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SCAN ME

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sports

CV boys
hoops win
Summer
Games gold



IRON
COUNTY

today

Still Time...



STORY IN SHOWCASE

Updates provided from Parowan City Council

by Jennelle Zajac

FOR IRON COUNTY TODAY

At the Parowan City Council meeting last Thursday, updates were provided on several items of general interest.

FY24 Parowan City Budget

The council has set a public hearing for 6pm on Thursday, June 8, 2023 to discuss the FY24 Parowan City Budget. The public is invited to comment on or ask questions about the budget and copies can be picked up at the Parowan City office.

Parowan Airport Runway Project

Armstrong Consultants has been selected to manage the runway repaving project, which has been 90% funded by federal funds with the remaining 10% being split between the State of Utah and Parowan City. The scope of the project includes new asphalt for the runway as well as conversion of the current airport lighting systems to LED.

Old Rock Church

Parowan's Old Rock Church will undergo renovation and repairs to "seismically enhance" the building and preserve museum artifacts, while connecting the past to the present and preserve the life skills that have made Parowan a great place to live and raise families.



Parowan Pool Update

Pool repairs continue! A generous donor offered to donate the labor to install and finish all the concrete and decking around the pool. Parowan City employees have since demolished the kiddie pool (deemed unsafe by the Health Department), existing deck and partial walls. Concrete removal revealed sources of the leaks that could not be previously identified, so workers celebrated a resounding success. Additional donations to date include wrought iron for the fence/wall, cabinets, and epoxy flooring inside the building. Scores of volunteers have shown up regularly to help with cleaning, painting and removal of debris. An Aqua-Zip and a Climbing Wall will be installed, replacing the previous diving board. City Manager, Dan Jessen, says that the pool will open on July 4th, with some enhancements coming at a later date.

How you can help

Volunteers are needed for cleaning, scrubbing, and painting on June 10 and June 17. Contact Stephanie Robinson at 435-319-5632 to volunteer. If you're a contractor proficient in stucco, carpentry, electrical, concrete, pool/plaster repair, roofing, landscaping, and fabricating, and want to help, please call Dan Jessen at the Parowan City Office at 435-477-3331. In addition, Parowan City is accepting cash and Echeck donations at their website, www.parowan.org (select "Pool Donations"). Donations can also be dropped off at the Parowan City office at 35 E 100 N in Parowan.

Veterans Memorial

Generous volunteers have worked very hard to beautify the Veterans Memorial monument that is located on Main Street south of the Library. This 10-year long project has been a labor of love by many devoted Parowan residents.

Parowan Snow Runoff


Parowan has been fortunate during this high water runoff season after much frantic preparation by Parowan City employees, clearing and armoring of the flood channel as well as staging

of sand bags. These efforts, with a bit of cooperation from the weather in the form of moderate temperatures, allowed vast amounts of water to pass through the city with minimal impact on the community. Whew!

Parowan "P" Lighting


There is a new landmark in Parowan these days. A large letter


"P" is high on a hillside just south of town. You may or may not have noticed the "P" as you traveled the I-15 corridor. However, it is now hard to miss – especially at night. Thanks to a collaboration between the Iron County Schools and Parowan City, the "P" is now permanently lit with LED color-changing lights. Look for it next time you are in the vicinity at night!




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Cedar Breaks Scenic Byway (Hwy. 148), Rim Road open for summer

from Jonathan Pyne

FOR IRON COUNTY TODAY

CEDAR CITY — After a very busy and plentiful winter season, the roads to and through Cedar Breaks National Monument are open thanks to the hard work and dedication of the Utah Department of Transportation crews.

Visitors should be very cautious when visiting the park during this time as snow and ice patches still cover many paths and overlooks. Trails remain buried beneath snow and fallen trees; park crews will clear these trails as soon as possible. Summer visitor services at the Temporary Information Center including the Zion Forever Project (ZFP) park store will begin on Friday, June 16th.



COURTESY CEDAR BREAKS

The snows have melted enough from the roads to open back up the way to Cedar Breaks.

In 2021, construction began on the new Cedar Breaks Visitor Contact Station. This new facility will serve an increasing number of visitors to the park through an expanded indoor contact space, exhibits, and park store, new restroom facility, and sheltered outdoor space for public programming. The visitor contact station is part of the Centennial Challenge initiative which leverages public-private partnerships to fund major improvements within the national park system. Private fundraising was spearheaded by Zion Forever Project, the official philanthropic partner of the park.

During construction, expected to continue through 2023, the Point Supreme Overlook is closed to all public access. A portion of the parking lot has been closed for construction activities, though a limited number of spots remain at the South Rim Trailhead. Overflow parking is available at the Temporary Information Center across the street.

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opinion

FROM THE EDITOR

Seasons of change

Is it just me, or is it weird not seeing any more snow on Cedar Mountain? Is it weird not hearing the familiar sound of the furnace coming on because it's so cold? What about having to start my truck early to defrost the windows? Sure, it's weird—nothing against the beauties of winter—but also wonderful. Kind of like life in Cedar City. We have a diverse

and great people in our Iron County communities. With Summer around the corner, varied visitors will be joining us in our "small" town for some amazing summer events, entertainments

and recreations. We welcome them and hope their stay is enjoyable, weird and wonderful. And if you get a moment on your summer diversions and excursions, send us a postcard and feel free to share your amazing stories, pics and adventures with us.



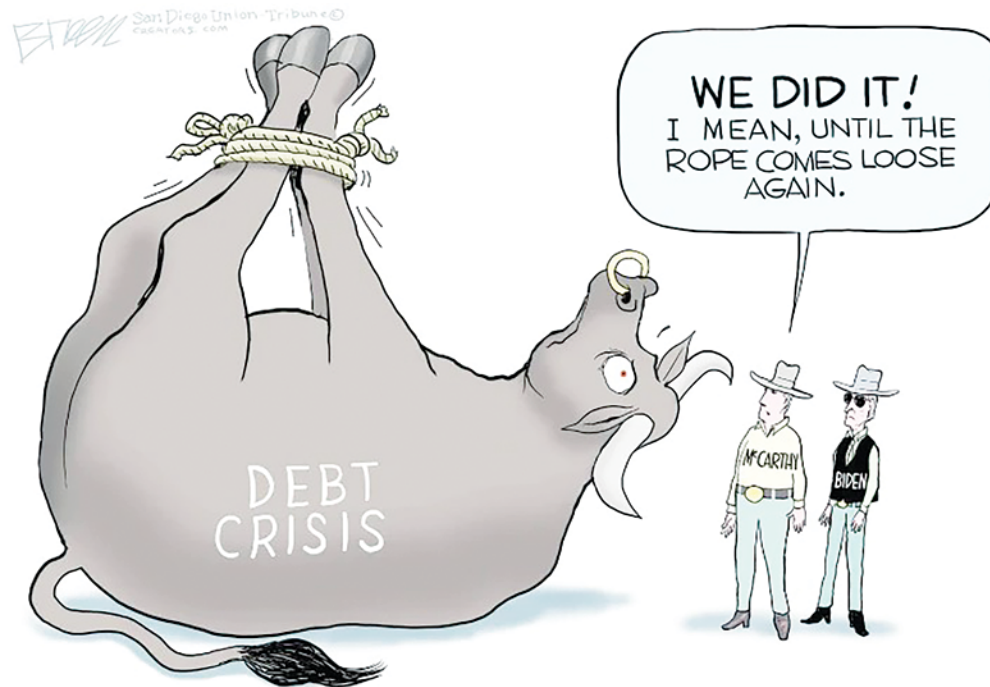
COREY BAUMGARTNER
MANAGING EDITOR

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

WORD OF THE WEEK

QUERULOUS

Full of complaints, complaining
When one is querulous, it can lead to perilous predicaments in the home, office, classroom and competition.



The power of marketing & branding community & business

BUILDING MAIN STREET, NOT WALL STREET

Most local communities fail when it comes to marketing and branding. They spend thousands of valuable dollars and/or resources on websites built by out-of-town companies, they conduct Facebook and social media campaigns, they promote themselves in magazines created by out-of-town entities, they purchase lists of residents and businesses, and pay consultants to guide them through the marketing and branding maze of options.

None of the above options are necessarily bad, but do they yield the best fruit? I am reminded of a sermon I heard years ago; it was titled "Good, Better & Best." The point of the sermon might be appropriate for a community or business. While the above options can be GOOD and necessary at times, are there BETTER solutions? And finally, what

are the BEST solutions for your community or business?

Working with media companies, businesses, and communities, I have come to realize there are many good options.

Some are better than others, but what are the best solutions?

Let's look at three options many communities and businesses overlook. These potential solutions stretch dollars or possibly eliminate marketing expenses while improving overall exposure.

First, don't rely on outside advertising products. Produce your own. While producing a magazine for local communities may seem daunting, marketing today is all about exposure and working together. If your town is too small, work with nearby towns and establish your



JOHN A. NEWBY
COLUMNIST

see **MARKETING** » 10

QUOTE OF THE WEEK

"If it's important, you'll find a way. If it's not, you'll find an excuse."

Ryan Blair

IRON COUNTY **today**

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Utah Congressman Chris Stewart announces resignation

'FIGHT GOES ON' SAYS STEWART IN STATEMENT

WASHINGTON — Rep. Chris Stewart (R-UT) has announced his planned resignation from the U.S. House of Representatives.

"It has been one of the great honors of my life to serve the good people of Utah in Congress," said Rep. Stewart. "My wife and I have made so many dear friends and memories throughout our journey. I can say with pride that I have been an effective leader for my beloved home



state, and I'm honored to have played an important role in guiding our nation through some troubled times. But my wife's health concerns have made it necessary that I retire from Congress after an orderly transition can be ensured.

"My family and I have been very blessed by this experience. Thank you to all those who have supported and sacrificed to help us. The fight goes on. God bless all of you, and God bless our nation."

Sen. Lee Introduces FORMULA 3.0

WASHINGTON — Sens. Mike Lee (R-UT) and Bob Menendez (D-NJ)—along with Reps. Adrian Smith (R-NE) and Don Beyer (D-VA), introduced the FORMULA 3.0 Act. Building upon the success of his previous bills, Sen. Lee's latest legislation aims to permanently waive tariffs and ease trade barriers on infant formula, ensuring a stable and accessible supply for families across the United States.

Sen. Lee has been a driving force in combating the formula shortage. In July 2022, his FORMULA Act was signed into law by President Biden, temporarily suspending tariffs on imported formulas. The relief provided by this legislation played a crucial role in enabling formula companies to bring more supplies to the United States, easing the burden on families in need.

Now, with the introduction of the FORMULA 3.0 Act, Sen. Lee aims to solidify and expand upon the progress made. Of the bill, Sen. Lee said, "The welfare of our families, especially our infants, is of utmost importance. The formula shortage has highlighted the need for long-term solutions that promote accessibility and affordability. With the FORMULA 3.0 Act, we take a significant step towards permanently eliminating trade barriers and ensuring a stable supply of infant formula for families across the nation."

"I'm proud to be co-leading this bipartisan effort to permanently waive tariffs on infant formula, which will lower prices and ensure we can protect infants from risks associated with current or future supply

see **FORMULA** » 10

4 WARN WEATHER

IRON COUNTY FORECAST

INCREASING MOISTURE ACROSS SOUTHERN UTAH AS WE HEAD INTO THE WEEKEND. SLIGHTLY COOLER TEMPERATURES WITH ISOLATED SHOWERS AND THUNDERSTORMS EXPECTED.

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| | | |
|------------------|--|--|
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| FRIDAY | Partly Cloudy 79°/51° PRECIP: 10% WINDS: SW 10-20 | |
| SATURDAY | Partly Cloudy 75°/51° PRECIP: 10% WINDS: SE 10-15 | |
| SUNDAY | PM Chance Storms 71°/47° PRECIP: 30% WINDS: S 10-20 | |
| MONDAY | Partly Cloudy 70°/47° PRECIP: 20% WINDS: SW 10-20 | |
| TUESDAY | Mostly Sunny 72°/48° PRECIP: 10% WINDS: SW 10-20 | |
| WEDNESDAY | Mostly Sunny 74°/50° PRECIP: 0% WINDS: SW 10-20 | |

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history

Railroads, mining and agriculture

RAILROAD TO CEDAR CITY, PART 6

by Jay M. Jones

FOR IRON COUNTY TODAY

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

Evan and York Jones, authors of the book “Iron Mining and Manufacturing in Utah,” detail the link between the development of the local iron mining industry and the coming of the railroad.

