

# Ladybug Nursery

Where do bugs go to catch the train?



**THE INFEST-STATION**

Everything you need to keep your plants happy & healthy

## COMMON TOMATO & VEGETABLE PLANT PROBLEMS:

**BLOSSOM-END-ROT:** Caused by a localized calcium deficiency brought on by poor water management, excessive nitrogen, root pruning and drought

**FLOWERS DROP OFF PLANTS:** Caused when night temperatures are lower than 55 °F or day temperatures are above 95 °F

**CURLY TOP VIRUS:** Caused by beet leaf hopper, once infected remove plant. Planting a few more plants will compensate for potential loss. Row covers may help.

**HORNWORMS:** Feed on leaves causing defoliation and fruit damage.

**THRIPS:** Plant parts are speckled, streaked or distorted. Can resemble curly top virus. New leaves will look healthy if Thrips are gone

**APHIDS:** Found on leaves or stems of trees, shrubs and vegetables. Damage- As the aphids suck the juices from the tender growth causing damage to the plant's leaves.

**SPIDER MITES:** Generally live on the undersides of leaves of plants, where they may spin protective silk webs, and can cause damage by puncturing the plant cells to feed.

**CHEWING INSECTS:** Have mouth parts that enable them to bite into and chew plant tissue. Some insects will burrow into soft leafy tissue and consume the fleshy material below the leaf surface. This type of feeding activity is known as mining. Another type of chewing damage is call skeletonizing.

## CARE & MAINTAINANCE OF HANGING BASKETS & POTTED FLOWERS

**WATERING:** Water 1-2 times per day

**FERTILIZING: Once a Week**

- In a 2 gallon watering can, mix water with:

- 1/4 tsp of Ferriplus Chelated Iron, to keep leaves green
- 1-1/2 Tbs of Miracle-Gro fertilizer (1 scoop of the large end of the scoop provided with package)

- **Rotate every other week** between Miracle-Gro All-Purpose and Miracle-Gro Bloom Booster

**CUT BACK:** If stem of plant is getting long and "leggy", you may cut back the stem to 4-8" from the roots. This will tell the plant to bush out. You will see new blossoms in about 3 weeks.

**DEADHEADING:** Deadhead spent blossoms by pinching blossom off at the nearest leaf. This will promote new blossoms.

**INSECT CONTROL:** Take preventative action against bugs. Be sure to follow the label before using products. We carry a wide range of products to get the job done.

## 7 GARDENING TIPS

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

THANK YOU FOR YOUR CONTINUED SUPPORT! • OPEN YEAR ROUND

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42 S. Westview Dr.  
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### Ladybug Enoch

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IRON  
COUNTY

today



**President Warren G. Harding**, 29th President of the United States, made a special appearance to re-enact his speech given 100 years ago.

STORY ON PAGE 3

# Pair of fatal accidents occur over weekend

## FATAL CRASH OCCURS ON OLD HIGHWAY 91

from Lieutenant Dave Mitchell

IRON COUNTY SHERIFF'S OFFICE

Last Saturday evening (June 24), Cedar communications received a 911 call regarding a head-on collision involving two vehicles. Iron County Sheriff deputies, Utah Highway Patrol, Cedar City Police and Fire departments, National Parks L.E., Enoch City Police, and Gold Cross ambulance personnel responded to Old Hwy 91, approximately 4900 W in the Cedar City grid.

The single occupant and driver of a 2019 Gray Hyundai Santa FE "SUV" was a 19-year-old male. He was pronounced deceased on scene. The driver of the second vehicle, a 2013



COURTESY IRON COUNTY SHERIFF'S OFFICE

**The driver of the SUV was traveling southbound** when it crossed into the oncoming traffic lane and hit the F150.

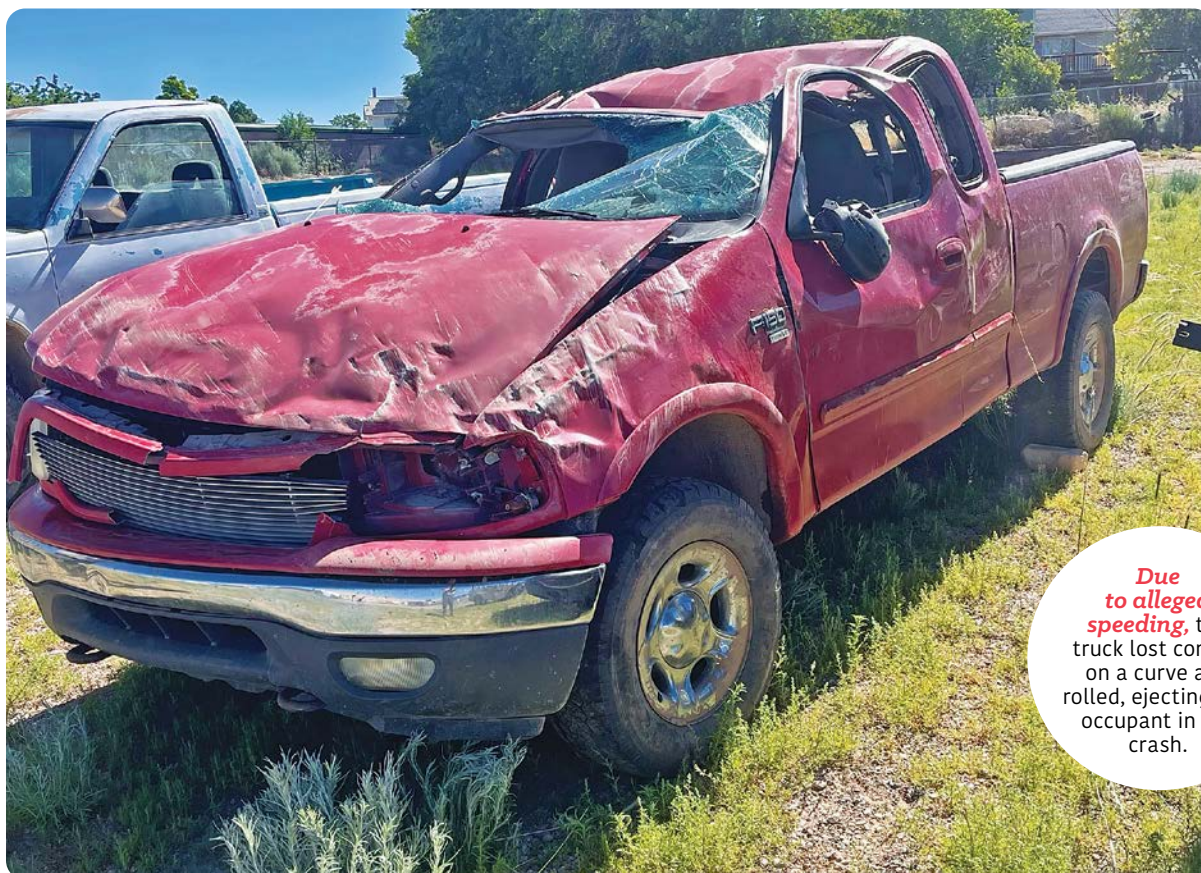
white Ford F150 pickup truck and only occupant, was an approximate 30-year-old female who was alert and talking to on-scene emergency responders.

The female driver was traveling

northbound and told sheriff's deputies that the driver of the SUV was traveling southbound when it entered her lane of travel just before they collided. The female driver sustained minor injuries and was transported

to the hospital via ground ambulance after complaining of chest pain.

Weather, heavy traffic, and/or bad road conditions were not a factor in this crash. The cause of this crash is still under investigation.



COURTESY IRON COUNTY SHERIFF'S OFFICE

## SPEED LEADS TO FATAL ACCIDENT IN KANARRAVILLE

from Lieutenant Dave Mitchell

IRON COUNTY SHERIFF'S OFFICE

Last Sunday, Cedar communications received a 911 call from a Kanarraville resident reporting a car crash. Iron County Sheriff Deputies, the Utah Highway Patrol, and Gold Cross ambulance personnel all responded to 1200 N, East Frontage Rd, in Kanarraville.

A 1999 Red Ford F-150 pickup truck occupied by 3 people was traveling southbound on a dirt road. Upon entering a curve in the roadway, the truck lost control causing the vehicle to roll. One occupant, a nineteen-year-old male was ejected from the vehicle.

On scene Sheriff deputies and Emergency Medical personnel performed CPR but were unsuccessful and the male and was pronounced deceased at the scene. The other two occupants, both juveniles, had minor injuries and were treated at the scene and released.

The roles of all occupants involved, and the cause of this crash are still under investigation. It was determined that speed appeared to be a factor in this crash, however, it's is not believed at this time that alcohol or drugs were involved.

**Due to alleged speeding**, the truck lost control on a curve and rolled, ejecting one occupant in the crash.

# 'Cheers to 100 Years' (1923-2023)

## CEDAR CITY RAILROAD CENTENNIAL A HUGE SUCCESS!

by May Hunter

FOR IRON COUNTY TODAY

The railroad coming to town affected Cedar City even before the Union Pacific passenger depot officially opened, resulting in a building boom in 1923. Houses sprang up everywhere.

Rail service in Cedar City for the first half of the twentieth century helped shape the City's future. It was the rail spur and the train depot that brought recognition from all corners of the world. The railroad opened the way of the settlement of the West, provided new economic opportunities, stimulated the development of town and communities, and generally tied the country together.

As such, all last week Cedar City celebrated 100 years since the railroad came to town as part of the Union Pacific Railroad to endorse the National Parks. It was quite an eventful week which felt like 100 years in the making.

Monday started off with "The Iron Horse Comes To Iron County"— a history of the railroad in Southern Utah Exhibition at SUU Campus Gerald R. Sherratt Library Special Collections.

Special markers at historic buildings were also dedicated. They included the former site of the El Escalante Hotel. The Town & Country Inn, the Utah Parks Commissary, the Cedar Post Pawn Shop, the Utah Parks Company Bus Garage and DecorWorx.

There was also a unique display of Union Pacific and Utah Parks Company memorabilia at the Cedar City Library. Another great event was the Railroad History Paint Night—where budding artisans got to conduct their own skills at painting an actual train caboose at Iron Springs Resort.

Tuesday brought an Historic Downtown Railroad Story Walking Tour. Ryan Paul, Historian and SUU History Professor, was the tour guide who helped bring history to life as the



group discovered the hidden history of Cedar City.

During a Union Pacific Memories and You, at the Cedars Hotel, former Union Pacific Railroad and Utah Parks Company employees shared their stories about working and living at the parks. They spoke about the rich history and dedication provide over five decades, during the golden years of national park travel, where thousands of amazing employees chauffeured, cooked, served, cleaned,

swept, carried luggage, and entertained guests at Zion, Bryce Canyon, Cedar Breaks, and the North Rim of Grand Canyon.

Wednesday continued the railroad activities at the Frontier Homestead State Park, and a Railroad Scavenger Hunt Kick-Off.

