
- » Ajia Hughes - Event: High Jump
- » Cedar English - Event: Long Jump
- » Astley Davis - Event: Triple Jump
- » Hayden Harward - Event: 3000m Steeplechase
- » Jaedyn Carpenter - Event: 400m
- » Santiago Gaitan - Event: 1500m

Coach Eric Houle expressed immense pride in the achievements of the Thunderbird athletes, stating, "These are some of the best athletes in the NCAA. It's going to be fun watching them represent SUU at the first round of the national championships."

The NCAA Outdoor Track and Field Western Regional, taking

*Ajia Hughes and the SUU Thunderbirds jumped and raced their way into 8th place for this week's Western Regional*



SUU ATHLETICS

*"These are some of the best athletes in the NCAA. It's going to be fun watching them represent SUU at the first round of the national championships."*

**Coach Eric Houle**

Field Championships. These outstanding individuals have showcased their exceptional skills and dedication, securing their spots among the nation's top athletes in their respective events.

The following Southern Utah athletes have earned their rightful place in the NCAA Outdoor Track and Field Championships:

These exceptional athletes have demonstrated remarkable talent and relentless training throughout the year. Their outstanding performances during the season have been record-breaking for the Thunderbird Track and Field program and have earned them well-deserved recognition on a national level.

place from May 24 to May 27 in Sacramento, California, will bring together the finest collegiate athletes, providing an extraordinary platform to showcase their skills on a grand stage.

Southern Utah University extends its heartfelt congratulations to these talented athletes and wishes them the best of luck as they compete at the Western Regional of NCAA Division I Outdoor Track and Field Championships.

*Stay current on the Thunderbird track and field programs by following @SUUTFXC on Twitter and Instagram and like the Southern Utah Track and XC page on Facebook.*

## PREP SCOREBOARD

### SCORES

#### Region 10 Baseball

- 5/15 4A PLAYOFFS, BRACKET PLAY AT BYU**  
Snow Canyon 3, Bear River 2  
Mtn. Crest 5, Desert Hills 1  
Green Cyn. 5, Crimson Cliffs 1  
Dixie 10, Ridgeline 1
- 5/16** Snow Canyon 6, Mtn. Crest 5  
Bear River 11, Desert Hills 10  
Dixie 8, Green Canyon 1  
Crimson Cliffs 8, Ridgeline 1
- 5/17 AT UVU**  
Snow Canyon 9, Mtn. Crest 8  
Mtn. Crest 15, Bear River 5  
Crimson Cliffs 11, Green Cyn. 1  
Crimson Cliffs 11, Dixie 5
- 5/18** Crimson Cliffs 4, Dixie 2
- 5/19 4A PLAYOFFS, CHAMPIONSHIP (BEST-OF-3)**  
Crimson Cliffs 9, Snow Cyn. 2
- 5/20** Crimson Cliffs 13, Snow Cyn. 0

#### Region 10 Softball

- 5/17 4A PLAYOFFS, BRACKET PLAY AT COTTONWOOD COMPLEX**  
Bear River 7, Cedar 2  
Ridgeline 9, Mountain Crest 0  
Desert Hills 1, Sky View 0  
Snow Cyn. 3, Crimson Cliffs 1  
Mtn. Crest 9, Crimson Cliffs 3  
Cedar 14, Sky View 7  
Bear River 4, Desert Hills 2  
Ridgeline 2, Snow Canyon 0
- 5/18 4A PLAYOFFS, BRACKET PLAY AT COTTONWOOD COMPLEX**  
Cedar 9, Desert Hills 5  
Bear River 10, Cedar 1  
Mtn. Crest 6, Snow Canyon 4  
Ridgeline 13, Mountain Crest 0
- 5/19 4A PLAYOFFS, CHAMPIONSHIP (BEST-OF-3) AT BYU**  
Ridgeline 3, Bear River 2
- 5/20** Bear River 8, Ridgeline 4  
Bear River 12, Ridgeline 3

### STANDINGS

RPI RANKINGS IN PARENTHESES

#### Region 10 Softball

	REGION	OVERALL
Desert Hills (3)	11-1	18-7
Snow Canyon (4)	11-1	22-11
Crimson Cliffs (5)	8-4	14-9
Cedar (7)	6-6	15-15
Hurricane (9)	4-8	11-12
Pine View (13)	1-11	6-18
Dixie (11)	1-11	5-19

# Mindful Martial Arts sparring tournament nearly doubles participants

from Jason Marsteller

FOR IRON COUNTY TODAY

Mindful Martial Arts held its second Sparring Tournament at the Spirit Wellness Club on Saturday, May 20, as the total participation nearly doubled from the inaugural event a month ago (<https://www.mindful-mma.com/post/competitive-clashes-highlight-mindful-martial-arts-inaugural-sparring-tournament>). This time, Mindful had six separate divisions as opposed to the three a month ago in a first-to-seven competition. Today's tournament featured 20 competitors, up from the 13 in the original event.