“Ever since the discovery of the extensive deposits of iron ore in Southern Utah by the pioneers in 1849, dreams had been dreamed, plans had been drawn and multiple attempts had been made to build a thriving business using Iron County iron.”

The authors go on to explain that unlike gold, silver and other precious metals, iron ore is bulky and unwieldy. It requires expensive processes to convert it into useful metallic form. Valuable quantities of gold and silver can be measured in ounces. Industrial applications of iron and steel require quantities measured in tons or thousands of tons.

The book explains that converting iron ore into useful finished products in a long-term, economically viable way requires four things:

- (1) Materials: Iron ore, as well as fuel and limestone for the refining process.
- (2) Facilities: A smelter.
- (3) Market: Customers willing and able to pay for the product.
- (4) Transportation: An economically viable method to transport large quantities of raw materials to the smelter and refined product to the market.

Quoting Jones and Jones, “The bottom line was that iron manufacturing could not be successful on an ongoing basis until there were mines, railroads, smelters, and a market.

“For a long time, the situation was irresolvable. The railroad companies would not build a new line to the ore deposits without a smelter in place, and no one would build a smelter without a railroad in place.”



R. D. ADAMS

In the background, the first train passes the sheep corrals at Iron Springs on 28 May 1923. Note the large bags of wool stacked nearby.



SUU SPECIAL COLLECTIONS

First train to Iron Springs, 28 May 1923.

In 1921 and 1922 two new companies were formed by mergers of several industrial operations in California and Oregon. Then in November 1922 came the announcement that these two large conglomerates would merge into the Columbia Steel Corporation.

A “grand plan” was soon carried out to build a 500 ton per day blast furnace between Provo and Springville to be supplied with iron ore from Iron County, coal from Carbon County, and limestone from a quarry near Salt Lake. Existing steel plants in California and Oregon would be expanded and

use the pig iron from the new smelter near Provo to produce their finished products.

On 9 March 1923, The Iron County Record reported a “Flood of Good News.”

- The Union Pacific had ordered all of its railroad construction equipment located at Ogden and Delta to be moved to Lund. Construction of the railroad line into Cedar City was expected to begin in a week or two.

- Bids for constructing a new steel bridge over

public & health

New hours, staff, screenings at health department

The Southwest Utah Public Health Department (SWUPHD) has hired a Community Health Worker for Iron County. Her job includes connecting residents to resources they may be in need of, including education, housing, employment, food, medical or dental care, and services for veterans and senior citizens.

"I love what I do as a Community Health Worker," says Stacie, who accepted the position for the SWUPHD Cedar City office. "There are endless ways to make a difference in the lives of others when they are facing challenges."

Residents can access a list of community resources online at swuhealth.org/community, where they can also submit a self-referral for assistance, or by calling 435-218-9059.

The SWUPHD is also offering free pre-diabetes screenings at swuhealth.org/diabetes. This printable form helps determine your risk of having pre-diabetes, a condition that about 30% of American adults have that can eventually lead to developing type 2 diabetes and other health problems. If you score 5 or above, we recommend getting a low-cost (\$25) A1C blood test at the health department, which

will determine if you actually have pre-diabetes and help you get the information you need to stop or even reverse this common condition.

To make an appointment to get an A1C test or for clinical services and vital records, call 435-586-2437. WIC appointments can be made by calling 435-865-5180. Cedar City SWUPHD office hours are Monday through Thursday from 7:30am to 5:30pm (Fridays 8am to 5pm). We are located at 260 East DL Sargent Drive.

David Heaton

Lifestyle Medicine encourages proactive healthy behavior

One of Newton's basic laws says that to every action there is an equal, opposite reaction. But what if, when it came to your personal health, you didn't wait to focus on the reaction? What if, instead, you took the preventative approach and focused on your actions?

For a long time, the model of professional healthcare focused on reacting to a patient's illness, or disease, seldom intervening until there was an obvious need. But more recently, many in the healthcare industry are recognizing the vital role

of preventative, proactive measures that can reduce the need for traditional healthcare treatments by avoiding serious health problems in the first place.

It's a concept known as Lifestyle Medicine, and it's something Nicole Fellows, physician assistant with the Intermountain LiVe Well Center for this region of Utah, headquartered in St. George, is excited to be offering within her practice.

The method focuses on six pillars outlined by the American College of Lifestyle Medicine including nutrition, physical activity, stress management and emotional well-being, sleep,

social connection, and avoiding risky substances. Fellows uses her initial visits with a patient to discuss what they are doing in each of these areas and then set goals and discuss ways to implement changes.

"A lot of our focus is behavioral change," Fellows said. "At the end of the day, it's not the recommendations that are difficult. It's how do we truly help patients make those changes and what are the realistic barriers in their life?"

One example for many of Fellows' patients is the barriers they have in

see **LIFESTYLE** » 8



Welcome Dr. Edgar Judd to Southern Utah Vision Care!

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LIFESTYLE

« CONTINUED FROM PAGE 7

relation to the suggestion of exercise.

“They may say that their knees hurt, or they’re afraid of falling,” Fellows said. “In those cases, we will focus on building strength to support balance in a safe manner and go from there. Once you piece it all together and help them understand, it’s more likely they’ll be on board with it.”

Within the Lifestyle Medicine emphasis at the LiVe Well Center, Fellows works with a team of professionals who can assist patients in a wide variety of preventative and lifestyle-related issues. For example, if a patient needs help with diet or exercise, she can refer them to an in-house dietician or exercise physiologist.

Some of Fellows’ patients are part of her primary care practice, while the majority come in for lifestyle medicine consults and some are part of the Select Health Medicare Advantage pilot program that offers free access to these Lifestyle Medicine services. In all cases, Fellows said it is important to focus on evidence-based medicine and the comprehensive care of patients.

“That’s why I came here to the LiVe Well Center, to implement real change for people and help them lead their healthiest lives possible,” she said. “As a nation, people are getting more and more sick with chronic disease. We need to focus on prevention.”

To find out more about Lifestyle Medicine, contact the LiVe Well Center in St. George at 435-251-3793.

*Nicole Fellows, Physician Assistant
Intermountain Health
LiVe Well Center*



Community Water Festival coming June 17

SOUTHWEST PLUMBING SUPPLY, CENTRAL IRON COUNTY WATER CONSERVANCY DISTRICT TO HOST ANNUAL EVENT

from *Jessica Staheli*

CICWCD PUBLIC RELATIONS MANAGER

Southwest Plumbing Supply and the Central Iron County Water Conservancy District invite the community to the Main Street Park in Cedar City on Saturday, June 17 from 10 a.m. to 2 p.m. for the annual community Water Festival.

With this year’s record snowpack, the District, along with other local entities and community partners, have continually expanded recharge facilities throughout the valley. Recharge facilities help optimize water that would have otherwise been wasted by capturing and filtering it into the ground for future use. As of May 30, over 5,400 acre-feet, or approximately 1.7 billion gallons, have been conserved by local recharge facilities during the past water year.

That recharge number is increasing every day. However, Paul Monroe, District General Manager, said it will take several years of good snowpack and precipitation to fully recover from the many years of drought.

“The District’s focus is always on how we can conserve and optimize what water we have, and we also need your help to water less,” said Monroe.

Community members can learn how to water less at the Water Festival. The event was designed to educate residents about water conservation and showcase water efficient products and technologies, consulting and professional services, and local water efforts.

Kids can also enjoy free activities including bounce houses, inflatable slides & obstacle courses, a foam cannon, and other fun outdoor games during the event. And thanks to sponsors Ensign Engineering and Chartwells Higher Ed there will be free hot dogs for lunch beginning at 11 a.m. for as long as supplies last.

Those who attend can learn about local water issues and solutions. The District has several proposed solutions to water problems in the Cedar Valley, including conservation, recharging and reusing water, and efforts to source and supply water for the valley.

Booths will be set up with information on water efficient products, water-wise landscaping options such as Localscapes, water efficiency rebates, free water checks, and more. Food and merchandise vendors will also be offering their wares.

To add to the fun, there will be giveaways and all attendees can enter to win camping chairs and a fun yard game. Local band, Spilbeedog, will be performing at the event and Townsquare Media will



COURTESY CENTRAL IRON COUNTY WATER CONSERVANCY DISTRICT

be broadcasting live.

Jessica Staheli, District Public Relations Manager said they would like to thank all the generous sponsors for making the Water Festival possible. Sponsors include: Southwest Plumbing Supply, Chartwells Higher Ed, Ensign Engineering, Stantec Engineering, Carollo Engineers, Scholzen’s Products Company, Rainbow Sign & Design, and Stewart Brother’s Electric.

For more information about the Water Festival visit <https://cicwcd.org/waterfestival/> or call (435) 865-9901.

RAILROAD

« CONTINUED FROM PAGE 6

Coal Creek on North Main Street would be opened the following Monday.

- Increased appropriations for the Branch Agricultural College were approved by the state legislature.

- Congress approved funding of \$133,000 for roads and bridges in Zion National Park.

- The Union Pacific announced that work to complete the new hotel in Cedar City (later named El Escalante) and the new depot would commence shortly.

- And the Columbia Steel Company would commence work on the smelter near Provo (called Ironton) the following Monday.

On 2 April 1923 the Union Pacific secured right-of-way permission for the railroad line into Cedar City, and on the same day the first dirt was turned on the railway grade. Tracks were completed to Iron Springs on 28 May and to Cedar City on 14 June.

The Columbia Steel Corporation began work at the iron mines near Iron Springs in March of 1923. The nearby townsite of Younger was expanded, and on 8 October 1923 the first carload of ore was shipped to Los Angeles to test the iron content of the ore. The Ironton smelter near Provo was completed in 1924. Most of its requirements for 500 tons of iron ore per day were supplied by Iron County mines.

Agriculture in Iron County had benefited from access to markets due to the rail terminal at Lund since its completion in 1899. However, the wagon roads to Lund were difficult. Local agricultural enterprises benefited substantially with the extension of the rails to Cedar City.

A letter from Scott Gardner, a doctor in Portland, Oregon to author York Jones illustrates his memory of the inconvenience of transporting wool or other agricultural products to Lund

before the Cedar City spur:

“I have a story to tell you about Uncle Rass Jones. In the spring of 1922 after my father died, Uncle Rass and Aunt Martha invited me to live with them on the farm. The shearing had been done at Iron Springs. . . . It then became necessary to haul the wool which was piled in 350 lb. sacks from Iron Springs to Lund because the Cedar City railroad spur had not even started.

“Rass had two teams with hayrack wagons that he offered to do the job along with outfits brought by Kumen (Jones), Henry (Jones) and John Heaton and maybe another, making a 6 wagon caravan.

“Uncle Rass’s team were a pair of big gray geldings named Dan and Colonel, and a pair of big mares, brown and bay, named Old Kelly and Old Maul. Both teams were well matched. I was designated as the teamster for the mares, being then 9 years old and quite green. We drove to Iron Springs and loaded the wagons 10 or 11 sacks to a wagon. We camped until daylight next morning then headed across the desert.

“About 2/3 the way across the desert, sometime in the afternoon, we joined a road coming from Enterprise. This junction was straight North of the Butte. Five or six teams from St. George had entered the road ahead of us, and as we got closer, we found that they were stuck in deep sand. One man was out there shouting and cussing his horses and beating them with the lines, but they couldn’t get thru.

“Uncle Rass calmly unhitched Old Dan and Colonel and carried the double trees over, hooked up to them and pulled them out. He had to repeat this with every wagon that went thru — all of the St. George crowd. Then John Heaton, Uncle Henry and Kumen.

“Finally there were only the two wagons left. Rass brought his team back and hooked onto his wagon. I expected that someone would bring another team and help, but he drove into the sand with only one

team, Old Dan and Colonel. The sand got deeper and deeper. Well, those grays had decided that they wouldn’t let Rass down for anything. They dug in with every ounce of strength they had and kept going. Pretty soon he drove out on hard ground to the shouts of all the men standing around.