Thursday's events included the unveiling of a mural of artwork entitled, "Iron Ties Of Posterity" located at the Former Union Pacific Commissary Building, which is now

the Cedar Post Pawn Shop.

Later in the day at the historic Cedar City Depot, where a special social celebrated the historical significance of the Depot with entertaining stories, the Cedar City Community Band, A National Park Lodge Sing Away, and of course delicious food.

The sing away performance was special because singing helped improve the tourism experience. As

## opinion

### FROM THE EDITOR

# Renewing Old Glory

The American flag means many different things to many different people. "Old Glory" even has meaning for those who don't live in the United States of America. For some it's just a decoration. For others it's a declaration of independence. Some salute it, some spit on it. Some choose to cherish it, while others try and tarnish it. For some it stands for freedom. Some revere or fear it. To some it is a herald of hope, a banner of new beginnings. Others despise it.



**COREY BAUMGARTNER**  
MANAGING EDITOR

Regardless of your views and the news, one thing is undeniable about the heritage of the Grand Old Flag. Besides it being one of the most recognizable (and controversial) symbols on the planet (probably second only to that of the Cross), it is more than just stars and stripes. It is more than just red, white and blue and more than a decoration. It is a way of life. It is a call to arms. It is a reminder that Freedom not only had a cost that was paid, but that it must continue to be paid so we can maintain our land of the free and home of the brave for future generations yet to come.

### WORD OF THE WEEK

#### INDEPENDENCE

*Freedom from the control, influence, support, aid, or the like, of others.*  
While we each strive to be self-reliant, we don't have to do everything on our own. Part of the unity and duty of maintaining our independence is to do so together.



### TO THE EDITOR

#### Musical Magnificence

My heartiest congratulations to the Kolob string Music Camp for a wonderful week of music, (June 5th through 9th).

Amanda Clarke, the Director of the Camp, assembled a team of nationally recognized, professional musicians and artists to provide instruction to local students of all ages and abilities.

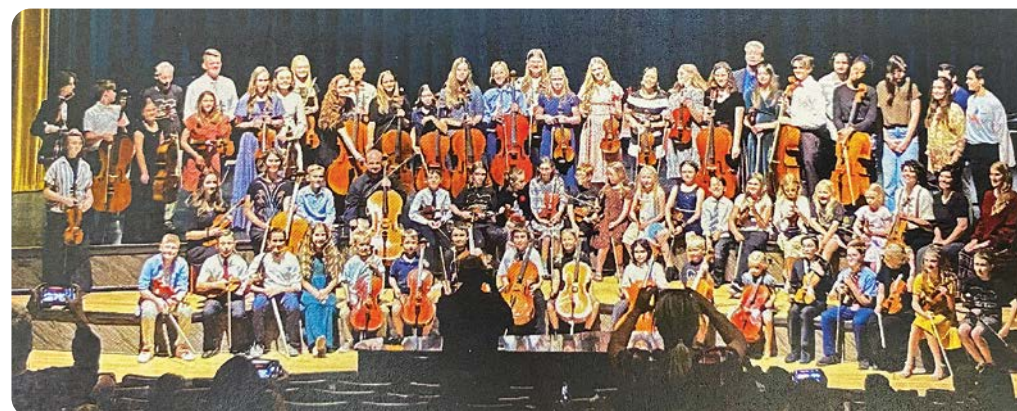
The Music Camp was sponsored by several local businesses and individuals. The Iron County School District was

particularly generous, and, as a part of their Community Education commitment, also provided Cedar High School as the venue of the event.

The closing recital was a wonderful selection of great music by the Camp participants. It was inspiring to see kids of all ages and sizes – some of them barely as big as their instruments – sharing the stage, and their musical gifts and interests, with a most appreciative audience.

To everyone who helped make this a wonderful event, many thank yous from a life-long music lover.

Rae Lewis, Kanarrville, Utah



COURTESY PHOTO

### QUOTE OF THE WEEK

*"We identify the flag with almost everything we hold dear on earth: peace, security, liberty, our family, our friends, our home...But when we look at our flag and behold it, emblazoned with all our rights, we must remember that it is equally a symbol of our duties. Every glory that we associate with it is the result of duty done."*

Calvin Coolidge

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## opinion

# Building a community transformation army

I came across a LinkedIn post by Jeff Siegler, he lamented how his community kept asking for support for their various planning, chamber, water, and economic development boards. He felt jilted after submitting responses to these requests for four years, with no response. Obviously, they were going through the motions making it appear they were seeking help, but not really wanting it. This reminded me of a comment by the visionary business leader Tom Peters, he said, *“Community organizing is all about building grassroots support. It’s about identifying the people around you with whom you create a common, passionate cause. And it is about ignoring the conventional wisdom of community politics and instead playing the game by very different rules.”*

The above quote is true for local communities attempting to transform themselves. The dynamic I find with nearly every review of a struggling community is the following. The same dozen or so people dominate nearly every board position in town. It doesn’t really matter whether it is the Chamber board, Main Street board, planning board, economic development board and the list goes on. It is the same group with a few minor musical chair variations on each board. It has usually been that way for decades. This is one of the biggest issues standing in the way of transformation. One is foolishly believing the same group of people overseeing the downward trajectory of the community will be the group that leads a transformation.

Most successful communities have discovered they need an army, an infusion of new blood, oftentimes, younger blood to spark change. While easily said, it is difficult to do. The old guard isn’t quick to relinquish the reins of control, they cling to that power, even while insisting they welcome new ideas, innovations and thought processes. This is a very real and difficult issue in many communities, one the community must get beyond to succeed. How is the best way to deal with this and create that army needed to adopt or implement change and transfusion?

The fastest way to build an army capable of transforming your community is usually with the assistance of an outsider with no dogs in the hunt, so to speak. You must piece together a small group of like-minded and energetic community members understanding the need to transform. You then cast a wider net reaching as many community organizations as possible providing a wider array of members representing all age and ethnic groups

within the community. All organizations being represented is critical.

What does “all organizations” mean? You need representation from the healthcare arena. You need veterans’ organizations such as VFW and American Legion and others. You need the civic clubs such as Rotary, Kiwanis and like organizations. You must have many of the local church groups. You need representation from education, preferably all levels of education. You need 1<sup>st</sup> responders meaning police, fire, and rescue. You need the local businesses represented. After you successfully gather the above, you then need to add the Chamber, Main Street, city government and so forth into the mix – not their leaders, but some of their members.

All these groups have armies of volunteers ready and willing to serve. They often already are asking what they can do to serve their community? Once this group is successfully organized, you will have an army ready to help transform your community one project at a time. The next step is critical, selecting

projects that can excite your local community. The selection of this project must be one that can be done quickly and effectively. This project must show the power of working together and the rewards of doing so. Always remember, transformation is a marathon, not a sprint, you must enjoy the workout.

*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. His email is: info@Truly-Locallc.com.*



**JOHN A. NEWBY**  
COLUMNIST



## 4TH OF JULY BBQ SPECIALS

**Bison Tri-Tip \$15.50/lb**  
**1/3 lb Beef Patties \$7.50/lb or \$70/10-lbs**  
**Beef Tri-Tip or Brisket \$6.75/lb**  
**Pork Baby Back Ribs \$6/lb**  
**Chicken Leg Quarters \$12.50/10-lbs**

*SPECIFY FRESH OR FROZEN if you order by  
June 28th for pick up on June 30th/July 1st*





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**Cedar City, UT**







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**IRON COUNTY FORECAST**

WARMING UP WITH MOSTLY SUNNY SKIES TO CLOSE THE WORKWEEK. FROM THE WEEKEND INTO NEXT WEEK, EACH DAY WILL BRING MOSTLY QUIET SKIES WITH DAYTIME HIGHS IN THE UPPER 80S AND LOW 90S AS OVERNIGHT LOWS MAINLY DROP INTO THE LOW 60S. EACH DAY WILL BE A BIT BREEZY AS WELL

Check your local forecast anytime at:  
[ABC4.com/weather](http://ABC4.com/weather)



<b>THURSDAY</b>	Mostly Sunny <b>82°/54°</b> PRECIP: 0% WINDS: W 10-15
<b>FRIDAY</b>	Mostly Sunny <b>85°/57°</b> PRECIP: 0% WINDS: NW 10-15
<b>SATURDAY</b>	Mostly Sunny <b>89°/61°</b> PRECIP: 0% WINDS: WNW 10-15
<b>SUNDAY</b>	Mostly Sunny <b>91°/62°</b> PRECIP: 0% WINDS: W 10-15
<b>MONDAY</b>	Mostly Sunny <b>91°/63°</b> PRECIP: 0% WINDS: SW 10-15
<b>TUESDAY</b>	Mostly Sunny <b>90°/62°</b> PRECIP: 10% WINDS: SW 10-15
<b>WEDNESDAY</b>	Mostly Sunny <b>89°/62°</b> PRECIP: 0% WINDS: SW 10-15

## PAROWAN CITY COUNCIL

by Jennelle Zajac

FOR IRON COUNTY TODAY

### Rezoning Request and FY2023-24 Budget

A public hearing was held to take public comment on the Parowan City FY2023-24 budget, with minimal amendments proposed by City Manager Dan Jessen. Jessen noted that all of the city's departments are operating within budget, however the City's Electric Utility fund will close this year with an estimated \$500k deficiency, attributed to the rising cost of natural gas and lack of coal supply. The recently implemented Power Cost Adjustment will recover this deficiency over time. The Council closed the hearing and voted to pass the FY2023-24 budget and amendments to the budget. The budget can be found on Parowan City's website at <https://www.parowan.org/administration/page/fiscal-year-2023-24-tentative-budget>.

### Parowan Parkway Subdivision – Ace Hardware, Hotel and Gas Station

The Parowan Parkway commercial subdivision final plat was approved. This property is located at the northeast corner of I-15 Exit 75 where a 77-room hotel, a gas station/travel center, and an Ace Hardware store are planned. Citizens have been closely watching the progress at this location, especially anxious for additional short-term lodging and a hardware store!

### Fireworks in Parowan

Parowan City Fire Chief Schiers spoke about the status of fireworks in Parowan for 2023. Due to the significant drought of recent years the fireworks show has been canceled and all fireworks are prohibited. The Parowan City ordinance states that the only approved location for the public to ignite fireworks is at the Lions Park, between July 4 and July 24. The public is also prohibited from lighting fireworks at the Iron County Fairgrounds. However, the good news is that the Parowan Fire Department will have a fireworks show for Independence Day!

### 600W Parowan Creek Crossing to Reopen with New Regulations

Historically this road has been closed "when water is flowing across the roadway (even a trickle!)" and now has been closed for an unusually long period due to this year's high runoff. Parowan City is taking steps to change the official policy for closing this road while the creek is running. Citizens and farmers have expressed concern that the road is closed for abnormally long periods of time, even with less than an inch of water on the roadway, which causes time-consuming detours through the center of town. Please keep an eye out for new road signs describing the revised rules.