"We are so thrilled to have the opportunity to put together these sparring tournaments," Mindful Martial Arts owner Michael Hoag said. "After our first tournament a month ago, we are excited to see it double in divisions and nearly double in competitors. We will continue to work on growing this tournament to the point where we can invite other schools to participate."

Benjiman Marsteller, a 12-year-old second-degree blue belt, claimed gold

*"We will continue to work on growing this tournament to the point where we can invite other schools to participate."*

**Michael Hoag, Mindful Martial Arts owner**

in the advanced 10-and-over division, while Wesley Daily, an 11-year-old orange belt snared his second gold medal as he competed unopposed in the intermediate 10-and-over division. Hana Scott, a 12-year-old white belt, rounded out the 10-and-over medalists with gold in the beginner division.

Mary Chaudhry, a nine-year-old yellow belt, improved from bronze in the first tournament to snag gold in the nine-year-old advanced division, while Landon Stucki, a nine-year-old green belt, earned his first medal with gold in the beginner's division.

Asher Roberts, an eight-year-old white belt, garnered gold in the eight-and-under division.



Advanced Division



9-10 Age Division



7-8 Age Division

PHOTOS COURTESY MINDFUL MARTIAL ARTS

## Beginner Division - 8

### MEDALISTS:

- » Gold - Asher Roberts
- » Silver - Olivia Paoletti
- » Bronze - Morgan Stucki

## Beginner - 9

### MEDALISTS:

- » Gold - Landon Stucki
- » Silver - Zoey Hobbs
- » Bronze - Grant Stucki

## Advanced - 9

### MEDALISTS:

- » Gold - Mary Chaudhry
- » Silver - Fiona Eckman
- » Bronze - Gabriella Paoletti

## Beginners - 10+

### MEDALISTS:

- » Gold - Hana Scott
- » Silver - Randy Iller

## Intermediate 10+

### UNOPPOSED MEDALISTS:

- » Gold - Wesley Daily

## Advanced - 10+

### MEDALISTS

- » Gold - Benjiman Marsteller
- » Silver - Bradley Greenlee
- » Bronze - Avril Flores/Luke Hobbs

## Competitors

### (NAME, AGE, BELT)

- » Dash Bentley, 8, Green
- » Mary Chaudhry, 9, Yellow
- » Welsey Daily, 11, Orange
- » Fiona Eckman, 9, Orange
- » Avril Flores, 10, Green
- » Bradley Greenlee, 10, Green
- » Luke Hobbs, 10, Green
- » Zoey Hobbs, 9, Green
- » Dylan Iller, 7, White
- » Randy Iller, 10, White
- » Braxton Lebaron, 9 White
- » Benjiman Marsteller, 12, 2nd Blue
- » Gabriella Paoletti, 9, Yellow
- » Olivia Paoletti, 7 Yellow
- » Asher Roberts, 8, White
- » Hana Scott, 12, White
- » Grant Stucki, 9, Green
- » Landon Stucki, 9, Green
- » Morgan Stucki, 7, Orange
- » Rhett Stucki, 5, White

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**OPEN HOUSE: SATURDAY 27 11AM - 1PM 1900 E RAVINE** Rd. Enoch. Call Tammy Banks for info at 435-463-5412 (must access off Enoch Road) Coldwell Banker Advantage

## HELP WANTED

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**MULTI-FAMILY YARD SALE FRIDAY-SATURDAY, MAY 26-27** from 8am-12 noon at 2109 Serviceberry Circle, Cedar City. All proceeds benefit local children and teens attending camp this summer.