“I sat there waiting for him to come back and help me thru or drive. He shouted come ahead. I was shaken a little that he would give me that responsibility in front of the crowd waiting on the other side, so he came over and said ‘Just hold the lines tight and talk to the horses. Let them know who is in charge. Don’t hit them, just talk and show those guys over there how to drive a team.’

“So I got on the front wool sack, pulled up the lines and braced my feet against the upright on the front of the hayrack and said, “Ok Kelly and Maul, go to it.” Well, those two mares settled down to the hardest pulling I ever saw, and they kept going even when it seemed impossible. I kept calling them by name and tugging back on the lines. Finally after what seemed like land eternity (probably 150 yards of deep sand) we came out on hard ground.

“All of the men who had been stuck were standing there watching. They thru their hats in the air and shouted. Old Kelly and Maul got super treatment from me the rest of the summer. Of course, it is to Uncle Rass that any credit should go. He trained the team, told me what to do and let me do it. As far as I am concerned Uncle Rass has a place among the great people who have inhabited this earth. He was totally fearless and there was no such word as can’t.

“That experience has kept me going thru many tight spots in my life. Many times in surgery when I had trouble seeing my way out of a tough spot I could hear Uncle Rass say, ‘Let them know who is in charge.’ It probably saved many people’s lives.

Best Wishes, Scott Gardner”

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Iron Springs Resort
3196 Iron Springs Rd

MARKETING

« CONTINUED FROM PAGE 4

own regional marketing and branding network. While you may compete with those communities in some areas, working together on regional marketing will work wonders for everyone. There are reasons CVS builds next to Walgreens and reasons Burger King and McDonalds go hand-in-hand on street corners. Rising water in a harbor (region) raises all the ships, regardless of the size, in the harbor. The theme of a regional product should be attractive to potential residents, but disguised as a tourism magazine for potential visitors.

Secondly, many communities promote themselves on Facebook and other social media platforms thinking they have done their job. Nothing is further from the truth. Yes, social media can be a piece of your overall marketing puzzle, but if that is all you do, you are missing the long-term pieces that spell success. In today's world, data is king. They who own the data, own the market. Don't be outdone by Facebook, Instagram, Google and all the national competitors out to own your market. With the data tools available today, even the smallest communities can not only compete in the list and data arena, they can and should own their markets.

Thirdly, treat your community, business, or chamber website as the eyes into the heart and soul of your community or business. I've seen websites that are so outdated that no one even bothers to visit the site after the first visit. Your website should scream vibrancy, enthusiasm, attractions, and so much more. I have

seen communities with literally dozens of event calendars, what better way to confuse and frustrate not just potential tourists, but those living in the community. There is no excuse in today's world of technology for this situation. Every community should have a central calendar that everyone in the community is aware of and is able to utilize.

I could go on far beyond three items, but space limits this column. To sum up, marketing and branding isn't difficult, but it does require planning, executing, and thinking outside-the-box. Marketing and branding need not be an expense item, it can even generate a few dollars along the way.

Far too many communities and businesses settle for just being good. Some even strive to be better than good. There is no reason to settle for being GOOD or BETTER, reach for the stars and be the BEST version of yourself. To be the best, it takes thinking bigger than in the past. It takes convincing the local community to step out of their comfort zone of good and better and reaching for the best things many thought unattainable. Remember, there will always be many saying it can't be done, they are being interrupted by those getting it done.

John Newby, Pineville, MO. is a nationally recognized publisher, community, business & media consultant, and speaker. He authors "Building Main Street, not Wall Street," a column appearing in 50+ communities. The founder of Truly-Local, dedicated to assisting communities create excitement, energy, and combining synergies with local media to become more vibrant and competitive. His email is: info@Truly-Localllc.com.

made it difficult for parents to obtain their formula of choice. During the severe domestic supply shortages of 2022, tariffs and other restrictions on imported infant formula had a detrimental effect on the market's ability to respond. Congress rightfully recognized the ability of freer trade to help remedy the situation, albeit only temporarily. To build off that success in a permanent context, the R Street Institute is pleased to support the FORMULA 3.0 Act," said Jerry Theodorou, Policy Director for Finance, Insurance and Trade.

FORMULA

« CONTINUED FROM PAGE 5

shortages. We have a responsibility to care for our families and children, and this common-sense solution will do just that," said Sen. Menendez.

"The FORMULA 3.0 Act seeks to provide a much-needed permanent response to the ongoing infant formula shortage that would ensure additional market flexibility in both good times and bad while tearing down artificial barriers that have long



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Cinderella

from Stephen Wagner

FOR IRON COUNTY TODAY

The iconic made-for-television musical has transformed into a lavish Broadway show. Featuring original songs by the legendary team of Richard Rodgers and Oscar Hammerstein II, and a hilarious, new book by Douglas Carter Beane, you will not want to miss this classic story. Beautiful music, enchanting performers and magical costumes that transform before your very eyes will delight everyone in your family. It will be "impossible" not to fall in love with this production, so do not wait until midnight and purchase your tickets today!

COMMUNITY THEATRE PERFORMANCES CONTINUE JUNE 8-10

The final performances will be at the Heritage Center Theater (105 N 100 E, Cedar). All performances begin at 7:30pm. Tickets – General Admission \$15 and Discount Admission (seniors, students with ID, children 12 and under) \$10 can be purchased through the Heritage Center/Festival Hall box office or at www.cvct.online.

There's
still time to
see CVCT's
Cinderella...
before
midnight.





JOHN TURNER

Dick Earl's Electric Witness was one of the bands featured at this year's 5th Annual Music in the Park in Cedar City, sponsored by ICAMA (Iron County Acoustic Music Association).

The small-town experience

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

It was the last Saturday in May and we knew what that meant: the first monthly breakfast at Red Acre Farm for the season. We had been talking about it all week, trying to establish a strategy for beating the rest of you to the French toast. One thing was certain: we would have to stand in line whenever we went, early—8:30—or late—10:30. Would everybody try to be among the first? So maybe a brunch attitude would be better. No, we wanted to be the early birds. So we drove up to the farm at 9:00. The line stretched from the grill to the street, the longest we'd ever seen! From experience, I knew that would be an hour's wait.

We went home, with a vow to come back later. (Two trips. That's how badly I wanted to be there). At 11:00, the line was maybe a third as long as before. I said to LeGrand in a cheerful voice, "Take your book, find a seat, and I'll stand in line." The shorter line was the upside; the downside was they had run out of French toast and bacon, the very items we had our mouths set for. But I got in line anyway, and in a personal first, remained the very last person in line until one other woman got behind me 20 minutes later.

Symbria Patterson, the mother of the mother-daughter duo that runs the farm was apologetic, saying they'd

never seen anything like the crowd that morning. I suggested that Sara, the daughter of above pair and chief cook, needed to add a second grill. Symbria just laughed. Sara wanted to do the cooking, she said, as if that were the final word on the matter.

That's when the woman just behind me said, "We are here for the experience, not the food." I replied that truly this was not fast food, and she said, "No, this is slow food." And then she proceeded to put into words what I've been preaching for years about Cedar City. She said she'd lived in big cities and moved to Cedar City to have the "small-town experience."

Her little daughter was happy playing on the bouncy horse and waiting her turn on the swings—old fashioned ones with long ropes and wooden seats. And she had nowhere to be. This wasn't Houston, Denver, or Chicago she reminded me.

Of course, she was right. Since she had chosen this small town, she was going to be a small town enthusiast, she said, taking advantage of a place like the farm where you could get organic food, hear the geese and chickens, and marvel at the sheer beauty of the small plants around us just starting to push up. She pointed proudly to the garlic rows a few yards away and said, "I helped plant those young plants and now look at them!"

Dear New Friend. Why didn't I get your name? I hope to see you in June.



CEDAR VALLEY COMMUNITY THEATRE PRESENTS

RODGERS + HAMMERSTEIN'S

Cinderella

JUNE
2, 3, 5,
8, 9, 10
7:30PM

HERITAGE CENTER THEATER
105 N 100 E, CEDAR CITY

GENERAL ADMISSION: \$15
SENIORS 55+, STUDENTS W/ ID, CHILDREN 3-12: \$10

TICKETS: HERITAGE CENTER BOX OFFICE
AND WWW.CVCT.ONLINE

LOCAL TRAILS, LOCAL PASSION

by Jeff Jacomb

FOR IRON COUNTY TODAY

For any of you that have been enjoying the great hiking/mountain bike trails we have right here in and around Cedar City and Enoch, you should know how much love and effort goes into getting them designed, built and maintained. You should also know that you can become a part of this great work because volunteers

play a big part in this ongoing effort that benefits the entire community.

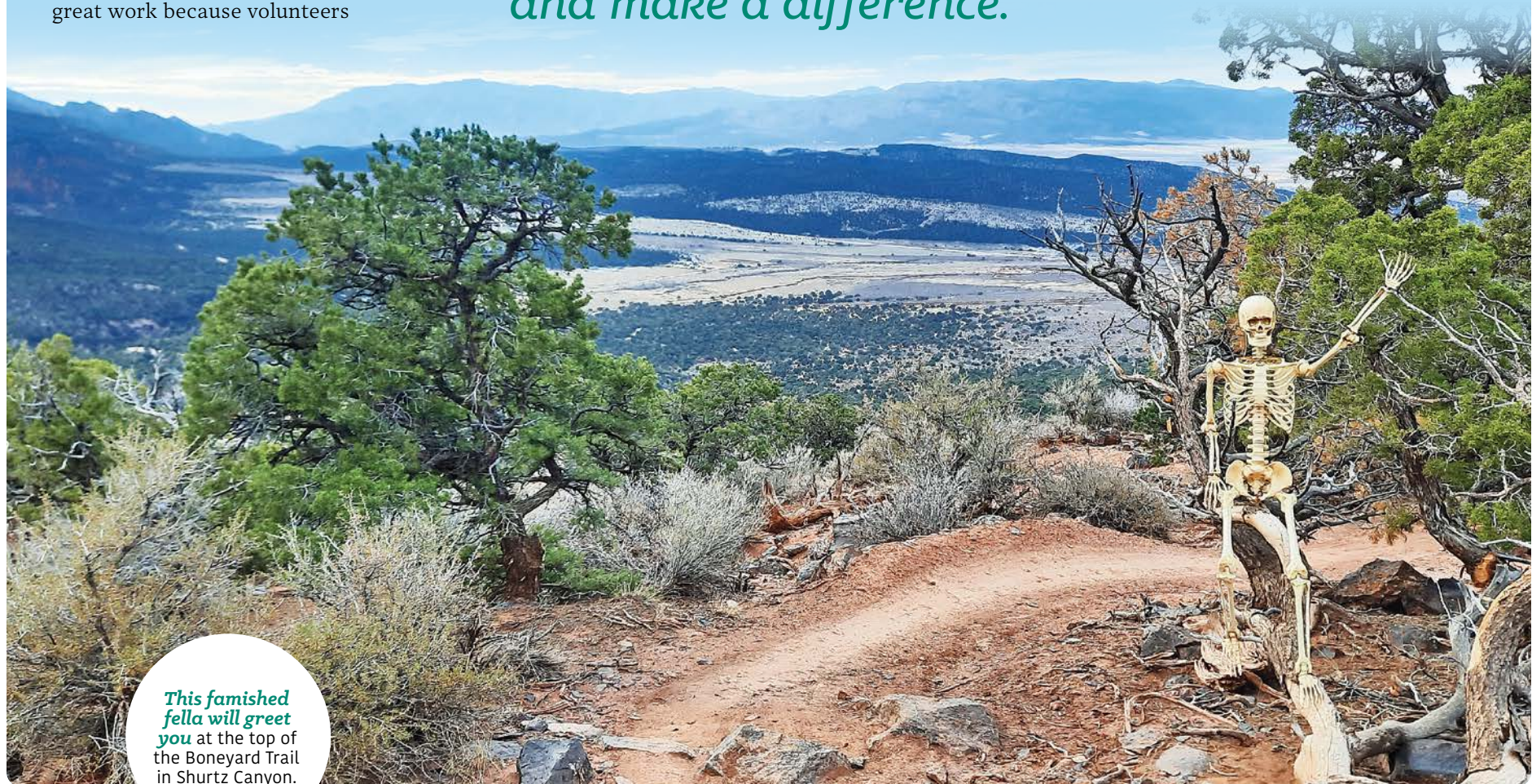
Volunteer trail builders consist

of families and individuals of all ages that want to get outside and make a difference. No experience is required and they will teach

you to build great, sustainable trails and have fun doing it. The weekly volunteer trail build events are generally held April through October and are a no-cost activity for friends and family of all ages. Iron County has a passionate

“Volunteer trail builders consist of families and individuals of all ages that want to get outside and make a difference.”

see **TRAILS** » 22



This famished fella will greet you at the top of the Boneyard Trail in Shurtz Canyon.