# Lions Club proud to sponsor upcoming July 4th Parade

from Cedar City Lions Club

FOR IRON COUNTY TODAY

The Cedar City Lions Club is grateful for the opportunity to sponsor the Cedar City area

Besides the Independence Day activities our club sponsors the Kite Flight for Sight reading program that raises thousands of dollars for Iron County School District elementary school

redistribution to underprivileged parts of the world is an ongoing club project. Our club also supports the Happy Factory with donations of time and money. The work of Lions is



COREY BAUMGARTNER

Independence Day celebration. The Spirit of '76 Parade (the patriotic pageant at the beginning of the traditional parade), the traditional July 4th parade, and The Independence Day Festival at Main Street Park are a gift of service our club members are happy to provide on our nation's birthday!

We Serve! Is the Lions Club motto, and for over 90 years that's exactly what the Cedar City Lions Club has done.

PTA organizations. The Great American Stampede Collegiate Rodeo is another club sponsored activity that promotes the Southern Utah University Rodeo Team, providing scholarships for agricultural students and celebrating our local livestock heritage.

Cedar City Lions Club, working with local optometrists, provides eye care to community members in need. Collecting used eye glasses for

evidenced throughout Cedar City- pavilions at parks, CATS transportation shelters, monuments to pioneers and veterans, all erected and donated by the Lions.

If you have a heart for service, like to get involved in community events, and want to meet and work with nice people, consider joining Cedar City Lions Club. We have a ROARING good time! For more information, please go to: [cedarlionsclub.com](http://cedarlionsclub.com).



Cedar City Lions Club 

# Spirit of '76

Independence Day Parade

## "The Price of Freedom"

**JOIN US ON  
TUES. JULY 4TH  
AT 9:30AM**

**FESTIVITIES AT MAIN  
STREET PARK TO  
BEGIN AFTER PARADE!**

**SCAN HERE**  
to get parade line-up and  
historical information  
regarding each vignette in  
the pageant



**PARADE ROUTE BEGINS ON CENTER STREET AT 300 WEST, TRAVELS EAST TO MAIN STREET, THEN NORTH ON MAIN STREET ENDING AT 400 NORTH.**

### Pageant Sponsors



### Float Sponsors



## CENTENNIAL

« CONTINUED FROM PAGE 3

the visitors boarded busses to return to the train in Cedar City, all the employees would sing to them, "Because our dudes (as park visitors were called) are leaving, our friendship we must show. We'll cheer them up along the way, drop everything, it's go. Okay! Come on crew, there's work to do, let's sing away. Sing Away! Sing Away! Sing Away!"

Fridays brought a familiar caboose of the entire week's activities, including more train rides through a historic route, complete with the conductor's narrative about the historic places they



*"I couldn't be prouder of not only getting to work alongside and learn from the best Cedar City has to offer. I love living here! Cheers to 100 years!"*

**Brooke Twitchell**

Saturday's culminating events, which included fun, food and games at the Main Street Park. There was also a special guest, the 29th President of the United States, President Warren G. Harding. The reenactment was spot on to his words spoken on June 27, 1923, from a Union Pacific pullman replica. Prior to the speech, President Harding and his staff were delivered in a Model T Touring Car, just like President Harding was in 1923.

"The success of this past week wouldn't have been possible without the support of our wonderful Mayor, Garth Green, Cedar City Council and administration, Centennial Railroad Committee, and our fearless co-chairs, Jyl Shuler and councilman, R. Scott Phillips. I couldn't be prouder of not only getting to work alongside and learn from the best Cedar City has to offer. I love living here! Cheers to 100 years!" expressed Brooke Twitchell.



were passing along the route. Mayor Garth O. Green also held a special Gala event for dignitaries and committee members to celebrate the Centennial and all the hard work that was put in to planning the weeklong celebration. The 1920's event featured Charleston and jive dancers, as well as a barbershop quartet with guests in full costume. The Mayor Green's family also presented him with a profound art piece painted by Lester Yocum, which was based on a poem passed down to Mayor Green from his mother, Marian Ashdown.

All of these great events helped send the Centennial Celebration full steam ahead into



PHOTOS BY MAY HUNTER

# SUU student summits Mount Hood after being paralyzed in accident

by Abbie Cochran

FOR IRON COUNTY TODAY

Vishal Shukla is not only a senior at Southern Utah University, but he is perhaps the most incredible climber of Mount Hood. About fourteen months ago, Shukla was in a body surfing accident that left him quadriplegic. Now, after many weeks of physical and occupational therapy, he has regained full mobility and recently summited the 11,240-foot peak.

Shukla's accident happened over spring break 2022, when he and some of his friends went to Laguna Beach in California.

"I remember looking back at the wave and feeling like I was about to get hit by a freight train," said Shukla. "But I was in an area that went from being really deep to really shallow, so instead of propelling me forward, the wave launched me up and my body scorpioned in mid-air. Along with gravity, I also had all the momentum and kinetic energy of the wave pushing down on this pressure point in my neck and it sounded like someone snapped three sticks of celery when the vertebrae cracked."

Shukla landed back in the water, unable to move any of his limbs, and immediately knew that something was wrong. Thankfully, he had received his scuba license while taking a class at SUU, and knew what to do in a perilous situation.

One of Shukla's friends pulled him to shore just in time. But when he didn't stand up, his friends called for an ambulance. When he arrived at the hospital, Shukla went into critical condition for over an hour.

After a surgery that took place the following morning, doctors approached Shukla with the news that no active 23-year-old person ever wants to hear; they didn't think he would walk again. The road to recovery was tough, but Shukla saw this as a challenge to overcome, rather than a roadblock.

"I didn't see any other alternative,"

*Vishal Shukla is scaling more than mountains as he transforms his disabilities into abilities.*



Shukla said. "While my original prognosis had me in an electric wheelchair, as time went on, the prognosis evolved into a manual wheelchair, then a walker, then forearm crutches, and for a while I had a bit of a limp. Now I'm walking by myself and if you saw me on the street, I don't think you would guess that I had been in that situation not too long ago."

Shukla was one of the lucky ones.

"Paralysis is always in the back of your mind when you're snowboarding, or surfing, or doing anything with even slight risk," said Shukla. "But then it happens and it's all you can think about, and it's something you think about every day for the rest of your life. You see all these D1 athletes in the patient ward whose whole identity revolved around their athletic performance and their physical ability to move. And paralysis takes their identity away. It certainly did for me."

*"...if you saw me on the street, I don't think you would guess that I had been in that situation not too long ago."*

**Vishal Shukla**

One step at a time, Shukla progressed in his recovery.

"It's definitely about celebrating the little wins," he said. "For example, being able to sit up on your own or lift a fork. And it's also a reminder of the value of your support system—family, friends, etc."

When a friend sent a picture of him in Oregon with the volcano in the background, Shukla turned his sights to Mount Hood. Located in the

COURTESY SUU

see **SHUKLA** » 10

## SHUKLA

« CONTINUED FROM PAGE 9 »

Cascade Mountain Range of the Pacific Northwest, Mount Hood is the highest peak in Oregon. The volcano has been dormant since 1866, and since then, thousands have climbed the mountain. It is, however, a perilous climb—certainly not one for the faint of heart.

“It was one of those things that clicked in my brain,” Shukla stated. “I was looking out at my own poster view of Mt. Olympus in Salt Lake City—which I’d already climbed— from my wheelchair in the hospital. I knew I wanted to climb Mount Hood someday, and looking down at the wheelchair I was in, I knew it was go time.”

Fourteen months later, Mount Hood is in the rearview mirror of Shukla’s outdoor accomplishments.

*“I knew I wanted to climb Mount Hood someday, and looking down at the wheelchair I was in, I knew it was go time.”*

**Vishal Shukla**

Since his summit of Mount Hood, Shukla’s story has been covered by many local and national news outlets and he has become an overnight inspiration for people in similar paralysis situations and beyond. He is currently promoting a fundraiser to give back to the place that helped him regain his ability to walk, and interested parties can donate and share across social media. He hopes to also contribute the money to a scholarship pool.

“Rehab is expensive, even with insurance,” said Shukla. “This money can help ease the financial burden for paraplegics, quadriplegics, anyone dealing with paralysis or neurological disabilities to help them get the care and resources they need as they recover.”

“Anyone who’s paralyzed wants to be treated like a person, which goes without saying. Also understanding that what you see with paralysis is just the tip of the iceberg. There’s nerve pains, spasticity, muscle spasms, mental struggle and so many other things that come with paralysis beyond just a loss of mobility and freedom,” he added.

Shukla is grateful to all the healthcare professionals who helped him in his recovery and offers special thanks to his family and friends. To anyone who is in a similar circumstance and looks to him as an inspiration, Shukla offers his encouragement. Following graduation, Shukla plans to forge a career in outdoor business management.

## public & health

### Cedar City advises safety with fireworks

Fireworks can be an exciting way to celebrate Independence Day (July 4th) and Pioneer Day (July 24th) but all fireworks use should be treated with respect and care. Although we encourage the community to enjoy our professional firework show on July 4th rather than using personal fireworks, consider these safety tips if you choose to use personal fireworks:

-Use designated areas in Cedar

City that are safe and away from the wildland-urban interface.

- » Cedar High School south parking lot
- » The closed-off street between the Bicentennial soccer complex parking lots
- » Iron Springs Elementary parking lot
- » Canyon View High School parking lot
- » Aquatic Center parking lot

-Safely dispose of used fireworks in a bucket of water. Dumpsters will be available at each of the designated areas in Cedar City for proper disposal.

-Only purchase fireworks from legal stands in the state of Utah.

-Follow these discharge times:

July 2nd-4th from 11am-11pm, extended until midnight on July 4th

July 22nd -25th from 11am-11pm, extended until midnight on the July 24th

-Be a good neighbor, be safe, and be smart!

More information: <https://www.cedar-city.org/489/Fireworks>

Gabrielle Costello,  
Cedar City PIO



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# showcase

*Ashley Aquino (left), Matthew Wangemann, and Marissa Swanner perform at USF's "The Greenshow: The Hills of Appalachia."*



# Going Green



*Spencer Watson (left), Avery Peterson, and Taylor Hendricks perform at USF's "The Greenshow: English Regency Garden Party."*



*Mars Jake (left), Ashton Aguayo, Reggie Harjo, and Lydia Fisher are appearing in "The Greenshow: Paiute Heritage and Celebration."*



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# Doling out those gold medals

by *Mary Anne Andersen*

CEDAR CITY ARTS COUNCIL

In case you think that I'm too artsy smartys, you might be interested to hear that my first real connection to the Cedar City community was through the Summer Games. It is true that Legrand and I were working at SUU just 4 weeks after our arrival here in 1999, but those were jobs. His was much larger than mine; I was just an accompanist for a theater department musical that fall. Not much different from what I'd done my whole life up to that point. No involvement with the community at large.