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## legal notices

### PUBLIC NOTICE

The Cedar City Police Department announces the disposal of found and unclaimed property in accordance with UCA 77-24a-5 and UCA 45-1-101. The Cedar City Police department has in its possession: mountain style, BMX, road and children's bicycles; scooters and hoverboards; hand/power tools and tool boxes; luggage and bags w/personal property; MP3 style players, video games, computers, and other electronics and computing devices; cell phones; keys; jewelry, coins and currency; home, sports and other collectibles; shoes, clothing and bedding; wallets, purses, backpacks; sporting, golf, skiing and camping equipment; firearms, holsters, gun cases and knives; strollers; camera equipment and drones. All unclaimed found property and all other unclaimed property will be disposed of in accordance with state law and city policy after Monday, August 7, 2023

Published May 18, 25 & June 1, 2023  
Iron County Today • #0515

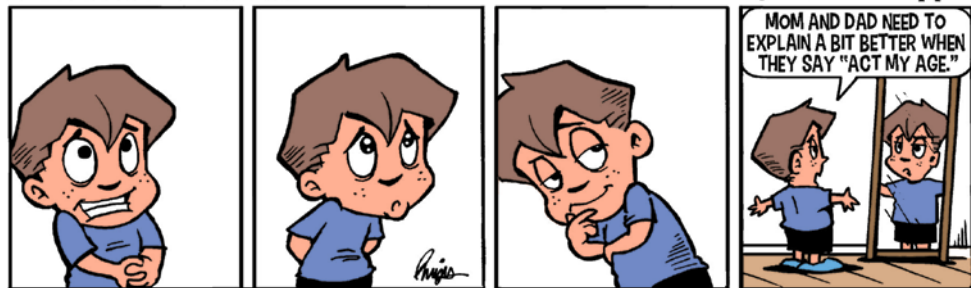
**donate**



SCAN ME

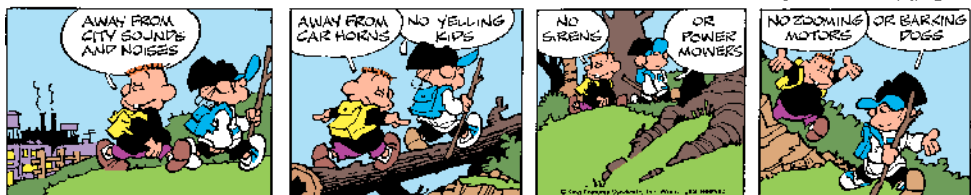
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IRON COUNTY **today**



by Dave T. Phipps

**TIGER**

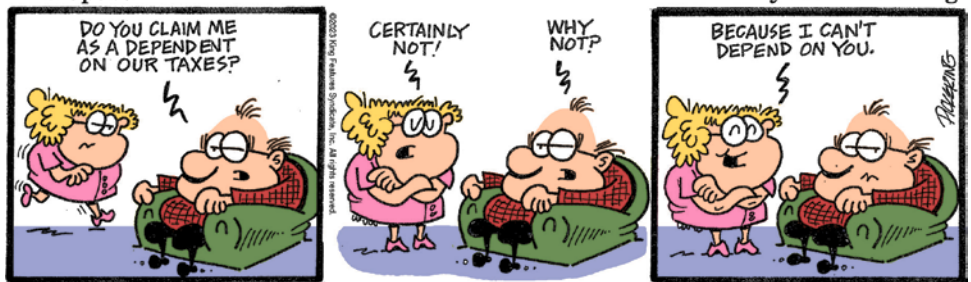


by BUD BLAKE



The Spats

by Jeff Pickering



### Weekly SUDOKU

by Linda Thistle

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

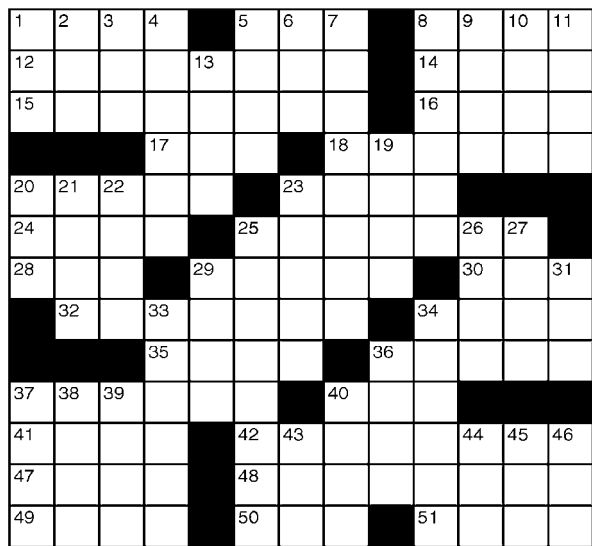
Find at least six differences in details between panels.

Differences: 1. Sneaker is different. 2. Sleeve is shorter. 3. Paper is smaller. 4. String is missing. 5. Sail is different. 6. Log is missing.