Gametime

LEADERSHIP 101.16

Whether you're a coach, athlete, fan (all three), gametime brings an excitement and energy whether you're at the arena, or in your living room. The anticipation of the battle to come and the potential victory make the experience entertaining and excruciating—depending on how your team is doing.

For the coaches and players, it's a different story. One that began before they even got to the locker room. They know that it takes mettle to earn that medal, trophy, crown, etc. They know that practice always

or arena. They also know that competence affects confidence and vice versa.

When the coach is confident, they can distill and instill that confidence and calmness into themselves, their team, companions, coworkers, even the fans. Again, this confidence and competence happen long before they ever set foot on the field, office, or arena.

Great coaches can also transform on-court (and off-court) failures to help keep them from becoming emotional tombstones and turn them into stepping stones. You've seen players (even coaches) that are dejected with poor performances and losses. It's this shame that shuts people down and

keeps them from getting back up and not only trying again, but trying different, better ways to succeed. In our lowest moments we all need coaches who, instead of shunning and shutting (or slamming) doors, should be showing us a better way.

What are some better ways? SHOW-UP mentally and physically. Not just at gametime, but at practice and all other areas and arenas of your life. PREPARATION is not only knowing your opponents, but yourself and your team. Know how to use your equipment. Learn the strategies and plays provided to help you succeed. REGROUP when something isn't working. Call a TIME-OUT and get things resolved right now. Remember that even your star players need regular SUBSTITUTION (rest) so they don't get injured and/or burn out. After the game, EVALUATE how you can elevate your performance, players and product.

Today, whether you're an athlete, coach, spectator or any other kind of commander, there are areas and arenas in life that require not only your participation, but your leadership. It's not about the medal, but the mettle. It's about the practice, not just the performance, or payday. It's not about past mistakes, failures and losses, but improving your current processes that will lead to and reinforce your future successes no matter your team, opponents or arenas in your life.



SHUTTERSTOCK

the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com

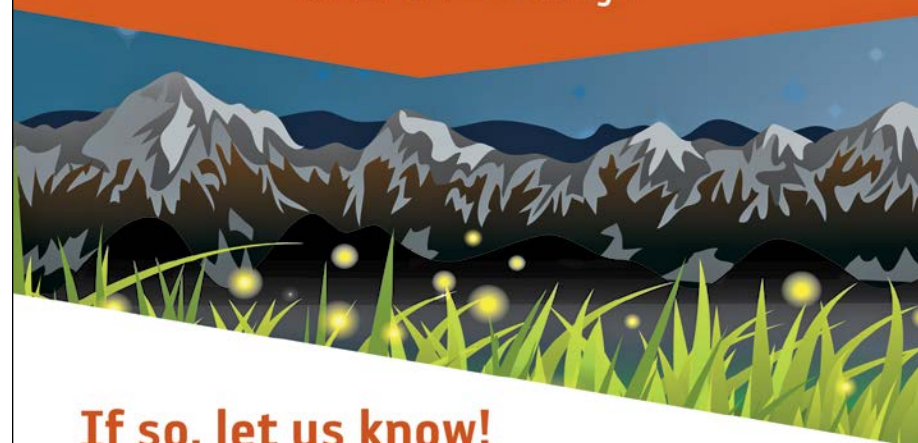


comes before the pedestal, trials before the trophies. They know that if they don't hone their skills and learn the plays—before gametime—they won't have as much success, or victories, in their chosen challenges.

Coaches are crucial in athletic crucibles. Arguably the greatest aspect and asset of a coach is how they lead, not just what they know. You know that some coaches appear to lead quietly while others lead loudly. Great coaches (leaders) know that poise is more powerful than noise and is the key to victory no matter the opponent

“Arguably the greatest aspect and asset of a coach is how they lead, not just what they know.”

Have you spotted Fireflies in Iron County?



If so, let us know!

Researchers at NHMU are collecting data about fireflies in Utah, and this exciting project relies on input from communities like yours!



Learn more:
nhmu.utah.edu/fireflies



NATURAL HISTORY
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Rio Tinto Center | University of Utah

Take advantage of *Free Fishing Day* this Saturday

by *May Hunter*

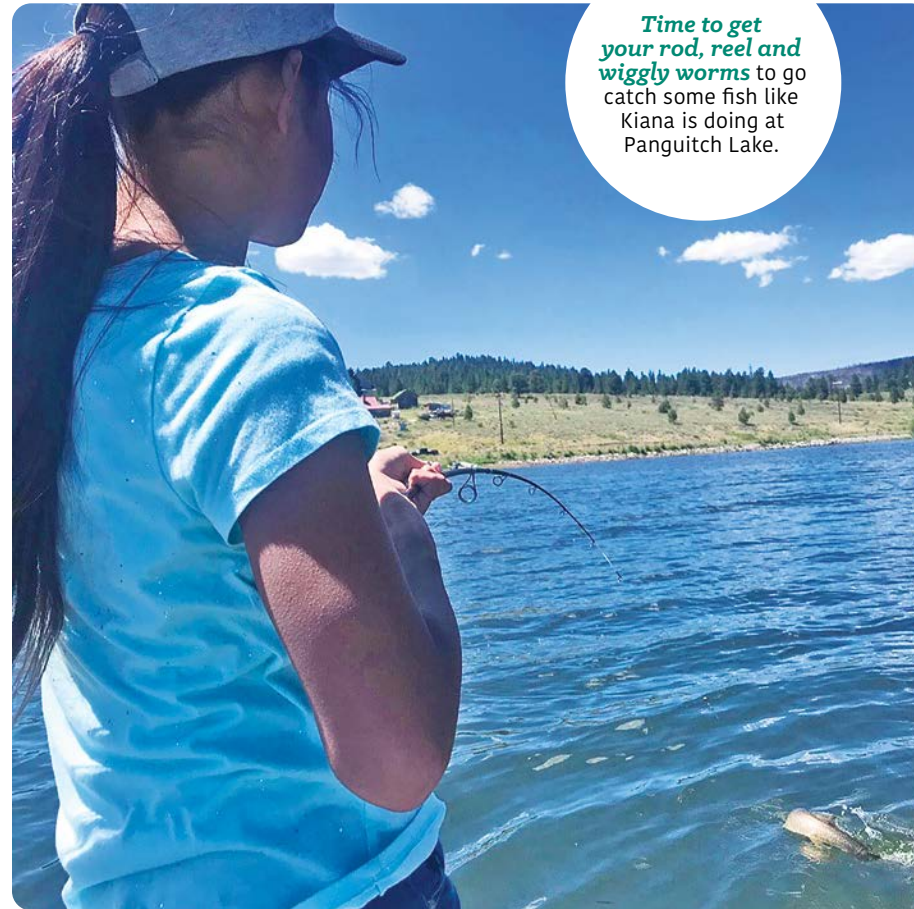
FOR IRON COUNTY TODAY

The one day you don't need a license to fish in Utah is Saturday, June 10, 2023, which is "Free Fishing Day."

Your fishing line suddenly gives a huge tug. "Did I snag it on something while reeling it in?" you ask yourself. But the line jerks again, and that can only mean one thing—it is really a fish! Waiting for a bite, sometimes for hours, is an opportunity for kids to learn that being patient and not quitting is the key to success. It may take some time, but eventually their patience and perseverance will be rewarded, just as in life. Fishing is family and friends and fun!

In general, June is an excellent time to go fishing in Utah. "It's a great time to catch fish because water temperatures are often perfect for the fish in June." These temperatures mean that the fish are active, hungry, and looking to take your bait, lures or flies. And nothing is more relaxing than fishing. But if you want to add a little extra excitement into your relaxation, try fishing in an area where you have better odds of catching a big fish. You can catch a fish right from the shoreline.

Remember, kids under 12 fish free as long as they are with a licensed adult anytime. There is a good chance that the fishing stuff you already own



Time to get your rod, reel and wiggly worms to go catch some fish like Kiana is doing at Panguitch Lake.

MAY HUNTER

will be good enough to land some larger fish with all the water we have received this year.

Here are some places you can catch fish. You can also visit takeme-fishing.org for other locations.

fishing.org for other locations.

- » Leigh Hill Reservoir 800 S. 1950 W. Cedar City.
- » Woods Ranch Pond (Kids Pond),

Cedar Canyon, ten miles east of Cedar City on Hwy 14.

- » Brian Head Reservoir, 29 miles northeast in the town of Brian Head.
- » Duck Creek Village, Aspen-Mirror Lake, Navajo Lake—all located 30 miles up Cedar Canyon.
- » Paragonah (Red Creek) Reservoir, 21 miles northeast of Cedar City.
- » Yankee Meadow Reservoir, 34 miles northeast of Cedar City.
- » Parowan Pond, 400 W. 100 N. Parowan.

Also, 31 miles west of Cedar City, there is good fishing at Newcastle Reservoir and Enterprise Reservoir.

Take Me Fishing

by *May Hunter*

*Take me fishing,
Because I get the giggles
When the boat bounces.
Take me fishing,
You can think about work later.
Take me fishing,
And show me that worms
Really are not icky.
Take me fishing,
Because my wedding will
Be sooner than you think.*

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calendar

THURS, JUNE 8

BEST FRIENDS DAY

MOMS AND DAUGHTERS FOR AMERICA (7pm) @ Cedar City Visitor's Center (581 N Main). Empower moms, raise patriots, and promote liberty for the healing of our nation. INFO: ironcountymoms4america@gmail.com.

FRI, JUNE 9

MEAL PREP DAY

PAROWAN SCAVENGER HUNT (10-5PM) @ the Parowan Visitor Center (5 S Main St, Parowan). Come any time between (10-5pm) on Fridays June-July. Get riddles/clues to find objects all over Parowan. Return to pick a treasure from the chest! INFO: 435-477-8190.

CEDAR STREET FEST (EVERY FRI 3-10PM) @ Cedar Fun Center (170 E Fiddlers Canyon Rd, Cedar). Local businesses, farmers markets, artists, musicians, comedians, drive-in movies, etc. for a weekly celebration of Cedar City's unique culture. INFO: www.cedarstreetfest.com.

FOOD TRUCK ROUNDUP (3:30 - 7:30PM) @ Iron County Fairgrounds (Parowan). Everyone invited to come and enjoy the variety of Food Trucks, fun, family, food, and good times.

UTAH SUMMER GAMES OPENING CEREMONIES @ SUU - Eccles Coliseum (1150 W University Blvd, Cedar). Tickets \$7. Available at America First Event Center Box Office. Join for Block Party (4pm) and Ceremony (7:30 - Gates open, 8:30 Show Starts). 100 American Flags, a Parade of Athletes, live entertainment, Fireworks & and more. INFO: 435-865-8421, utahsummergames.org.

OPEN MIC NIGHT (7PM) @ JOHNSON ART 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: email info@johnsonartscenter.org.

CEDAR VALLEY COMMUNITY THEATRE - CINDERELLA: (7:30pm, 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 10

SUPERMAN WEEK

PAROWAN FUN RUN CAR SHOW (8AM-3PM) on Parowan Main Street. Enjoy all makes, models, vendors, BBQ, and more. INFO: Parowan Visitor Center 435-477-8190.



SWEET PEA FARM BREAKFAST (EVERY SAT, 8-Noon) @ Sweet Pea Farm & Orchard (136 S 600 W, Parowan). INFO: 435-531-6461 or sweetpeafarmandorchard.com.

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.

COLOR COUNTRY ROCK SHOW (10AM-4PM) @ Cedar Rock & Bead Shop (718 W 400 N #1, Cedar). Admission FREE. Vendors and Customers wanted! Rocks, Minerals, Crystals, Beads, Metaphysical, Jewelry, etc. Drawings for prizes during. INFO: 435-275-4445.