But during the course of that school year, I started hearing about the Utah Summer Games. I was a runner of sorts, having run some half marathons in California, but I was

too nervous to try running in these Games. I was afraid I would make a fool of myself. So we just became supporters. We followed the schedule and went to arm wrestling, archery, track and field—various events as our schedules allowed. I really enjoyed watching competitors of all ages giving it their all, and by 2001 I was ready to try.

Wow! I came home with 2 silver medals, 5k and 10K races. And I was bitten by the competition bug. My abiding memories of the next few years were 2: being really nervous in the bus on the way up the mountain, and being cold as we waited for the opening gun. It was always chilly as we jumped up and down and rubbed

our arms, trying to stay warm. As our grandchildren grew up, they would come to watch me but couldn't figure out why I would get gold medals when I was one of the last women down the mountain. I had to explain

the fact that we ran in divisions against others in our same 5-year-age range.

A couple of years my daughter ran with me and one year her son; we were 3-generation runners that year. We bought into the whole experience: we marched in the opening ceremony's parade of athletes, sat in the bleachers and watched the lighting of the torch, the entertainment, and the fireworks. One year it was cold and rainy. We just carried on, thinking

how tough we were. Another year I had to go to the bathroom. Rats! In a tunnel under the seats finding the restrooms, I turned around to see the Jazz Bear right behind me. He was huge!

My involvement with the games now is listening to the tales that my students tell of their soccer matches and softball or baseball games. I look with interest at the articles in this paper and we find a place to view the fireworks.

Now in my closet I have 14 plastic bags with tee shirts and medals from the years between 2001 and 2017. There are a couple of bronze medals, but mostly gold and silver. I plan to make shadow boxes of each year's stuff and give one to each of my grandchildren for Christmas. I'm sure they'll be thrilled!



## Utah Shakespeare Festival announces 2024 season

from *Utah Shakespeare Festival*

FOR IRON COUNTY TODAY

The Utah Shakespeare Festival is excited to announce its 2024 season, featuring seven plays from June 17 to October 5. In an effort to make it easy for loyal Festival guests to order their tickets well in advance, tickets go on sale beginning July 7, 2023. To purchase tickets, visit [bard.org](http://bard.org), call 800-PLAYTIX, or visit the Ticket Office near the Anes Studio Theatre.

"We are thrilled to announce our shows for our sixty-third season in 2024," says Interim Managing Director Michael Bahr. "We are proud to focus on our cornerstone of Shakespeare, presenting four of his marvelous works."

"We are also delighted to bring back a previous comedy by popular demand, and two shows new to our audiences to complete our robust season," comments Interim Artistic Director/Director of New Play Development Derek Charles Livingston.

### *Henry VIII*

By *William Shakespeare*

Having first been produced in 1981,

Henry VIII hasn't hit Festival stages since 1995. Following the story of a ruthless race to power and the desire for a male heir, King Henry VIII listens to Cardinal Wolsey counsel, while honorable Duke Buckingham is convicted of treason. The play also focuses on topics of divorce and the treatment of women in a male-dominated society, as Henry leaves his wife Katharine and, in the yearning for an heir, marries Anne Boleyn.

### *The Winter's Tale*

By *William Shakespeare*

The Winter's Tale has been produced in 1972, 1989, 1996, 2004, and most recently in 2011. Focusing on themes of betrayal, loss, and forgiveness in the setting of a family drama, Shakespeare's romance follows King Leontes, his paranoia of his wife's infidelity, and the consequences that follow.

### *The Taming of the Shrew*

By *William Shakespeare*

The Taming of the Shrew was one of the first of Shakespeare's plays to ever be produced here, in 1962, and was performed most recently in 2015. This is the eleventh time this Shakespeare

play has been shared with Festival audiences. Full of deception and disguise, Petruchio attempts to tame the wild Katherina into being an obedient wife. Suitors attempt to win her sister Bianca's hand in marriage, but can only do so if Katherina weds first.

### *Much Ado About Nothing*

By *William Shakespeare*

Much Ado About Nothing has been produced seven times, most recently in 2016. Shakespeare's popular comedy centers around two romantic pairings and the ways in which we can deceive each other, ourselves, and be both opposed and open to love through it all.

### *The 39 Steps*

Adapted by *Patrick Barlow*

From the Novel by *John Buchan*

From the Movie by *Alfred Hitchcock*

Original Concept by *Nobby Dimon and Simon Corble*

Returning by popular demand, The 39 Steps was last seen at the Festival in 2010. This humorous play follows an innocent man accused of a crime who must clear his name. A fast-paced "whodunit" comedy with

only four actors, the play balances both suspense and nonstop comedy, with a little splash of romance.

### *Silent Sky*

by *Lauren Gunderson*

This is the first time the Festival has produced *Silent Sky*. Following astronomer Henrietta Leavitt, this play explores what a women's play in society was during a time of scientific discoveries in the 19th century. Including themes of gender equality and work/life balance, this play is one for the times – even though it takes place over one hundred years ago.

### *The Mountaintop*

By *Katori Hall*

The Mountaintop has never before seen Festival stages. Following Dr. Martin Luther King, Jr., audience members watch as he is forced to confront both his mortality, and the future of his people. Although fictional, the play shows themes of being a figurehead versus a private human.

For details or to order, visit our website at [bard.org](http://bard.org) or call the ticket office at 800-PLAYTIX.

# OUR SUMMER SOLSTICE SOJOURN

by John Byron Turner

FOR IRON COUNTY TODAY

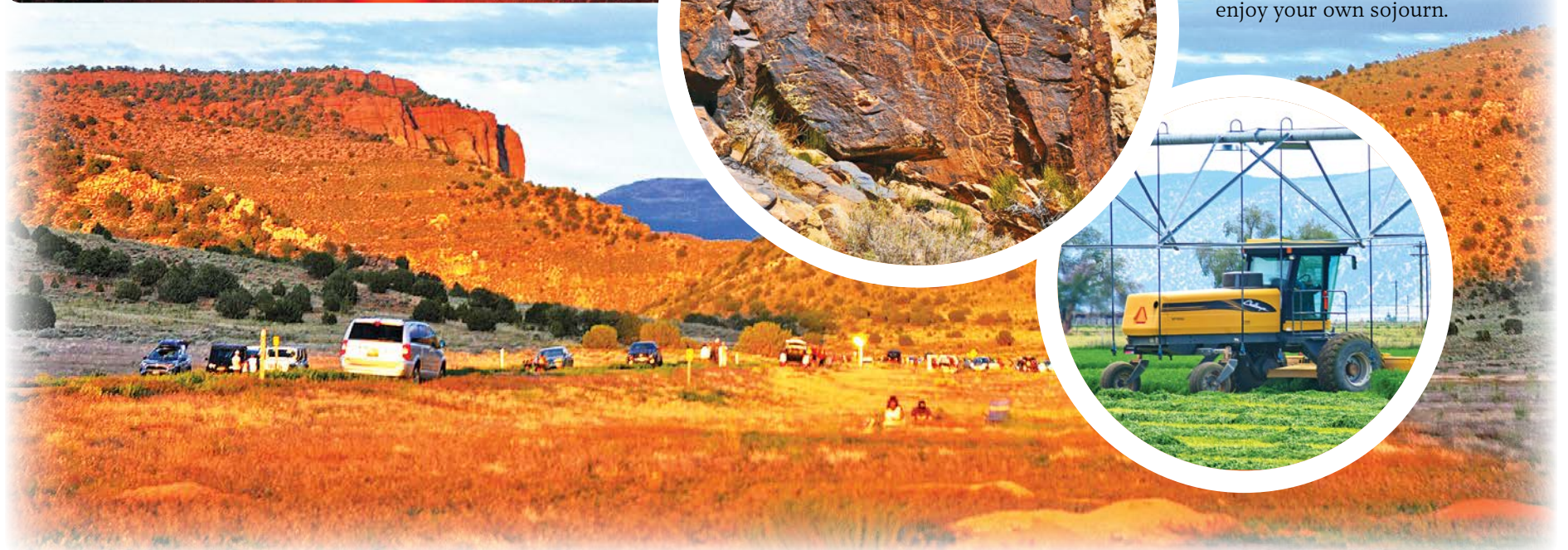
**W**e have driven out to the Parowan Gap many times in the daytime to see the petroglyphs and have always meant to return on the evening of the summer solstice, the longest day of the year, to watch the sun setting between the center of the Gap.

This year we finally made it out there on a balmy evening and were somewhat surprised to see a couple of hundred other folks doing the same thing. RVs, trailers, picnickers and lots of other photographers were scattered across the meadows, getting ready for a colorful sun setting onto the petroglyphs and the gap. The clouds gathered under the blazing sun just in time to give us the beautiful sunset we were hoping for as the sun slipped below the historic horizon.

The drive out to the Gap also passes right through the many alfalfa fields that are currently being harvested and the lingering fragrance of the recently cut crops was a timely treat we hadn't expected.

If you missed it this year, mark your calendar for June 21st next year. It's worth the trip and time and it looked like all of our fellow solstice watchers went home delighted with their evening.

For directions on how to get to the Gap, please go to [visitcedarcity.com/parowan-gap-secrets/and-enjoy-your-own-sojourn](http://visitcedarcity.com/parowan-gap-secrets/and-enjoy-your-own-sojourn).



The background of the entire page is a close-up, slightly angled view of the American flag, showing the blue field with white stars and the red and white stripes. The flag is set against a solid blue background.

# — OUR — FLAG

A SALUTE TO THE STARS & STRIPES

**SPECIAL  
PULLOUT  
SECTION!**

# THE HISTORY OF OUR FLAG

National flags serve to unite citizens of a given country. Flags wave proudly in front of government buildings and schools, and they also identify athletes during international sporting competitions. In many countries, flags also serve as symbols of honor for members of the military and their families.

For more than 200 years, the American flag has been a symbol of unity and pride in the United States. The red, white and blue flag has a storied history and has gone through various incarnations. The following are some of the more interesting facts pertaining to the American flag.

- ★ Six different flag designs were flown before Betsy Ross announced that she had sewn the official American flag. These designs included a series of alternating red and white stripes, the Liberty Tree, the Sons of Liberty, and the Forester flag designs. The Continental Army once used a flag featuring a snake with the mantra "Don't Tread on Me."

- ★ On June 14, 1777, the Second Continental Congress proposed and passed the Flag Act of

1777. This resolution was designed to facilitate the creation of an official flag for a nation that was aiming to earn its independence from Great Britain. The flag was to have thirteen stripes, alternating red and white, with thirteen white stars on a blue field. The thirteen stars signified the original members of the Union.

- ★ The American flag remained unchanged until 1795, when the stripes and stars were increased to 15 for the addition of Kentucky and Vermont to the Union.