# King Crossword

**ACROSS**

- 1 Beer ingredient
- 5 Adj. modifier
- 8 Taverns
- 12 "The Middle" actress Heaton
- 14 Denny's rival
- 15 Susan of "Dead Man Walking"
- 16 Donated
- 17 Business mag
- 18 Rose and fell on the sea
- 20 Chicago cagers
- 23 Seethe
- 24 God of war
- 25 Adirondack lake
- 28 Martini ingredient
- 29 "Star Wars" baddie
- 30 Pirate's chart
- 32 Arabian nomad
- 34 Minus
- 35 Melodies
- 36 Blitzen's boss
- 37 Two-piece suit
- 40 Jazzy style
- 41 Greek vowels
- 42 Revolutionary War battle
- 47 Hamlet, e.g.
- 48 Stumble on



- 9 Melville cap-tain
- 10 Peregrinate
- 11 Raced
- 13 Hostels
- 19 Sharif of "Funny Girl"
- 20 Purse
- 21 "Topaz" author
- 22 Sultry Horne
- 23 Loses color
- 25 Clerics' rob- ing room
- 26 "So be it"
- 27 Group of actors
- 29 Futile
- 31 Unpaid TV ad
- 33 Elevated
- 34 Portable PC
- 36 Daytime drama
- 37 Hotel furniture (Abbr.)
- 38 Slanted type
- 39 Welles role
- 40 Edge
- 43 Coach
- 44 Parseghian
- 45 Eggs
- 45 Berlin's coun- try (Abbr.)
- 46 Museum dis- play

**DOWN**

- 1 AWOL pursu- ers
- 2 Bond rating
- 3 USPS delivery
- 4 Nature walks
- 5 Outlet letters
- 6 God, in Roma
- 7 Eighth U.S. president
- 8 London land- mark

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

Answer

### Weekly SUDOKU


Solution time: 22 mins.

Answers

### King Crossword



1. TELEVISION: What is the name of the high school in "Buffy the Vampire Slayer"?
2. MOVIES: Who voiced the character Woody in "Toy Story"?
3. LITERATURE: Who are the tragic lovers in the novel "Wuthering Heights"?
4. AD SLOGANS: Which product invites consumers to "taste the rainbow"?
5. FOOD & DRINK: Which root vegetable is known as Japanese horseradish?
6. ANATOMY: What substance gives skin its color?
7. GEOGRAPHY: Where are the Great Pyramids of Giza located?
8. HISTORY: Who was the first female prime minister of Great Britain?
9. SCIENCE: What is the hollow, woody tissue that carries water and nutrients from a plant's roots to the entire plant?
10. U.S. STATES: Which is the only state that doesn't have a mandatory seat belt law for adults?

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- Trivia Test Answers
1. Sunnydale High; 2. Tom Hanks; 3. Heathcliff and Catherine; 4. Skittles; 5. Wasabi; 6. Melamin; 7. Egypt; 8. Margarett Thatcher; 9. Xylem; 10. New Hampshire.

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5

## ways you can support your community newspaper...

**We take great pride in serving our community** and providing valuable information and news that keeps us connected and informed. As we move forward, we would like to request your continued support in keeping this vital aspect of our community thriving. Your contribution will not only ensure the sustainability of our paper but will also enable us to deliver quality content that addresses the needs and interests of our community. Thank you for your unwavering support, and we look forward to serving you for many years to come.

1 **donate**



### Make a Donation of Any Amount

Iron County Today is delivered to the community each week for FREE! A one time donation to the Iron County Today will allow the newspaper to keep offering this valuable FREE service.

2 **join**



### Join the Iron County Insiders Club

For \$15 a month you will be part of the club! Club benefits include:

- » First to see news before it's printed via private Facebook group.
- » Asked for input on stories before they are run.
- » Personal invitation and seat at ICT Annual Insiders Club Meeting where you can have some say on the direction of the paper.\*

3 **invest**



### Own Part of Iron County Today

It's important that the Local Newspaper is owned and operated locally and not by some out of state corporation that doesn't hold the same values as we do here in Iron County.

4 **advertise**



### Advertise in Our Publications

With weekly distribution to over 23,000 homes, you'll have far more eyes on your advertisement than any other option.

5 **contribute**



### Get Your Content Published

Are you a talented Photographer or Writer and want to help? Get published by sending us your amazing photos, editorial or story leads.\*

\* Per the direction and discretion of the Managing Editor



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OR go to [IronCountyToday.com](http://IronCountyToday.com)

OR visit us at our new offices:

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