RED ACRE BURGERS, BIKES & BANDS (5:30-8pm) @ Red Acre Farm (2322 W 4375 N, Cedar). Family-friendly, all ages. INFO: 435-865-6792 or Facebook: /RedAcreFarmCSA. No fee to come listen to the band and you do not have to purchase food. Bring blankets, lawn chairs, umbrellas, etc.

IRON SPRINGS SUMMER MUSIC FESTIVAL (6pm) @ Iron Springs Adventure Resort (3196 N Iron Springs Rd, Cedar). Live music, food trucks, lawn games. Bring your own chair. INFO/Tickets @ ironspringsutah.com or 435-708-0101.

SUN, JUNE 11

CHILDREN'S DAY

CEDAR UNITARIAN UNIVERSALISTS MEETING. (Noon, 2nd Sun) @ Gazebo Pavilion in City Park. Bring a chair. If inclement weather meet at 1280 E Midvalley Rd in Enoch. Please call Bonnie, 435-590-0596 and leave message for details.

MON, JUNE 12

PHILIPPINES INDEPENDENCE

POLICE DOGS & HOT DOGS (6-8PM) @ Cedar City Main Street Park (200 N Main). Everyone invited to join the Cedar City Fire Department for Police K9 demos, FREE hot dogs, Fire Trucks, SUU Aviation, and more!

CULVER'S CARS & CUSTARD (2ND MONS, 6-8pm) @ Culver's (1065 S Main, Cedar). Classics, Customs, Supercars with a cruise down Main Street (8pm). Free single-scoop per entry. INFO: Mike 909-717-1232, ekimjacobs@gmail.com.

TUES, JUNE 13

WEED YOUR GARDEN

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.

LIVE JAZZ (7PM, 2ND TUES) @ OFF THE Cuff (913 S Main, Cedar). Brought to you by the Jazz Alliance of Cedar City. INFO: jazzallianceofcedarcity.org.

WED, JUNE 14

FLAG 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 15

NATURE PICS DAY

FIELD TRIP - RUSH LAKE PETROGLYPHS (8am - Noon). With Dr. Emily Dean. Leave from Cedar City Library Parking Lot (303 N 100 E). Admission FREE. Participants provide own transportation, water, snacks, personal items. No restrooms available. Preregistration Required. Sign up at cedarcitylibrary.org or contact Steve Decker at 435-586-6244, dsteve@cedarcity.org.

FRI, JUNE 16

PAROWAN OLD ROCK CHURCH DAYS @ OLD Rock Church (59 S 100 W, Parowan). Special guest and keynote speaker T.C. Christensen. Experience the Mother Town Magic with food, vendors, tours, entertainment, children's games, a quilt show, a silent auction, and more. INFO: Facebook (Old Rock Church)

43RD ANNUAL PAIUTE POWWOW (FRI-SAT) Grand Entry 1pm and 7pm) @ Paiute Indian Tribe outdoor arbor (440 N Paiute Dr, Cedar). FREE. Everyone welcome! Spirit Run (Sat 6:30 am - 10:30 am. INFO: Patrick Charles 435-559-7529, the Paiute Tribe 435-586-1112, or visit www.UtahPaiutes.org/powwow/ or on Facebook: /PITUAnnualRestorationPowWow/.



MONSTER TRUCKS (FRI-SAT) @ CROSS Hollow Event Center (11 N Cross Hollow Rd, Cedar) Gates open (5pm), Pit-Party (5:30-6:30), Show (7pm). Tickets \$35 VIP Tickets, \$21 Adults, \$11 for Kids (3-11). A night of monster trucks. Don't miss your chance to ride in a monster truck. INFO/Tickets: monstertruckfamilytour.com.

PITU RESTORATION HANDGAME TOURNEY (16th-18th) In conjunction with the Paiute Powwow (440 N Paiute Dr, Cedar City). INFO: Tina Gonzales (435) 231-0188.

SAT, JUNE 17

WATER FESTIVAL (10-2PM) @ CEDAR CITY Main Street Park (200 N Main). Admission FREE. Southwest Plumbing Supply & The Central Iron County Water Conservancy District host the annual community Water Festival to help educate about water and showcase the latest technology in water conservation. INFO: cicwcd.org/water-festival/ or 435-865-9901.

Want your event on our calendar?

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

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child Abuse

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

DAR – Bald Eagle Chapter

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

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

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

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

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

Hope for Today (Family Groups)

Thurs, 6 pm • (435) 559-3333

Alzheimer's/Dementia

Tues, 5:30-6:30 pm • Cedar Library (303 N 100 E). Learn about/access resources, connect with others for support. Contact Raven Albertson, 385.831.7124, utahprograms@alz.org

ARP—Addiction Recovery

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

Caregivers

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

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

Helproom

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

Multiple Sclerosis

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

Narcotics Anonymous

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

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

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

Candle Light Mtg • Sat, 9:30 pm (Small room)

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

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

Porn Addiction Recovery for Men

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

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

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

Southwest Parkinson's Alliance

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

Widows Ministry

2nd Sat, 11-1pm • Sunrise Christian Church. (6843 W 1800 N, Cedar). Potluck brunch, discussion, fellowship with other widows. INFO: 435-586-3640.

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Book Club

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

Boy Scout Troop 1848

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

Cedar Breaks Model A/Vintage Car Club

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

Cedar City ESL

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

Cedar City Toastmasters

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

Cedar Professionals

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

Cedar Radio Control Club

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

Color Country Winds

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

Cub Scout Pack 1848

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

Explorer Bible Club

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

Folk Dancing Class

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

Hey Cedars Square Dance Club

Wed 6-7:30 pm (Beginners), Dancing 7:30-8 pm • Cedar City Aquatic Center (2090 W Royal Hunte Dr). All former square dancers invited. INFO: Call/Text Neil Mattson 909-477-9795.

International Folk Dancing

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

Iron County Moms For America

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

Parowan Pickleball

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

Rock Club

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

Senior Yoga Classes

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

Sagebrush Fiber Artisans Guild

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

Sewing Group

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

Southern Utah Woodturners

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

StrongBoard Classes

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

Tae Kwon Do Class

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

Tai Chi For Health

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

Take Action for Freedom

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

Top Bar Hive Bee Keeping

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

TOPS – Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

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



Stitched Together

The Cedar Chest Quilter's Guild and local Girl Scout Troop 120 joined forces June 1st at the library.

The Quilt Guild taught the Girl Scouts how to make Burrito pillowcases as the two groups worked together on a joint community service project. It was hard to tell who had the most fun. The girls are already making plans for a second go-round!



COURTESY CEDAR CHEST QUILT GUILD

family

Desperate measures

This week started out just like every summer should. The kids enjoyed plenty of sunshine, popsicles and swimming that led to hours of deep sleep each night. Every mother's dream come true! Then the baby spiked a fever and our sleep dropped to about 20 percent for two nights in a row. A rash presented itself on his rearend that I assumed was food related and would recede within a day or two. It wasn't until a day later when all four kids were splashing joyously at a public swimming pool that I noticed the rash had spread to his feet.

Alarm bells rang and I immediately inspected the palms of his hands and the inside of his mouth. Visual confirmation: he has a viral

infection of Hand Foot and Mouth. I quickly gathered my other little ones and discovered similar symptoms on our three- and five-year-old girls.

mom's CORNER(ED)

by *Weslie Stratton*

CONTRIBUTOR



What a curse! For those lucky enough to have never encountered the virus, it is incredibly contagious and creates a blistering rash on the (you guessed it) hands, feet and inside of the mouth. I learned this time around that it can present itself just about anywhere as was evident with the presumed diaper rash and a "cold sore" that broke out on the end of our three-year-old's nose.

Of course, this realization was made while my husband was at work and I had a narrow window of opportunity to get the kids to the doctor before offices closed.

Years of experience have taught me that doctor appointments can test the patience of any saint, let alone the average frazzled parent. Kids lose interest in a bland waiting

room about five seconds after walking through the door and it takes a lot to keep them from irritating each other and everyone else in the area! That said, there are a few things that can be done to make them as reasonable as possible.

First, make sure everyone has used the restroom before settling in for a long wait. Second, dress your kids comfortably. This creates one less reason for possible complaints. Third and most importantly, feed everyone a well-balanced meal! By well balanced, I mean sweet and salty. This isn't the time to worry about fried vs grilled chicken or canned vs fresh veggies. When you're headed to an unscheduled doctor appointment you typically don't have much time to spare.

The last time I was faced with this situation I had just enough time to throw grapes and goldfish crackers in a bag on our way out the door. This time around, I had time to swing by the house and make a fire drill speed clothes swap as everyone started out in wet swimsuits. Five minutes later, everyone was dressed and had used the restroom but was starving after an afternoon at the pool. I made the decision to hit the McDonald's drive thru and will forever be taking fast food to unplanned children's appointments.

We filled the urgent care waiting room with the smell of highly salted French fries and all four kids sat silently as they munched on burgers and fries while watching HGTV home makeovers along with everyone else. When it came time to see the doctor they were satisfied and well-mannered rather than bored and irritable.

We walked away with full tummies, a handful of prescriptions and a lesson learned: desperate times call for desperate measures, and sometimes desperate measures call for fast food.



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4th Grade Ancestor Essay Contest Winners announced

from Howard Thorley

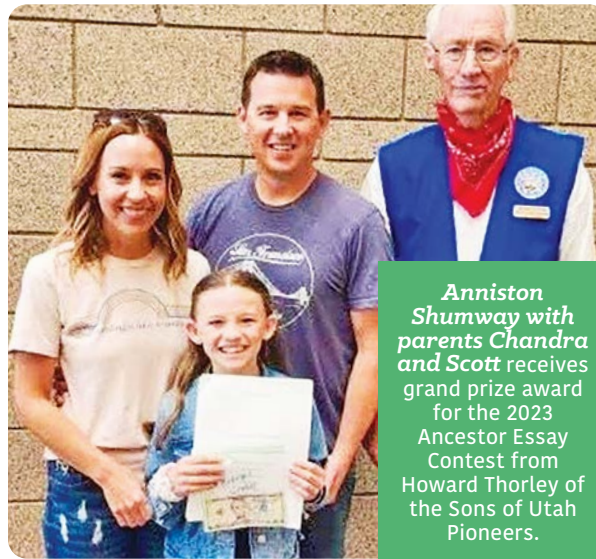
CHAIRMAN ANCESTOR ESSAY CONTEST

With the closing of the school year, the Cedar City Chapter of the Sons of Utah Pioneers announced the winners of the annual 4th Grade Ancestor Essay Contest for Iron County students.

The overall award winner this year is Anniston Rae Shumway from Three Peaks Elementary. She won a \$50 prize and will read her essay at the town meeting at the Cedar City Rock Church on the morning of July 24 at 10:00.

Anniston chose to write her essay on her great, great, great-grandmother, Halyon Ruth Ellis Ward. "Hallie", as she was called, was born "without any hands or fingers; she only had little stubs above the elbows for arms." She grew up in Saguache, Colorado and was the valedictorian of her class in 1896.

"Even though Hallie had little arms, she learned almost everything. Hallie learned to write by taking a pencil in-between her chin and shoulder, or little stub, and moving her pencil to make words. She also learned how to sew and cook. She would thread the sewing needles with her toes. She made the most beautiful and detailed quilts. Hallie learned how to paint and write poems. There were only three things Hallie couldn't do: drive a car,



Anniston Shumway with parents Chandra and Scott receives grand prize award for the 2023 Ancestor Essay Contest from Howard Thorley of the Sons of Utah Pioneers.

COURTESY SONS UTAH PIONEERS

chop wood or braid her own hair."

Anniston wrote, "I'm so thankful for an ancestor like Hallie who was a great example for others. She has taught me never to give up and that you can accomplish anything you set your mind to."

One of the goals of the essay contest is to provide an opportunity for fourth graders to get to know one

of their ancestors. This year there were a total 379 essays submitted, a record number.

First, second, and third place awards were presented to students from each school. The essay must be in the fourth grader's own words about an ancestor who lived at least two generations back from the student.