- ★ After seeing the new 15-star and striped flag flying over Fort McHenry during the War of 1812, Francis Scott Key was inspired to write the poem that would eventually become the nation's national anthem.

- ★ A sea captain from Massachusetts, William Driver, named a large, 10-foot-by-17-foot flag "Old Glory" after it survived multiple defacing attempts during the American Civil War. Driver's nickname of the flag inspired the name to be used for all American flags.

- ★ Although Flag Day was established as a formal national holiday in 1949, it was not made a federal holiday. Flag Day is only an official holiday in the state of Pennsylvania. This may be fitting because legend holds that Betsy Ross sewed the first flag in Pennsylvania.

- ★ Today's flag features the original 13 alternating white and red stripes (in 1818, another design went into effect, permanently setting the number of stripes at 13 in honor of the original colonies) and 50 stars to represent the states of the Union. The colors of the flag signify as follows: red for hardiness and valor, white for purity and innocence, and blue for vigilance, perseverance and justice.

The Color Association of the United States creates the palette of colors used for both private and public institutions and the U.S. Army. Mass-market flag manufacturers tend to use Pantone Matching Shade of Dark Red (193 C) and Navy Blue (281 C).

The American Flag has been a fixture of the United States for centuries and continues to serve as a symbol of pride, valor and history.

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# AMERICAN FLAG ETIQUETTE

The American flag symbolizes many things to many people. While the American flag is proudly displayed in millions of buildings and homes across the United States year-round, it tends to draw special attention each summer, when Americans celebrate their independence on July 4.

The Flag Code formalizes and unifies the standards of respect that must be given to the flag, even containing specific instructions regarding how the flag should not be used. The following are some of the rules that govern how to display the American flag.

## RAISING AND LOWERING THE FLAG

According to USFlag.org, the American flag should be raised quickly and lowered slowly and ceremoniously. While the Flag Code suggests the flag should be displayed only between sunrise and sunset, if it is displayed at night, it should be illuminated. The flag should be saluted as it is hoisted, and when lowered that salute should be held until the flag is unsnapped from the halyard or through the final note of music, whichever is the longest.

When displayed indoors, the flag should be displayed to the right of the speaker, staging area or sanctuary. Any additional flags hanging in the room should always hang to the left of the American flag. When flags are grouped for display, the American flag should be in the center and at the highest point of any flag.

## IN MOURNING

The American flag is often displayed in mourning. When placing the flag at half staff, first hoist it to the peak for an instant before lowering it to a position halfway between the top and bottom of the staff. During mourning, when the time comes to lower the flag, it should once again be momentarily raised to the peak before it is lowered.

The American flag is flown at half-staff when mourning designated, principal government leaders. It also must be flown at half staff upon presidential or gubernatorial order.

When covering a casket, the American flag should be placed with the union at the head and over the left

shoulder. The flag should never be lowered into the grave.

## PARADING THE FLAG

When the American flag is carried in a procession, such as in a parade, the flag should always be to the right of the marchers when it is the lone flag being represented. When other flags are carried, the American flag may be centered in front of the others or carried to their right. Parade audiences should salute the flag as it passes in the procession.



SHUTTERSTOCK

## FLAG RESTRICTIONS

There are many conditions under which the American flag is not to be used. These include:

- ★ The flag should never be used as a decoration. Use bunting to decorate with the colors of the American flag, always ensuring the blue stripe of the bunting is on top.

- ★ The flag should not be used as part of advertising. The flag also should not be embroidered, printed or impressed on articles such as cushions, napkins, boxes, or anything considered temporary that is likely to be discarded after use.

- ★ The flag should not be used as part of a costume. The uniforms of military personnel, firemen, policemen, and members of patriotic organizations are permitted to wear American flag insignias on their uniforms.

- ★ The flag is not to be used as a receptacle to carry, deliver, hold, or receive anything.

The American flag is an enduring symbol of freedom and sacrifice to millions of people across the globe. The flag should always be displayed with the utmost respect and in adherence to the guidelines set forth by the Flag Code.



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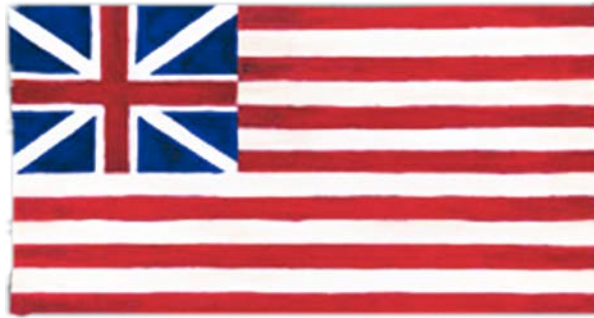


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# EVOLUTION OF OUR FLAG

**T**he Stars & Stripes, Old Glory, The Red, White & Blue, The Star Spangled Banner—whatever name you use for it, our beautiful flag has come in many forms throughout our Nation's life span. The flags shown below depict just some of the many variations that have come and gone over the decades. And though stars have been added and other details changed, the spirit of *Old Glory* remains constant in the "Land of the Free and the Home of the Brave."



CONTINENTAL COLORS "GRAND UNION" FLAG · 1775



BETSY ROSS FLAG · 1776



COWPENS FLAG · 1781



FORT MCHENRY FLAG · 1814



GRAND STAR FLAG · 1818



BENNINGTON FLAG · 1826



34 STAR FLAG · 1861



CURRENT 50 STAR FLAG · 1960

**RIA-USA**

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# WHAT DOES FREEDOM MEAN?

*The following story contains words woven in that were received from Iron County Veterans, our local heroes. They chose to not have their names listed because they were just doing what their Country asked of and entrusted them to do. How we use and cherish our freedoms is their recognition.*

**F**reedom is the pursuit of happiness; not the total gain of happiness, but the ability to go forth in a country that allows us to work as hard as we can or not. To have the liberty to go after whatever our goals may be. To reach out and touch the dream that we have and to be able to achieve that goal. To be comfortable in the knowledge that we are given certain unalienable rights to fight and maintain these rights if we need to. And to know in our hearts that because of what we have accomplished with our service, or just plain hard work in our everyday doings, we will and can stay free.

Freedom is law and order, to maintain the peace and to continue to pursue our happiness. Not anyone else's, but our own. That is the only way.

The country is going to hell in a handbasket, and I would love to help straighten it back out because of what we all saw during our service, especially overseas. What we saw over there we were not expecting. We saw people who were being treated in such awful ways. They were dirty, wore shabby clothing, some had not eaten for days and even weeks—all because of one person's tyrannical activity. People being led to their deaths in trains and then taken like cattle to their final destination. We saw that. All that, at least my unit did. I felt ashamed that the human race would or could sink to such lows. The political powers of Europe during that time were

against each other and each wanted the ultimate power over all the earth.

Between Socialism, Marxism, Communism, it appeared that we had no chance. But I remembered we have the right to pursue our happiness. These poor folks were not allowed to do anything without being told to do so in total rule.

Right now, we have a free country. I don't know if it will continue, but even though it appears this way, as long as I am alive—despite what Vietnam gave me—I will, with every bit of energy I have left within me, defend her freedom as best I can. So, what does freedom mean? It means to me I can die with liberty and justice for all who live in the great country of the United States of America!

Freedom is looking out and seeing your grandkids playing. Looking out and watching someone buy a car. Listening to music that you like and enjoy without any one telling you that you cannot. And finally, being given the liberty that we all have as long as we acknowledge and understand that Freedom is not free.

On this day of our Nation's birthday, and the beginning of the best country on the face of the earth, we must never forget, nor should we ever become complacent in why our country is special. The USA has treated us all fairly. We all live here; we all are free to do as we wish as long as it does not interfere with the lives of others. We are here right now because we have Life, Liberty, and the Pursuit of Happiness. That is Freedom.



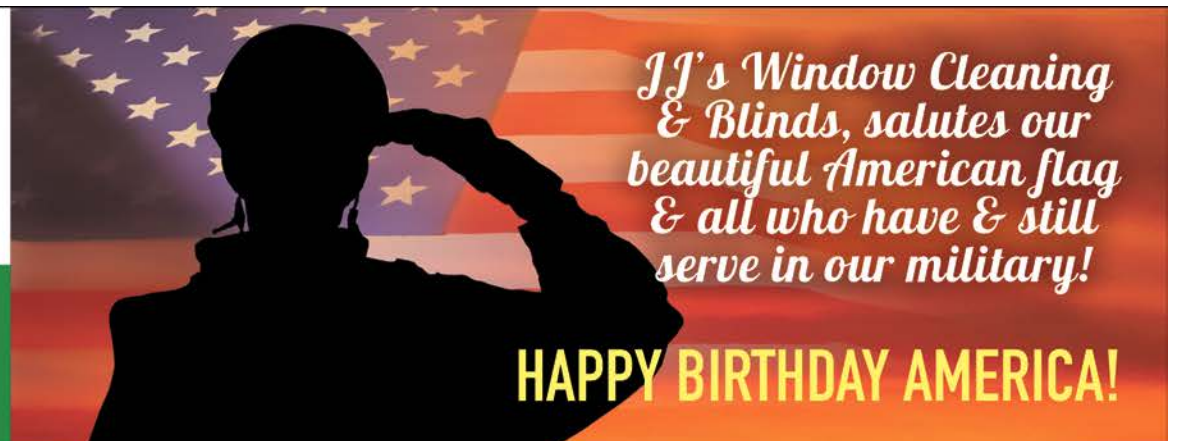
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**HAPPY BIRTHDAY AMERICA!**

# HISTORY OF INDEPENDENCE DAY

IN CONGRESS, JULY 4, 1776.  
*The unanimous Declaration of the thirteen united States of America.*  
*When in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to promote their Safety and Happiness.*

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Each year on July 4, Americans celebrate the birth of their nation and independence from Great Britain. This day marks the anniversary of the presentation and acceptance of the Declaration of Independence, signed 242 years ago on July 4, 1776.

The Declaration of Independence began as a letter to Britain's King George to explain why the Continental Congress was interested in declaring independence from Great Britain. The writing of the declaration began on July 2 and the final wording was established on July 4.

Independence Day is full of opportunities to celebrate and enjoy oneself. Parades, fireworks, parties, barbecues, and much more are part of the festivities.

Another way to commemorate Independence Day is to educate oneself about the many historical and enter-

taining facts that surround the day. The following are some interesting details about the origins of Independence Day and the celebrations that surround it.

★ Although 56 people eventually signed the Declaration of Independence, only John Hancock signed the document on July 4, 1776. The rest added their names later on. John Hancock's signature is ornate and widely recognized. Putting your "John Hancock" on a document has become synonymous with the process of signing something.

★ The Declaration of Independence was adopted while the Continental Congress met in Philadelphia at the Pennsylvania Statehouse. That building is now known as Independence Hall.

★ The average age of the signers of the Declaration of Independence was 45. The youngest person to sign was Thomas Lynch, Jr., who was 27 when he signed

the document. Benjamin Franklin, at age 70, was the oldest signee.

★ John Adams and Thomas Jefferson were the only signees who went on to serve as presidents. Coincidentally, Jefferson and Adams both died on July 4, 1826, within hours of each other.

★ Philadelphia is the birth place of much American history and is home to the Liberty Bell. Each Independence Day, the Liberty Bell is tapped (not rung, as the vibration would further damage the cracked bell) 13 times in honor of the original 13 American colonies.

★ The original 13 American colonies were located all along the eastern seaboard. They include Virginia, New York, New Hampshire, Massachusetts Bay, Maryland, Connecticut, Rhode Island, Delaware, North Carolina, South Carolina, New Jersey, Pennsylvania, and Georgia.

★ The stars on the original American flag were placed in a circle. This was so all of the colonies would be equally represented.

★ Independence was gained in 1776, and the first celebration took place in Philadelphia four days later. The White House held its first Independence Day festivities in 1801.

★ Benjamin Franklin proposed that the turkey be the national bird of the United States. However, John Adams and Thomas Jefferson overruled him, and the bald eagle became the national bird.

★ The only copy of the engrossed and signed Declaration of Independence is in the National Archives in Washington, D.C.

Independence Day is a time for hot dogs, ice cream and, of course, revisiting America's history.

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# MUSIC AND OUR COUNTRY

**A**t the 75th Commemoration at Pearl Harbor, I had the privilege of singing with the Mountain West Chorale. After coming back from the USS Arizona Memorial, which was a sacred experience, we did a concert, singing the "Star-Spangled Banner," "God Bless the USA," "America the Beautiful" and finishing with "The Battle Hymn of the Republic." It brought tears to our eyes as we remembered those who had given their lives that we might have our freedom. A few years before that we sang at Ellis Island and the Statue of Liberty. Men and women and children came to Ellis Island and saw the Statue of Liberty, and poured out their hearts for the gratefulness of coming to this wonderful land.

## SOME OF THESE AMAZING SONGS THAT HAVE SHAPED OUR COUNTRY...

Lee Greenwood's "God Bless the USA." Irving Berlin's "God Bless America." George M Cohan "You're a Grand Old Flag." Katharine Lee Bates "America the Beautiful." Who doesn't enjoy the beat of marching drums of John Phillip Sousa and his famous "The Stars and Stripes Forever"? You cannot listen to these numbers without feeling gratitude for the men and women who sacrificed their lives that we might be free. Mr. Sousa had composed over 100 marches.

Frances Scott Key was a lawyer

in his mid-30s, wrote a poem which was later set to music and in 1931 became our country's national anthem, "The Star-Spangled Banner." This poem was originally titled, "The defense of Fort McHenry" and was written after Frances Scott Key witnessed Maryland Fort being bombarded by the British during the War of 1812. The Star-Spangled Banner was recognized by the United States Navy for official use in 1889 and President Woodrow Wilson in 1916, and was named the national anthem by the congressional resolution on March 3, 1931 which was signed by President Herbert Hoover.

**O** say can you see by the dawn's early light

*What so proudly we hailed at the twilight's last gleaming*

*Whose broad stripes and bright stars through the perilous fight*

*O'er the ramparts we watched, were so gallantly streaming?*

*And the rocket's red glare, the bombs bursting in air*

*Gave proof through the night that our flag was still there*

*O say does that star-spangled banner yet wave*

*O'er the land of the free and the home of the brave?*



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# PROPERLY AND RESPECTFULLY RETIRING AN AMERICAN FLAG

There isn't a more beautiful sight than the American flag flying high. And while you may already know how to display the American flag correctly, it's important to know how to properly discard of a tattered or soiled American flag.

When a flag is worn out or no longer a fitting symbol to display, the United States Flag Code (4 U.S. Code § 8. Respect for the flag) says it should be retired in a dignified way, preferably burned and buried. "While the federal code contains no penalties for misusing the flag, individual states have their own flag codes and may impose penalties," says the Veterans of Foreign Wars (VFW.org) website. "The language of the federal code makes clear that the flag is a living symbol."

## THE PROPER PROCEDURE:

Start by folding the flag in the traditional triangular fashion. It is, and always has been this way throughout our U.S. flag's history. If you are not

familiar with this fold please get someone who is so that the ceremony is properly performed.

The fire must be large enough and long enough to burn the flag completely to a fine ash. Place the flag into the fire carefully.

As it burns, attending uniformed witnesses should recite the Pledge of Allegiance or salute. Such is the case with The Boy Scouts, Girl Scouts, Veterans of Foreign Wars (The VFW), or other U.S. flag honoring organizations. Sometimes, a twenty-one-gun salute is offered to the flag that has been decommissioned. It is a most honorable ceremony and one, in my opinion, that should always be performed when a flag is to be decommissioned.

End the ceremony with a moment of silence before burying the flag's ashes. Many times, an urn has been at the flags interment and the ashes are then placed into the container. This is in honor of a veteran who may have had the U.S. Symbol of Freedom in their possession for a lifetime or was the caretaker of the

flag during their military service.

## ADDITIONAL FLAG DISPOSAL OPTIONS:

For those with concerns about burning the flag (whether environmental or safety related), there are alternatives. Always check with your local Veterans organizations for accurate information.

If you prefer to forgo having a personal ceremony, but still want to ensure that your flag will be properly retired, you can bring it to a flag retirement location, such as a VFW or American Legion, or others in your community. ([www.vfw.org](http://www.vfw.org)) You can also send your flag in to be recycled. This is a particularly good option for petroleum-based materials like nylon which can produce hazardous gases when burned.

Remember the Flag of the United States of America is one of our symbols of Freedom. Despite the nonsense that we sometimes witness against this emblem of Liberty, always treat it with the great respect it deserves.



## family

# Helping hands

**H**ave you ever noticed how quickly a small mess can turn into a big one when kids decide they would like to "help" clean up?

I once heard a saying that went something like 'The lazy mom does it herself, referring to house work.

I was initially offended thinking that there is nothing lazy about doing all the housework! I later learned that this phrase implies that a lazy mom

do all of the chores yourself, but then you're left with kids who are not building the foundation of responsibility or work ethic.

By skipping the effort required to help lay that foundation, and rushing to complete the tasks ourselves, some philosopher has accused us of being lazy. While I do not agree with the verbiage, I can grasp the concept and agree that it is important to include children in helping to maintain a respectable home environment.

That said, what exactly can toddlers do to actually help? I have compiled a brief list of chores that even one to two year olds can assist with that have minimal chance of backfiring into a colossal disaster

(like cracking eggs for breakfast or refilling soap dispensers).

## Dusting

My kids watch me wipe the countertops and beg to help (I wish I were as enthusiastic about the task). Call me "lazy" but the last thing I want to do is lift each of them up to take a turn smearing crumbs around the surface. As a compromise I give them each a harmless chemical free wet wipe and ask them to help me by cleaning all of the doorknobs in the house. If they're still interested by the time they have completed that task,

does not require her children to help with the housework, therefore she does it all herself. This only began to make sense when my kids got old enough to start "helping."

When toddlers express an interest in assisting with cooking and cleaning you learn really fast that they generally make a bigger mess than you started with! Not only do you have to give instructions and increase the time of simple tasks to allow for the help of a young child, but you're also left redoing the mediocre work they have completed.

It literally requires less work to



SHUTTERSTOCK

I direct their attention to the dining chairs.

## Laundry

I have tried several different approaches to laundry with my kids under the age of five. After folding and refolding two times too many, I have settled on asking them to sort their own laundry into simple categories including socks, undies, PJs, tops and bottoms. I am happy to take over the rest and genuinely pleased to have that portion of the chore done in advance.

## Dishes

Opening the dishwasher is somehow equivalent to the sound of a candy wrapper. Toddlers flock to it. They are over eager to grab breakable glass items and knives and whatever

else they can get their little hands on. Again, I compromise. I hold them off just long enough to collect all of the knives from the utensil holder before asking my three and one year olds to hand the remainder to me one at a time. My five and seven year olds are advanced enough to handle the rest of the unloading. This isn't a perfect task completion as I typically end up with a counter top full of clean dishes that I still have to put away, but the simple process of being included and relied on for the benefit of our home is important to our children.


There are other obvious tasks that young kids can complete on their own, like picking up toys, but consider these options when they ask to work alongside you as you check off your own list of chores.



**mom's  
CORNER(ED)**

by **Weslie Stratton**  
CONTRIBUTOR

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# July Jamboree returning for 26th year

from Tessa Douglas

FOR IRON COUNTY TODAY

The 26th annual July Jamboree, Cedar City's largest single summer event, will be held Saturday, July 8th on Cedar City's historic downtown Main Street.

From 4:00 to 10:00 p.m., Cedar City's downtown will be filled with classic cars, motorcycles and semi-trucks, vendor booths, live local bands, a food court, and a beer garden. A plethora of sights, smells, tastes, and sounds awaits everyone who comes. Although food and vendor products will be



available for purchase, the cost of attendance is free. Additionally, all purchases made at the beer garden will be donated to the Iron County Care and Share.

This summer, look for the event to be even larger than previous years.

"Last year's Jamboree was incredible! We had unprecedented participation from sponsors, vendors, car owners and the community. As a result, we're actually expanding into Main Street Park to make it even bigger and better" said Martin Haeberle, event chair and Cedar City Rotarian.

Sue Longson, Cedar City Rotarian and planning committee member, echoed Haeberle.

"We are so grateful for the support the community gives to the Jamboree. We can't wait for everyone to enjoy it again this year, with even more to do and see!"

The Jamboree is organized by the Cedar City Rotary Club with help from sponsors and volunteers from across the community. Signature sponsors include Tink's Auto Parts, American Packaging Corp, Best Western Plus, Cacioue Foods, Cedar Band Corporation, Cedar

Bowling Center, Gallow Tech, Iron Mountain Plumbing, Southern Utah University, Southwest Plumbing Supply, Summit Valley Plumbing, The Tire Company, Thompson's Plumbing, Tire and Auto Center, Triple S Polaris, Warehouse Bar + Kitchen, Bald Eagle Beverage, Cedar City Motor Company, Iron Springs Resort, Storage General, Town Square Media, and Iron County Today. It takes hundreds of volunteers and around 4,000 volunteer hours to make the event happen.

Funds raised from the Jamboree, as well as the Cedar City Rotary Club's other events, support projects and organizations that include the Veterans Memorial Park, Iron County Care and Share, Canyon Creek Services, Cedar City Music Arts, the Happy Factory, Little League Baseball, the Southwest Livestock Show, the SUU Childcare Center, and scholarships for both SUU and Southwest Tech students, among others.

As an added benefit to participants, the Cedar City Rotary Club, living up to their motto of



(L to R)  
Tessa Douglas  
and Laurie  
Vincent show  
off the cool July  
Jamboree goodie  
bags.