First place winners in each of the schools include Bowie Munford, East Elementary; Peter Cowley, Enoch Elementary; Rheata Munns, Escalante Valley Elementary; Maddox Hulet, Fiddlers Elementary; Avril Napier, Three Peaks Elementary; Callie Pugh, North Elementary; Makraylee Rose, Parowan Elementary; Channing Batty, South Elementary; and Lisa Welch, Iron Springs.

From an article entitled, "One Thing You Can Do to Give Your Child Resilience and Grit":

"Children who know about their family narrative, or the stories of their family, and feel that they belong to something bigger than themselves are more resilient when faced with difficult experiences, are better able to deal with stress, and have higher self-esteem and grit when experiencing trauma in their lives."

Congratulations to Anniston and all those who won in their individual schools. Thanks also to all who entered the contest—all are winners. Thank you also to the judges.

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Model A Club visits 'Our House' Assisted Living Center

by Ruth Scovill

FOR IRON COUNTY TODAY

A small parade of classic cars, all polished to a perfect sheen, drove up Regence Road and turned into the parking lot of Our House Assisted Living Center. A bronze color '55 Chevy leading the parade was followed by a beautiful white 1965 Silver Cloud Rolls Royce. After parking the Rolls, the owner folded down the hard wood table in the back where he set a jar of Grey Poupon to emphasize the festive, upper-crust lifestyle the car represented.

There was a 1965 Volkswagen bus camper being renovated between camping trips to Moab and other destinations. One after another the cars poured into the parking lot where they joined other classic cars drivers from the area.

What was once the Model A club, led by Mel Basford (President), has added "and Vintage Cars" to its name to accommodate the many other beautiful vehicles and owners who wanted to join.

The clubs goes on scenic drives as well as getting together for Bingo, shopping, and Bocce ball. The friendly group of car enthusiasts blended in perfectly with Our House residents who came out to join them in the spring weather.

Residents Suzy and Linda climbed into a 1965 Corvette with Suzy's dog Fancy alongside. The owners and residents commingled and visited as they enjoyed the beautiful mild, but sunny weather. Goud Rosier drove up in his '65 Shelby replica.

Mike Jacobs, who organizes regular events such as the Cars and Custard events every 2nd Monday of the Month at Culvers, and Shyanne Price, the new activities Coordinator at Our House helped to organize this fun event.



Thanks to Shyanne Price (Top Right) and Mike Jacobs, the Our House residents enjoyed some classic company and camaraderie.



PHOTOS BY RUTH SCOVILL

finances

ASK RUSTY: SOCIAL SECURITY

from Assoc. of Mature American Citizens

FOR IRON COUNTY TODAY

I'm approaching 65 – should I claim Social Security?

Dear Rusty: I am fast approaching 65 (in August) and plan to continue working full time. I would like to know the implications of that, and about drawing Social Security. Same question for my husband who is past his full retirement age (he will be 67 this year) and he continues to work full time. Signed: Still Working

Dear Still Working: Married couples should always coordinate their retirement strategy, and you're very smart to do so. Born in 1958, your full retirement age (FRA) for Social Security purposes is 66 years and 8 months. Your FRA is the point at which your earnings from work no longer affect your Social Security benefits, but if you claim at age 65 and continue to work full time, you will be limited to how much you can earn before they take away some (or perhaps all) of your benefits. Here's what will happen if you claim Social Security (SS) to start in August when you are 65:

- » Your SS retirement benefit will be permanently reduced by 11% (you'll get 89% of your FRA entitlement). Your monthly amount will only change thereafter due to Cost of Living Adjustments (COLA).
- » If you start your benefits in August you will be subject to an earnings limit – either a monthly limit of \$1,770 for the remaining months of the year or the 2023 annual limit of \$21,240. If the monthly limit is exceeded you aren't entitled to benefits for that month, or if the annual limit is exceeded they will take back benefits equal to \$1 for every \$2 over the annual limit. Social Security will use whichever method yields the smallest penalty.
- » Beginning in 2024, you will be subject only to Social Security's annual earnings limit, which will be something more than the 2023 annual limit of \$21,240. If you exceed the 2024 (or 2025) annual limit, Social Security will take away \$1 in benefits for every \$2 you are over the limit (half of what

you exceed the limit by). The annual limit will be in effect until you reach your full retirement age of 66 years and 8 months in April 2026.

Since your husband has already reached his FRA, working full time will not negatively affect his monthly Social Security benefits if he chooses to claim his SS benefits now. However, if he hasn't yet claimed your husband is already earning Delayed Retirement Credits (DRCs) which will increase his benefit when he later claims. DRCs are earned monthly (.667% per month; 8% per year) and can be earned up to age 70 when maximum SS benefit is attained. For your husband, his age 70 benefit would be 29% more than he was entitled to at his FRA. Whether it is wise to wait longer to claim depends on life expectancy, but break even age is about 83 for those who wait until 70 to claim (vs. claiming at FRA). FYI, average life expectancy for a man your husband's current age is about 84; for you about 87.



RUSSELL GLOOR
SOCIAL SECURITY
ADVISOR

Since you are both still working full-time, be aware that – depending on your combined income from all sources – your Social Security benefits will become part of your taxable income. As a married couple both working full time, your combined income will likely be over the \$44,000 threshold after which income tax will be levied on up to 85% of your Social Security benefits received during the tax year (using your normal IRS tax rate). I suggest you consider the income tax implications of claiming Social Security while you are still working full time.

You did not ask about Medicare, but if you (and your husband) now have “creditable” healthcare coverage from your employer (“creditable” is a group plan with at least 20 participants) you can defer enrolling in Medicare Part B until your employer healthcare coverage ends, thus avoiding the Medicare Part B premium while you are working.

“Married couples should always coordinate their retirement strategy, and you're very smart to do so.”

This article is intended for information purposes only and does not represent legal or financial guidance. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

TRAILS

« CONTINUED FROM PAGE 13

group of volunteers that formed Iron TrailCraft, a non-profit trail building club, a few years back and the group keeps growing. Our trails have gained international recognition due to the quality experience you can have as a hiker, trail runner, or mountain biker on them. Our local trails are quality built as well as very scenic with beautiful vistas in natural surroundings. Trails are available for all skill and endurance levels too. The recognition they've received brings high usage and the need for more trails to keep your trail experience uncongested and intimate.

The 25 plus miles of trails out at out west at Three Peaks were built by a handful of mountain bikers/trail builders back in the 80's and have been a great asset ever since. These local volunteer builders, along with many other volunteers, have been maintaining and improving these trails ever since and have even added over 10 miles of public trails at Iron Springs Resort.

In 2012, our local Trail Hero, Dave Jacobson, with the BLM's Cedar City Field Office spearheaded a project to bring many more miles of trails to Cedar City all along the mountains to the east of town. Dave encouraged the volunteer builders to form a non-profit club and formally join him in this quest. Since then, Iron TrailCraft (formerly DMBTA) as well as many other volunteers have been working diligently to build world-class trails right here in Iron County.

The BLM hired the International Mountain Bicycling Association (IMBA) and came up with a master plan for 100 miles of non-motorized trails for the east bench, from Enoch to Shurtz Canyon. About 50 miles have been built since with some BLM funds, grant funding, and many private donations, along with using professional trail builders, and a ton of volunteers to build them.

The supportive BLM staff are also on board as public lands require environmental and archeological surveys and specific trail quality guidelines to ensure wildlife and history are not negatively impacted. This also helps ensure that trails are sustainable to resist erosion and to minimize maintenance. If you'd like to get involved in this great community effort, either to learn about and to help build, promote, or donate, you can find out more through the Iron TrailCraft website at www.IronTrailCraft.org. See you on the trails!

Parowan Old Rock Church Days coming next week, renovations announced

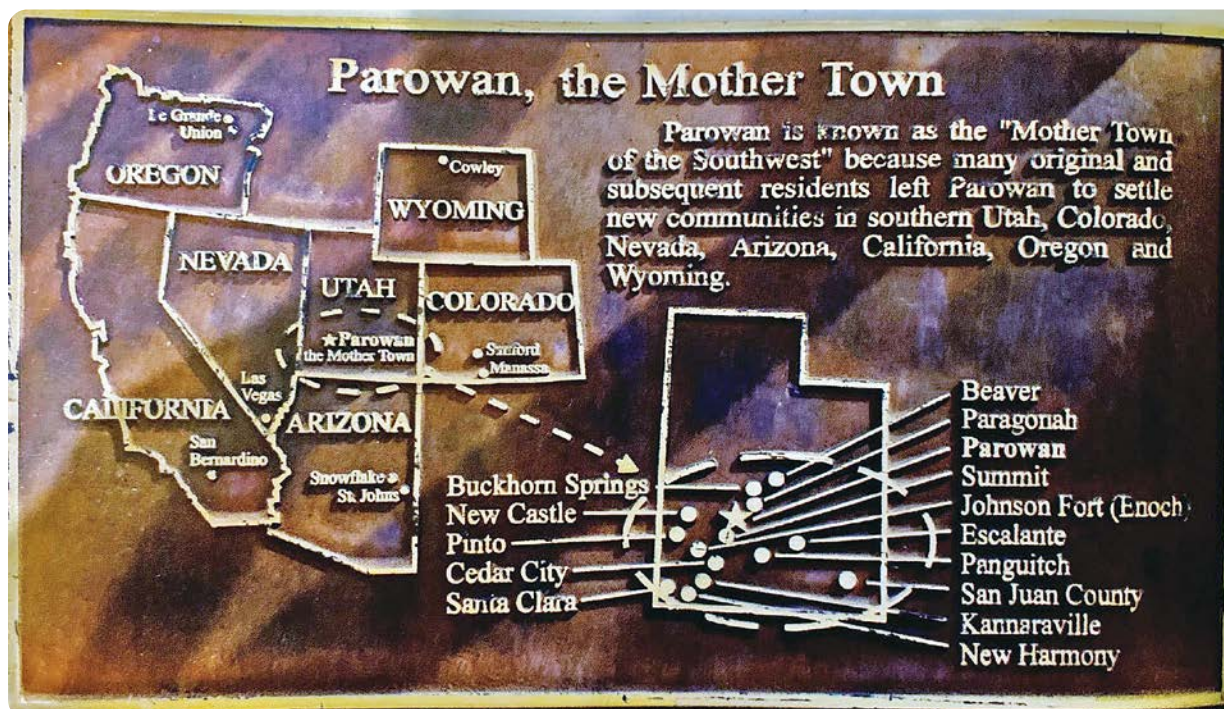
from Liz & Tom Zaleski

FOR IRON COUNTY TODAY

This historic celebration on June 16-17, 2023, will be a fundraiser to help preserve the Parowan Old Rock Church building and the artifacts, plus an opportunity to come together and enjoy time with friends and family from near and far.



History will come alive as you tour the Old Rock Church and other historic pioneer pillars in Parowan.



COURTESY PHOTOS

This remarkable 1860's structure built entirely by the blood, sweat and sacrifice of the first farmers and miners called to settle this oasis in the desert 200 miles from the nearest pioneer community. These Parowan and Cedar early stalwarts used the materials at hand to craft this gem of Iron County.

Brad Westwood, Senior Historian for the State

of Utah, emphatically stated: "It is one of the state's architectural treasures and is the best preserved meetinghouse of the Brigham Young era. He also stated, "What has made your building such a gem to me is how intact and relatively unaltered it is."

The dream includes making this monument to pioneer fortitude safer and more accessible to our local people and all those across the land. We dream of stabilizing the building so it will last another 150 plus years. We look forward to having a heating and cooling system so tours can be given comfortably throughout the year. We visualize many that find our steep stairs daunting, traveling up in the comfort of an elevator.

You are invited to join us at the Parowan Town Square in the shadow of the Old Rock Church and to join us in making this dream a reality and get ready for a journey back in time as you come and tour this historic building and its contents. As Brad Westwood has exclaimed, "The Daughters of the Utah Pioneers historical materials document Parowan's importance as the 'mother settlement' for much of southern Utah." He noted further, "Your museum leaves me exploring and discovering new items every time I visit; such as the 1870's built pews." Mr. Westwood was excited to "ring the ancient meetinghouse bell" and hear what a rich tone it has.