COURTESY  
TESSA DOUGLAS

"Service Above Self", have been preparing over 300 "goodie bags" that will be distributed to the exhibitors. These "goodie bags" are filled with items donated by local businesses.

Thank you to everyone involved in any way to help make this one of the greatest July Jamborees to date.

## FAMILY HISTORY CORNER

Family History can be a precious part of your legacy no matter your age or experience. Here are some great ideas to help you get started on writing your own story that will become a foundation of inspiration for your posterity for generations yet to come.



RUTH SCOVILL  
CONTRIBUTOR

### Early life and first memories:

- » When and where were you born? Any unique details?
- » What are your earliest and fondest memories?
- » What stories did your parents tell you about your (and their) childhood?
- » Who were your early friends? What made your friendship special?
- » What adventures did go on together?

## people

### 60TH ANNIVERSARY

#### Pamela & Gene Dunn

Happy Happy Diamond Anniversary! Pamela and Gene Dunn are celebrating their 60th Wedding Anniversary! They were married on June 20th, 1963. We would like to share our love with them and our gratefulness for their light, love and example! We love you Mom and Dad! Sincerely your children.



## Want to submit an announcement?

There is no charge for birth, first birthday, mission, Eagle Scout, 50th anniversary (and up), wedding and 80th birthday (and up) announcements. Submissions can be made online at [ironcountytoday.com](http://ironcountytoday.com), or emailed to [news@ironcountytoday.com](mailto:news@ironcountytoday.com) or brought to 479 N 100 W, #1, Cedar City. The deadline is Friday at noon for the following week's issue. Announcements should be 100 words or less. Please call 435-701-9982 for pricing for all other announcements.

## calendar

## THURS, JUNE 29

## FISHERMAN DAY

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

**INTO THE WOODS (PRO CAST JUNE 29-JULY 2, 7pm),** (Student Cast July 13-15, 7pm) @ IMPAC Studio (389 N 100 W, Ste 7, Cedar). Tickets \$25. Available on eventbrite.com. A uniquely intimate production of the sensational Sondheim musical like you've never experienced before! INFO: im-pac.com/theatre-company.

## FRI, JUNE 30

## METEOR WATCH DAY

**FARMERS MARKET (10-2PM, LAST FRI) @ UT** Paiute Housing Authority (565 N 100 E, Cedar) Buy goods, food, handmade items. We hope you will come and enjoy this community event!

**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, artisans, musicians, comedians, drive-in movies, etc. for a weekly celebration of Cedar City's unique culture. INFO: www.cedarstreetfest.com.

**FINAL FRIDAY ART WALK (5-8PM LAST FRI** of Month June - Sept) @ various locations along Main Street and University Blvd. Free for everyone. Visit with artists, see beautiful art pieces, purchase a new piece to add to your collection. INFO @ Facebook: /CedarCityWalks or /CedarCityArts.



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

## SAT, JULY 1

## JOKE DAY

**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.

**PAROWAN POOL CAR WASH (9-3PM) @ (95** S Main). Get your car washed, a wish granted, relax in a misted recliner. Also enjoy a bake sale. Proceeds go to help furnish the Parowan pool. Goal = \$5000.

**CLASSIC & VINTAGE AUTO SHOW (9-5PM) @** Mountain View Ranch (10 S 600 W, Parowan). \$4 donation per person. BBQ, Waffle Cone Ice Cream, Cowboy Poetry, Tour the Heritage Museum. INFO: Call Grant 702-281-4523. Co-sponsored by Cedar Breaks Antique Car Club.

**31ST BRIAN HEAD ART FESTIVAL (9-7PM) @** The Mall (259 S Village Way, Brian Head). A weekend of food, art, music, games, entertainment, and cool weather. INFO: brianheadartfest.com.

## SUN, JULY 2

## SPORTS JOURNALIST DAY

**PATRIOTIC PROGRAM & ICE CREAM (7PM) @** Christ the King Catholic Church (690 S. Cove, Cedar). Come enjoy a patriotic program and ice cream social. All are welcome. Sponsored by the Cedar Area Inter-Faith Alliance (CAIFA).

## MON, JULY 3

## TRANSPLANT WEEK

**62ND UTAH SHAKESPEARE FESTIVAL - THE** Festival also offers a FREE nightly Greenshow (summer) at 7:10 pm, backstage tours, seminars, and play orientations. INFO/Tickets: 1-800-PLAYTIX (752-9849) or visit www.bard.org.

## TUES, JULY 4

## INDEPENDENCE DAY (USA)

**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.

**ENOCH CITY INDEPENDENCE DAY (7AM - 5K** run) @ Old Enoch Park (1600 E 2550 N). Hotdogs at 5:30 pm. Also enjoy the Enoch Orchestra, kids games & events, and the annual Wings of Death challenge! INFO: cityofenoch.org/july-4th-celebration.html

**CEDAR CITY 4TH OF JULY (9:30AM - PARADE)** @ 300 W Center Street east to Main Street then north to 400 N). Followed by activities in Main Street Park (200 N Main) until 3pm. Cedar City Fireworks display takes place after dark (about 10 pm) at the Cedar City airport. All events FREE and open to the public. INFO: Cedar City Lions Club Mark Nelson 435-463-5501 or www.cedarlionsclub.com.



**BRIAN HEAD 4TH OF JULY @ BRIAN HEAD** Resort Giant Steps Patio (329 S Hwy 143, Brian Head). Celebrate Independence Day with live music and artisan vendors (9:30-6pm mountain activities). (11-8pm live music). Food/beverage service until 9pm. Entrance fee \$10 per person.

**4TH OF JULY AT THE LAKE (10AM) @ THREE** Peaks Oasis (7797 N Oasis St / Lund Hwy, Cedar City). FREE family event. Enjoy a private lake with a massive waterslide, zip line, sand volleyball, and other water activities. Pack a lunch and plenty of water!

## WED, JULY 5

## WORKAHOLICS DAY

**YOUTH SERVICE LEAGUE (YSL) MEETING** (3:30-4:30pm) @ Cedar Visitors Center Conference Room (581 N Main). Opportunity for youth between the ages of 11 - 18 to volunteer in making a positive difference in our community. Volunteer hours look great on college applications.

**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, JULY 6

## THIRSTY THURSDAY

**HISTORIC UNION PACIFIC PHOTOGRAPHY EXHIBITION (1-7pm, Closed Sundays) @** Randall L. Jones Theater (50 S 300 W, Cedar). Many photos taken by Cedar City Native Son, Homer Jones (b. 1909 d. 2012) and the son of Randall L. and Lovina S. Jones. Approx. 70 historic photos chronicle the Union Pacific Railroad in Cedar City and Utah's National Parks.

## FRI, JULY 7

**CEDAR BREAKS WILDFLOWER FESTIVAL** (9-5pm Daily) @ Cedar Breaks National Monument (Hwy 148). Self-guided hikes focusing on the wildflowers, how to identify them, and much more. Park admission fee \$10 per person. INFO: 435-986-7120 or www.nps.gov/cebr.

**SUMA: CREATE PLAYDATE (10AM) @ SUMA** (13 S 300 W, Cedar). A special free storytime and hands-on creative activity in performing and visual arts. Each Create Playdate is about 45 minutes long and is geared toward preschool children (ages 3 to 5) and their parents or guardians.

**26TH JULY JAMBOREE KICK-OFF PARTY** (6-9pm) @ Tink's Superior Auto Parts (210 S 200 N, Cedar). Live music by Fenwick Way, food vendors, cool cars, and lots of fun!

**PAROWAN JULY CONCERT SERIES (8PM) @** Parowan City Park (Main & Center). FREE, open to everyone. Bring a chair or blanket and your family and friends. INFO: 435-477-8190.

## Want your event on our calendar?

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

## calendar

## ONGOING OPPORTUNITIES

## GOVERNMENT

**Brian Head Council**

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

**Cedar City Council**

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

**Enoch City Council**

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

**Enoch Planning Commission**

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

**Iron County Commission**

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

**Iron County Democrats**

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

**Iron County Republican Women**

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

**Parowan City Council**

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

## SERVICE GROUPS

**American Legion Post 74**

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

**Bikers Against Child Abuse**

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

**DAR – Bald Eagle Chapter**

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

**Elks Lodge #1556**

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

**Lion's Club**

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

**Marine Corps League**

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

**Rotary Club**

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

## SUPPORT GROUPS

**AA—Alcoholics Anonymous**

(435) 635-3603 • [www.utahaa.org](http://www.utahaa.org). Helpline: John (702) 802-1332, Kara (702) 232-6829 KKC 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**

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

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

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

**Hope for Today (Family Groups)**

Thurs, 6 pm • (435) 559-3333

**Alzheimer's/Dementia**

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

**ARP—Addiction Recovery**

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

**Caregivers**

1st Tues, Noon • Five County Aging Offices, 585 N Main, Ste. 1, Cedar City  
3rd Thurs, 6:30-8:30 pm • Johnson Arts Center (59 N 100 W, Cedar). All levels of the caregiver's journey from pre-caregiving to bereavement and rebuilding welcome. INFO: Kat at 702-292-9911.

**Celebrate Recovery**

Fri, 6:30 pm, starting July 7, 2023 • Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, [info@sonrisechurch.net](mailto:info@sonrisechurch.net), [sonrisechurch.net](http://sonrisechurch.net).

**Helproom**

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

**Multiple Sclerosis**

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

**Narcotics Anonymous**

[www.nasouthernutah.org](http://www.nasouthernutah.org) • (435) 635-9603 KKC Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

**Basic Text Study** • Mon, 8 pm

**Just for Today** • Wed, 8 pm

**Hope Without Dope** • Thurs, 8 pm

**Live and Let Live** • Fri, 8 pm

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

**Women Only** • Sun, 11 am

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

**Nicotine Anon (12-Step)**

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

**Porn Addiction Recovery for Men**

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

**Pregnancy, Infant Loss**

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

**Senior Blind/Visually Impaired**

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

**Southwest Parkinson's Alliance**

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

**Widows Ministry**

2nd Sat, 11-1 pm • New Journey-Widow's Ministry @ Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, [info@sonrisechurch.net](mailto:info@sonrisechurch.net), [sonrisechurch.net](http://sonrisechurch.net).

## CLASSES, CLUBS &amp; ACTIVITIES

**Adult Barre/Modern Dance**

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

**Arthritis Foundations Exercise**

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

**Bingo & Lunch**

Fri, lunch @Noon, Bingo @1:15. Free for Seniors @ Our House Assisted Living (995 S Regency Rd, Cedar). INFO: 434-867-0055.