Events begin on Friday in the Parowan Town Square with a quilt show (noon-5pm), fundraising BBQ beef dinner (5pm) along with a pie and cake auction. Join TC Christensen and local choirs in the West Church (6:30pm) for a Pioneer program and visual presentation. Back outside brief vignettes will highlight the lives of Parowan's pioneers. Outside the Old Rock Church that night line dancing will be taught.

Saturday entertainment begins with the announcement of the elementary school art show winners (10am), children and community choirs, Paragonah vocalists, a cowboy poet, western bands, a new singer from our county and some Hawaiian ukulele and hula dancing for the finale.

Meanwhile, throughout the day the quilt show will continue, along with a silent auction, food vendors, competitive games, bounce house, bake sale, craft and ORC items for sale. Venmo will be available. Free to all are a handcart experience, Pioneer games and tours of the Parowan ORC and Jesse Smith Home.

For updated info, please visit Facebook (Old Rock Church) and become part of the volunteer team in making this happen!

The Parowan Old Rock Church Days offer a glimpse into the past to transition us to the present and propel us into the future. Please join us.

obituaries

Larry Joseph Turnbaugh



Larry Joseph Turnbaugh our beloved husband, father and grandfather passed away on May 31, 2023, at the age of 68 in his home in Parowan, Utah surrounded by his wife and children after a short battle with pancreatic cancer that he faced with courage, dignity, and poise.

Larry was born on June 19, 1954, in Salt Lake City, Utah to George Prisbrey Turnbaugh and Lois Marie Hunter. Even though his time with his parents was short he knew that he was loved greatly by both of them. Larry served a mission for the Church of Jesus Christ of Latter-

day Saints in the England Birmingham Mission. The decision to serve a mission was one of the greatest blessings in his life. Larry attended Southern Utah State College where he played football. While at school Larry met the love of his life, Helen Evans. They were sealed for all time and eternity on September 10, 1977, in the St. George Temple. They will be forever sweethearts.

One of Larry's biggest accomplishments was being a father. He had always loved children and considered himself lucky enough to have two sons and two daughters. His children, Casey, Crystal, Laren, and Kaylie, call their dad a superhero, and even as adults, still see him that way. He was always there for them through their ups and downs, was their biggest cheerleader, and the perfect father. Larry and Helen were blessed with 16 grandchildren, 8 girls and 8 boys. Larry was cherished and adored by each one of them. Nothing made him happier or more proud than watching his grandchildren grow and succeed. Family was Larry's greatest miracle.

Larry worked extremely hard all his life to provide a wonderful life for his family. Upon going into construction he became a successful entrepreneur and together with Helen created and owned his own framing company, Denver General Construction. His final professional masterpiece was using his talent and knowledge to build his dream home for his sweetheart and family. He prided himself on working with his hands, working hard, and doing the best work possible.

Throughout his life Larry was a valiant servant of the Lord. He possessed so many Christ-like attributes especially those of being meek, humble, patient, and having unwavering faith. Larry followed the example of the Savior in every thought, word, and deed. Larry's testimony of the Savior is his most cherished possession. His favorite scripture is found in 2 Nephi 25:26 "And we talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, that our children may know to what source they may look for a remission of their sins." Larry exemplified this scripture in a Christ-like way every day.

Larry made everyone he was around feel special. You were a better person just because you knew Larry. One of Larry's favorite places was on the baseball field coaching his sons and daughter and grandsons. Larry was the best coach and loved by so many young men. Larry held many church callings throughout his life. One of his favorite callings was working with the young men and youth. He loved sharing his testimony with them and helping them build a strong foundation of our Savior, Jesus Christ. Larry is deeply missed and will be remembered forever for his faith, love, and kindness.

Larry is preceded in death by his parents, George and Lois Turnbaugh, and his older brother Rodney "Ricky" Turnbaugh. He is survived by his soulmate Helen Evans Turnbaugh, his children Casey (Brynn), Crystal (Seth) Baker, Laren (Lindsey), and Kaylie (Roland) Erickson, and his 16 grandchildren Ethan, Tytan, Talen, Ciara, Fayth, Bella, Tru, Cozette, Jonathan, Emmarie, Genevieve, Savanna, Juliet, Tristan, Eli, and Henry.

Funeral Services for Larry will be held on Thursday, June 8, 2023, at the Parowan 1st Ward Building, 59 South 100 West, Parowan, Utah 84761 at 11:00 am. Family and friends may call at the church on Thursday June 8 from 9:00-10:30 am. Interment will be at the Parowan Cemetery.

Jacqueline Robb Benson



How do we even begin to talk about someone who was so beautiful and loved by so many, who gave her unconditional love to all she met? As our family was thinking about her while preparing her obituary, we truly cannot think of anyone who did not love her. We have talked to so many people since her passing who have expressed how much they adored her and how good she was to everyone she came

in contact with.

Jacqueline Robb was born July 15, 1936, in Cedar City Utah to Ivan Samuel Robb and Zelma Barton Robb. She was the first-born daughter of seven children, two boys and five girls. She left this earthly plane to join her much missed sweetheart, Roy Benson Jr. on June 1, 2023.

Jackie spent her first fifteen years in a small two-bedroom log home in Paragonah where she attended grade school. In Parowan, a town just four miles south, she attended High School. It was there that she met her future husband Roy Benson, Jr. They were married at the ripe old age of 16 on March 1, 1953.

Roy and Jackie have four children. Janice, Shari, Michael and Paula. They raised their family in Parowan where they spent the first thirty years of their married life. Roy and Jackie were married for 65 years before she lost her sweetheart in 2019.

Jackie always loved walking, traveling with family, reading, cooking and baking and singing! Throughout her life she has held many church callings including Young Women, Primary and Relief Society both on Ward and Stake levels. She also logged over 5000 hours as a hospital volunteer serving in the Payson Hospital, the Cedar City Hospital, and the St. George Hospital.

Jackie was preceded in death by her mother Zelma Barton Robb, her father Ivan Samuel Robb, sons-in-law Rick Trimmer and Russel Dalton, four of her siblings Val Robb, Sandra Stevens, Tess Mason and Penny Ward.

She is survived by her brother Gaylor (Colleen) Robb, Sister Ginger Robb Hulet, children Jan (Kendall) Prisbrey, Shari (Ken) Adams, Mike Benson and Paula Dalton along with numerous greatly loved grandchildren, great-grandchildren and great-great-grandchildren.

The family would like to express their thanks to the wonderful staff at "Our House" Cedar City Utah. With a special thanks to Diana Stevens who cared so lovingly for our mom. She has truly become a member of our family.

It feels as if this world is a little less bright without her in it. We will all miss her beautiful face and spunky spirit but we know that in Heaven daddy and her family that has gone before rejoiced when she went thru the veil. If we live a good life, follow her example, we will all see her and live with her and all of our other dearly departed loved ones when it is our turn to go.

Funeral services will be held Saturday June 10 at 11:00 am at the Paragonah Ward Chapel 79 North Main Street Paragonah Utah. A viewing will be held prior from 9:30 am - 10:30 am. Interment in the Paragonah City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent at www.mortuary.org.

Lydia May Harrison Austin



Lydia May Harrison Austin, age 82, returned to her heavenly home May 31, 2023, where many loved ones, especially Rodger, were anxiously awaiting her arrival. She was surrounded by loving family members at the time of her passing. Lydia was born January 16, 1941, in Cedar City, Utah to Albert Nelson and Iva Pace Harrison. She spent the first few years of her life in Pinto, Utah after which the family

moved to the neighboring community of New Castle.

Lydia was a member of the Church of Jesus Christ of Latter-day Saints where she served in various organizations. She loved being in the service of her Heavenly Father and helping others in need. She was an excellent example in word and deed to her family and those who had the privilege of knowing her. For many years, Lydia worked for Iron County, mainly in the Sheriff's Department. She was also involved in many community services. One of her main passions was her involvement as an advocate for crime victims where she helped many.

Lydia is survived by her children, Yvette (Dan) Oswald of Preston, Idaho, Christie Austin (Janelle Peterson) of Starbuck, Washington, Bret Austin of Parowan, Utah, Kyle (Paige) Austin of Kanarrville, Utah; five grandchildren, four great-grandchildren as well as nieces and nephews.

She is preceded in death by the love of her life and devoted husband, J. Rodger Austin, son, Matt Austin, granddaughter, Seirra Austin, Parents Albert and Iva Harrison, siblings, William Harrison, Marsha Goodwin and her niece Lynnette Roundy.

A visitation will be held in honor of Lydia on June 3, 2023, from 5:00-7:00 pm at Southern Utah Mortuary, 190 N 300 W, Cedar City, Utah. A private graveside service will be at the Summit, Utah Cemetery on June 5, 2023, at 10:00 am. under the direction of Southern Utah Mortuary. Online condolences can be sent at www.mortuary.org.

Want to submit an obituary?

There is a charge of \$100 for obituaries to be published. Submissions can be made online at ironcountytoday.com, emailed to news@ironcountytoday.com or brought in typed/digitized format to 479 N 100 W, #1, Cedar City. A single submission may be up to 600 words and may include up to two photos.

Submitted obituaries over 600 words will be charged an additional 10¢ per word. The deadline for submissions is Monday at 11 am for Thursday's publication.

faith

My first flat (Part 2)

An important part of changing a flat tire is making sure you get the tire and lug nuts back on tight. Because the more secure, the better (safer) your tires can endure the roads of life. And there's a definite difference between having a flat tire and falling off tire. By the way, do you think Jesus knew how to change a flat tire? He would have learned how and then turned it into a great parable for your life to remind you that He is also great at changing hearts and healing hurts (John 16:33).

With that being said, here are some thoughts and verses to help encourage you (Thessalonians 5:11) and strengthen you (Philippians 4:13) as you change your tires and get back on the road again, spiritually speaking.

What happens when you get a spiritual flat? You feel discouraged, even depressed (deflated). The devil is always right there to mock your mistakes, and make you feel like all the good miles you've driven up to that point were pointless, and to continue to carry on is useless. Don't listen to his lies. Not one mile in your life has been in vain (Romans 8:28). Sure you've had detours and accidents, but that's what the Atonement of Jesus Christ is for, You! That's what God's grace and tender mercies are for, You!

Also, if you weren't going to experience trouble on the roads of life (John 16:33) you wouldn't have been given so many valiant verses encouraging you to be still (Psalm 46:10-11), be strong (Isaiah 41:10) and strive to keep pressing forward in faith and courage (Joshua 1:9). Which is another reason why the devil lies and tries to keep you from reading scriptures.

VERSE OF THE WEEK

PHILIPPIANS 4:6-7

"...in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God...shall keep your hearts and minds through Christ Jesus."

We live in a world with increasing anxieties. Everyday great men and women are spiritually paralyzed and emotionally suffocating because they neglect or know not where to turn for peace, or feel they can't have peace with all their broken pieces. Jesus overcame the world so He could help you overcome it, also.

Still, while you're trying to be still (Psalm 46:10) even the right roads are not always smooth, or debris free. Even on the straight and narrow, heading in the right direction, you'll encounter opposition from other drivers, bystanders and billboards begging you to take the next exit. Nevertheless, keep your eyes on the road and the Lord who goes before you and with you (Deuteronomy 31:8). Keep your foot faithfully on the gas and heed them not (2 Corinthians 12:10, Matthew 5:11).

While you can't avoid every nail and pothole, you still have an individual responsibility and ability to do all you

can to prevent flat tires. This includes becoming a better driver and avoiding people, places and possessions that are known to cause flat tires (2 Corinthians 6:17).

Despite detours, accidents and breakdowns, don't live your life in fear after every flat tire, ruined relationship, or mistake. There is always opposition no matter your position in life. Nevertheless, you've still got a life to live and a light to shine courageously through the shadows (Deuteronomy 31:6).

Today, let God help you change your flat tires and be your navigator, so you can better discern which directions and destinations are worthy of your faith and fuel (Romans 12:2).



Forgiveness—the key to open the door to peace (Part 8)

by Edy Meredith

FOR IRON COUNTY TODAY

The famous prayer spoken by Jesus in (Matthew 6:9-13) makes forgiveness a special part of an earthly and spiritual life: "...forgive us our debts, as we also have forgiven our debtors..." It is interesting that God's forgiveness of us is hinged on and dependent on our forgiveness of others. Both religious and secular psychologists generally define forgiveness as a conscious and deliberate decision to release feelings of resentment or vengeance toward a person or group that you believe has harmed you, regardless of whether you think they deserve your forgiveness.

Forgiveness does not mean forgetting, condoning, or excusing the seriousness of the offense and does not obligate us to reconcile with the person we believe has harmed us. However, it is quite clear in the Lord's prayer that God's forgiveness of us for our sins (whether known consciously or not to us) is released into our lives when we forgive others. This gives a whole new expansiveness about the power of forgiveness as we deliberately practice making forgiveness a part and parcel of our life, an integral component until our conscious practice becomes an unconscious attitude leading to gratitude for God's great blessings that surround us daily. This includes mental and physical health, the ability to meet and overcome challenges, a place we call home, and the full expression of love that involves care, closeness, and trust coming from and to God.

If we chose not to associate with the offender who has injured us, should we feel okay to explain to others why we are not friendly with an offending neighbor? Some

might call that gossip since the offending incident did not happen to others and it may be considered unconstrained conversation and a report that is emotional and not able to be verified. In other words, the sharing of the offense with others might indeed be worse than the original offensive experience.

As such when God looks at our lives, He may consider such sharing to be unconstrained gossip and not just a conversation. In Isaiah 5:20 we are warned about those who call evil good and good evil, who turn darkness to light and light for darkness. We all need to be careful rather than careless in our conversations, choosing forgiveness so that our behavior reflects well on ourselves and on others, so we have healthier relationships, improved mental health, less anxiety, stress and hostility, fewer signs of depression, lower blood pressure, a stronger immune system and improved heart health.

Forgiveness is a commitment to change and that takes practice. To move toward forgiveness, consider how it will improve your life and practice empathy in showing compassion and understanding. Empathy is our ability to understand how someone else feels. Choose the happiness and relief that forgiveness brings to the forgiver. In 1 Corinthians 13:4-8, we are reminded that "Love is patient, love is kind. It does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the Truth. It always protects, always trusts, always hopes, always persists. Love never fails." Forgiveness is the fullest expression of love. Love your neighbor as you love yourself, the second great commandment given by Jesus (Mark 12:31) as you pursue peace in your own life.

GOLDEN GUYS



COREY BAUMGARTNER

Falcons come up big, win Summer Games gold

by Tom Zulewski

IRON COUNTY TODAY

The Canyon View boys basketball team fell short to the Cedar Reds in its bid for a Utah Summer Games gold medal one year ago. On June 3, the Falcons were able to deny their friends and rivals a chance to repeat and left little doubt who belonged on top of the tournament standings.

Thanks to strong first-half shooting from all over the floor, CV raced out to an 18-point halftime lead and finished off a convincing 54-34 win over the Providence Hall Patriots in the gold-medal game played at America First Event Center.

For Falcons head coach Kim

"We played three good games yesterday, and today we played three even better games."

Kim Blackner, Falcons head coach

Blackner, the win showcased more of the collective effort produced by his team throughout the six games of the tournament.

"We did a really good job in the morning against Richfield, but the most important thing right now is our guys are getting better," Blackner said. "We played three good games yesterday, and today we played three even better games."

Canyon View's day began with a 63-50 over Richfield-Blue, but the big test came with the semifinal

showdown against Cedar. The lead changed hands six times over the final 10 minutes of the second half before the Falcons made the shots that mattered and held on for a 46-44 victory in overtime. The Reds had a chance to tie with 2.8 seconds left in the extra period, but made only one of three free throws that were needed and couldn't secure the rebound.

"When you talk about culture, we pride ourselves on wins regardless of who we play," Blackner said.

"Cedar's a great opponent, and that was a game where we were able to compete. It was a great game, even though it's June."

Cedar recovered quickly and secured the bronze medal in its final game, beating Panguitch 54-36 at the CHS gym.

On the varsity girls side, Canyon View and Cedar did not reach the medal rounds. The Falcons went 2-1 in pool play June 2, falling 35-28 to Copper Hills, and added a 23-11 victory over Dixie to start Day 2. CV fell short of the medal rounds after a 51-37 loss to North Summit.

Cedar's girls had one win at the tournament, defeating El Capitan 48-25 on Saturday before falling 42-27 to Kanab and finishing 1-4.



The Cedar Reds repeat reign was thwarted by the high-flying Falcons. The Reds later battled to secure the Bronze.



SUU finishes fifth in WAC Commissioner's Cup

by *Regan Hunsaker*

ASSISTANT AD, SUU SPORTS INFORMATION

CEDAR CITY — Southern Utah University proudly announces its fifth-place finish in the 2022-23 Western Athletic Conference (WAC) Commissioner's Cup. The Commissioner's Cup recognizes the

“Our coaches and athletes worked hard in our inaugural year competing in the WAC. We can all be proud of their many accomplishments throughout the year.”

Doug Knuth, SUU Athletic Director

institution with the most points accumulated across various WAC-sponsored sports throughout the academic year.

Using a comprehensive scoring system, the WAC Commissioner's Cup awards points based on each team's performance in their respective sports. Southern Utah University showcased exceptional athletic prowess, securing an

impressive total of 37.5 points. The point total was good enough to claim the fifth spot in the final standings.

Southern Utah University's student-athletes in all sports demonstrated their dedication and skill throughout the regular season, contributing significantly

to the university's success in the Commissioner's Cup race.

Athletic Director Doug Knuth

commended the student-athletes, coaches, and staff for their exceptional efforts, stating, "Our coaches and athletes worked hard in our inaugural year competing in the WAC. We can all be proud of their many accomplishments throughout the year. We are grateful to the university administration, students and boosters who support our ambitions and give us an opportunity to represent SUU every day. Go T-Birds!"

Southern Utah University extends its gratitude to the WAC for providing a platform for healthy competition and camaraderie among member institutions. Congratulations are also extended to Grand Canyon University

for claiming the top spot in the Commissioner's Cup standings, as well as all other participating institutions for their spirited performances throughout the academic year.

2022-23 WAC COMMISSIONER'S CUP FINAL STANDINGS

1. Grand Canyon – 66.0 points
2. Utah Valley – 49.0 points
3. Stephen F. Austin – 48.5 points
4. NM State – 39.5 points
- 5. Southern Utah – 37.5 points**
6. Sam Houston – 35.5 points
7. Seattle U – 35.0 points
8. California Baptist – 34.5 points
9. UT Arlington – 31.5 points
10. Utah Tech – 27.5 points
11. Abilene Christian – 26.0 points
12. UTRGV – 24.0 points
13. Tarleton – 21.0 points



Crazy eights in NBA, Stanley Cup Finals

Now that we're safely into June, we're down to the last teams standing in our indoor winter sports. For the NBA and NHL, the favorite number is all about eight, as in the Miami Heat and Florida Panthers. Both teams reached the respective Finals, and it's oddly historic in many ways.

For starters, the Heat are only the second No. 8 seed to play in the NBA Finals, joining the 1999 New York Knicks. The Panthers are the third No. 8 to play in the Stanley Cup Finals, joining the 2006 Edmonton Oilers and 2012 Los Angeles Kings.

It's too early to tell how these final series will shake out, but both are special in the history they could make. Miami and the Denver Nuggets were about to tip off Game 2 as these words were being written Sunday, and Florida played Game 2 against the Vegas Golden Knights on Monday.

For all nerds of the sports trivia universe, the Knicks could not break through and beat the San Antonio Spurs, losing the 1999 Finals in five games. The Oilers couldn't stop the Carolina Hurricanes, falling in Game 7 in 2006, but the Kings beat the New Jersey Devils in six games to claim its first Stanley Cup six seasons later.

Based on what I saw from the 2023 Panthers and how well they've done since a seven-game knockout of the 65-win Boston Bruins, it's possible they could be the second No. 8 to hold hockey's holy chalice. Florida lost only one game over the next two rounds, including the only four-game sweep when it beat Carolina in the Eastern Conference Finals.

The Panthers lost Game 1 to Vegas on June

3 to slow the momentum a little, but they did the same against Boston. The feeling here is a long Stanley Cup Final series will be ahead.

If you don't have cable and call yourself a hockey fan, you'll need to find a way to watch as all of the games are being aired exclusively on TNT. In contrast, all of the NBA Finals games can be seen on ABC, Channel 4 locally.



As quickly as we saw the Utah softball team do its thing

and reach the Women's College World Series in Oklahoma City for the first time in 29 years, its

visit ended just as fast. The Utes lost 4-1 to Pac-12 rival Washington in the opener June 2 after getting rained out the night before, and was shut down by Oklahoma State 8-0 in five innings later in the evening.

The Utah Summer Games are in full swing, and opening

ceremonies with a block party happen Friday night at Eccles Coliseum. From 4:30 to 7:30 p.m. the block party will feature a live DJ spinning music, a rock climbing wall, disc golf, and additional activities for the family.

When the sun goes down, fireworks will happen along with the parade of athletes and a live performance from LOCASH, a country duo who burst on the scene in 2019

with songs like "One Big Country Song,"

"I Love This Life," and "I Know Somebody."

The opening ceremony begins at 8:30 p.m., and tickets are available from the special events link at utahsummergames.org.

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

"It's too early to tell how these final series will shake out, but both are special in the history they could make."

TOM'S SPORTS TRIVIA

After some pondering what to do to change things up a little, the trivia has returned in a simpler form. No multiple choice to worry about, but a dozen questions devoted mostly to the sports news of the week. As usual, you'll see the answers in next week's issue. Have fun and wear the thinking caps proudly!

1. Who was hired to replace Doc Rivers as head coach of the Philadelphia 76ers? This coach led the Toronto Raptors to the NBA title in 2019.

2. Tom Brady told Sports Illustrated on June 1 that he's not coming out of retirement to play in the NFL again. Which team did Brady become a part-owner of in February?

3. Which college football conference is going to an eight-game schedule in 2024 and dropping divisional standings with the addition of Texas and Oklahoma?

4. Which New York Mets pitcher had an issue with the new MLB pitch clock during a June 1 start after not being allowed to finish his warm-up tosses?

5. Which ACC school earned the top seed for the NCAA Division I Baseball Regionals? Bonus: Which SEC school failed to qualify after winning the national title in 2022?

6. Two of Aaron Rodgers' favorite receiving targets left Green Bay and followed the quarterback to the New York Jets as free agents. Name either player.

7. The Seattle Kraken showed a big improvement in its second NHL season, winning 46 games and reaching the second round of the Stanley Cup Playoffs. Which defending champion did the Kraken eliminate in seven games in the opening round?

8. Relief pitcher Liam Hendriks returned to Major League Baseball two months after he was diagnosed as cancer-free following a bout with non-Hodgkins lymphoma. Which American League team does Hendriks pitch for?

9. Who was not chosen to work as a referee in the NBA Finals after it was revealed he may have used a burner Twitter account to defend himself and other officials from online criticism?

10. What is the name of last week's PGA Tour event that was founded by Jack Nicklaus in 1976 and is played in a suburb of Columbus, Ohio?

11. The Denver Nuggets are the last of the four former ABA teams to play in the NBA Finals. Which of the teams in this group faced each other in the 2003 Finals?

12. Matthew Slater of the New England Patriots spoke out against what rule change on kickoffs that will take effect in the 2023 NFL season?

LAST WEEK'S ANSWERS

1. The 1962 New York Mets finished 40-120 and the 2003 Detroit Tigers were 43-119.
2. Oklahoma.
3. Brooks Koepka held the Wanamaker Trophy for the third time in his career for winning the PGA Championship.
4. San Antonio Spurs.
5. New York Jets.
6. San Diego State. The Utes lost the opener of the best-of-3 series, but won twice at its Super Regional to earn the ticket to Oklahoma City.
7. Arizona Cardinals.
8. Washington Capitals. The Knights won the opener at home in 2018, but lost the next four.
9. Denver Nuggets.
10. Monaco.
11. Minnesota Twins, Milwaukee Brewers, Pittsburgh Pirates.
12. Rafael Nadal.

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Dated this 4th day of June, 2023.

Cedar City Corporation
Jonathan Stathis, P.E.
City Engineer

Published June 8, 2023 • Iron County Today • #0516



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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.*

**← SCAN HERE****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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