**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 Sheila Shaw 805-208-4545

**Cedar Breaks Model A/Vintage Car Club**

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

**Cedar Chest Quilters' Guild**

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

**Cedar City ESL**

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

**Cedar City Toastmasters**

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

**Cedar Professionals**

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

**Cedar Radio Control Club**

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

**Color Country Winds**

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

**Cub Scout Pack 1848**

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

**Explorer Bible Club**

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

**Folk Dancing Class**

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

**Hey Cedars Square Dance Club**

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

**International Folk Dancing**

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

**Iron County Moms For America**

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

**Parowan Pickleball**

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

**Rock Club**

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

**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.

**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

**Sewing Group**

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

**Southern Utah Woodturners**

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

**StrongBoard Classes**

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

**Tae Kwon Do Class**

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

**Tai Chi For Health**

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

**Take Action for Freedom**

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

**Top Bar Hive Bee Keeping**

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

**TOPS – Take Off Pounds Sensibly**

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

**Water Aerobics Class**

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

**Wellness Place**

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

**Wellness Wednesdays**

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

**Youth Group**

Wed, 6:30-8 pm • Ages 12-18. Meal, games & Bible Study. @ Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, [info@sonrisechurch.net](mailto:info@sonrisechurch.net), [sonrisechurch.net](http://sonrisechurch.net).

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

# THE WEAKEST LINK

## LEADERSHIP 101.19

**N**o matter what kind of business, team, organization, family etc. you lead, or are a part of, you've heard the familiar phrase, "We're only as strong as our weakest link." This is often applied to people, products, places where when one person and/or part of the plan fails, it can put the whole process in distress.

You may also remember the familiar game-show on TV where the "Weakest Link" was eventually exposed and expelled (with some sharp shaming), until the strongest link survived and won the cash prize.

In the real world, weak links aren't meant to be shamed and shunned, but shown a better (stronger) way of both working and living. Because whether we're leading or following, we all have weaknesses that need strengthening. Having, or being a weak link is not the true danger. It's not knowing about it, or not doing anything about it until it breaks.

Therefore, in your sphere of leadership, finding the weakest link isn't about firing as much as

## the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



forging them into a stronger link. Each person in your organization provides an opportunity (and responsibility as the leader) to higher (improve) them. They may not even know they are the weakest link. Or they may not have the proper provisions and training to become a stronger link.

Also, it's not only the weak links that can break. Strong links, if not supported properly can also break and lead to problems with people and in places that were taken for granted, or not properly understood how to provide the necessary support to keep them from breaking. In a business setting this can refer to someone becoming burnt out and unable to have the strength to be a more dependable link.

Yet, even the most diligent leader and team can miss the warning signs of a weak link. That's why

it's imperative that all the links in the chain help keep each other accountable, and also recognize and support each other through weak moments.

How do you spot and support (strengthen) a weak link before it breaks? While performance is a great indicator of strength, it can also be deceptive. Just because someone looks, acts, works like their happy and productive, if this isn't supported, their strengths will become weaknesses.

Regular meetings and personal interviews with the team players help. These regular interactions can also act like safety chains, which preemptively prepare for and protect against failure when accidents happen and links become loose or break.

Today, no matter your chain of command, strive to strengthen each individual link individually. Don't focus so much on what the chain is holding that you lack the time to make sure each link is valued and galvanized with gratitude and fortitude. As you strive to strengthen your weak links and help them become strong links, you will forge a unity that will not only help secure and protect your precious business and assets, but every area and arena of your life.

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## finances

### ASK RUSTY: SOCIAL SECURITY

from Assoc. of Mature American Citizens

FOR IRON COUNTY TODAY

## Survivor benefits vs. spousal benefits

Dear Rusty:

I will be 70 in August and will file my application for benefits in May. I know I'll get my maximum possible amount at age 70, but I need you to clarify things I have read. Per an award-winning TV host, author, and host of a money podcast "if the higher-earning spouse delays until age 70 to claim Social Security, that guarantees the survivor the biggest possible benefit." But then I read in a different article that if a person delays beyond their full retirement age to obtain a higher personal benefit (like I have), my spouse's benefit would still be based on my FRA benefit amount. I am confused about which statement is the correct version.

Signed: Confused About My Spouse's Benefit

Dear Confused:

I'm not surprised that you are confused about these seemingly contradictory statements. It is, indeed, quite logical (and common) for a widow or widower to think they must apply for a "spousal benefit" from their deceased spouse. And while that's technically true, those of us who live in this often confusing world of Social Security jargon would say the widow or widower is applying for a survivor benefit, not a spousal benefit. What's the difference? Well, when you're speaking with a Social Security representative or an advisor, the term "spousal benefit" means something entirely different than the term "survivor benefit."

The two articles you mention are, I believe, referring to two different types of Social Security benefit. The term "survivor benefit" is typically used to describe benefits available to a surviving spouse when the higher earner dies, but the term "spousal benefit" is typically used to denote benefits available to a lower earning spouse when both partners are still

living. I agree this is confusing, and that distinction was apparently not clear in the articles you read. Therefore, to clear your confusion:

- If the higher earning spouse dies and has delayed claiming until age 70, that does, indeed, "guarantee the surviving spouse the biggest possible benefit." The survivor's benefit is based on the full amount the deceased was receiving at death.

- If both spouses are living and the higher-earning spouse delayed until age 70 to claim, their living spouse's benefit, when the higher-earning spouse claims, will be a maximum of 50% of the higher-earning spouse's full retirement age (FRA) amount. A living spouse's benefit is based on their partner's FRA amount, regardless of when their partner actually claimed.

So, in your case, your wife's spousal benefit from you while you are both living will be based on your FRA entitlement, even though you waited longer to claim. But if you die first, your wife's survivor benefit as your widow will be based on 100% of the amount you were receiving at your death. In effect, both statements you referred to in your question are true considering that they refer to two different benefit types. It is a terminology distinction which frequently causes misunderstanding.



**RUSSELL GLOOR**  
SOCIAL SECURITY  
ADVISOR

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## obituaries

### Margaret Thorley



Our loving wife, mother, grandmother, great-grandmother and sister Margaretha Fechter Thorley, age 88, passed away on June 20, 2023, at her home in Cedar City, Utah. She was born on July 12, 1934, in Remagen, Germany to Fredrich and Philippine Gebhardt Fechter. She married her sweetheart William Larry Thorley on January 21, 1963.

Margaret loved gardening, reading, traveling and was an excellent cook. She and her husband enjoyed traveling to Europe, Mexico and throughout the United States. They enjoyed 25 years of spending the winter months in Hawaii and Cancun, Mexico.

Margaret is survived by her husband William Larry Thorley of Cedar City, UT. Her children Patricia (Kevin) Gardner of Cedar City, UT, John (Nikki Hammond) Thorley of Bountiful, UT and Tony Thorley of Cedar City, UT. Her brother Hans Werner Fechter of Ginsheim, Germany. Along with 6 grandchildren and 5 great-grandchildren.

Funeral services for Margaret were held on Saturday, June 24, 2023, at 11:00 am at Southern Utah Mortuary, 190 North 300 West, Cedar City, UT. A viewing was held prior to the service on Saturday from 9:30-10:30 am at the Mortuary. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences may be left at [www.mortuary.org](http://www.mortuary.org).

### Howard Austin



Howard Austin passed away peacefully at his home in Cedar City on June 19, 2023. He is survived by his wife, Mary, four sons and daughters-in-law, numerous grandchildren and great-grandchildren, his two dogs, Lily and Gator, and one cat, Bandit.

Howard was born on August 22, 1931, in Kalispell, Montana and graduated from the University of Montana in 1953. He grew up on his father's wheat farm and spent the next fifty-three years in the financial industry and was CEO of the Bank of Columbia Falls for ten years.

Howard followed this with fifteen years as manager of Business Development at Whitefish Credit Union in Whitefish, Montana. He retired in 2007 and moved to Cedar City with his wife, Mary. He was the second highest SBA lender in Montana and served on the State of Montana Advisory Board. He was voted "Boss of the Year" and was honored as King of the Whitefish Winter Carnival in 2004 for his service on many community functions.

Howard was a basketball referee for fifteen years and took up Race Walking and participated throughout the Northwest. He set the state of Montana record as well as fourth place in the Nationals. He was a mountain climber in Glacier National Park and reached the summit of fourteen peaks. Seeing the world from the top were events that he truly enjoyed with his sons.

Howard was a member of Christ the King Catholic Church in Cedar City and was President of the Parish Council, member of the Knights of Columbus, taught Confirmation classes, was an usher and Eucharistic Minister. He was a director of the Neil Simon Festival and a member of the Small Business Administration SCORE program.

Howard was a volunteer of the Happy Factory for a number of years. He reestablished the Coats for Kids Program in Iron County. Howard's favorite saying is "You only live once, but if you do it right, once is enough." There will be a Funeral Mass for Howard on July 27th, 2023, at 11:00 am at Christ the King Catholic Church Located at 690 Cove Dr in Cedar City Utah.

The family wishes to thank Zion's Way Hospice and Affordable Funeral Services of Cedar City for caring for the family at this time.

In Lieu of flowers please donate to The Best Friends Animal Sanctuary in Kanab Utah in Howards name. Condolences and memories of Howard can be posted online at [affordablefuneralservices.com](http://affordablefuneralservices.com).

## faith

# Miracles of the American Revolution (Part 2)

by Edy Meredith

FOR IRON COUNTY TODAY

**M**any are unaware of the details of America's birth as a nation, including miraculous events that reveal the God of prophecy, who the American patriots were convinced was working behind the scenes to assist them in their rebellion against an oppressive government of unelected monarchs and tribunals in England.

An example of this amazing providence is the preservation of George Washington's life when he was in his twenties and fighting for the English against the French and Indians. Even a Native American who witnessed this later stated, "Washington was never born to be killed by a bullet! I had 17 fair fires at him with my rifle and after all could not bring him to the ground." (Miracles in American History, Federer, pp. 17-19) Here are just a few of the miraculous incidents of amazing providence that occurred during the American Revolution and the formation of the American Republic.

1) In the summer of 1776, British General Howe had a force of more than 400 ships and 32,000 troops around Staten Island in New York Harbor while Washington had about 8,000 American troops in Brooklyn Heights on the western edge of Long Island. The British were able to land about 15,000 troops behind Washington's lines and inflict heavy losses on the Americans. During the night, an unusual and amazing weather phenomenon occurred as a thick fog developed, shrouding the American nighttime evacuation that prevented the British from detecting or preventing the American retreat. George Washington recognized that this unusual weather phenomenon was a "heavenly messenger's" intervention.

2) Later on, December 26, 1776, following the surprising American victory in Trenton when Washington and his troops crossed the Delaware and defeated a



SHUTTERSTOCK

*"I have lived, Sir, a long time, and the longer I live, the more convincing proofs I see of this truth: that God governs in the affairs of men."*

**Benjamin Franklin**

garrison of Hessian mercenaries, General Cornwallis pinned the patriots against a little creek. The British believed they had the Americans trapped so they planned to wait until the next day to capture the Americans. However, during the night there was another providential weather development when the temperature dropped, freezing the ground, allowing the Americans to attack and defeat the British. To surprise the British, the Americans had left their fires burning so the British would think the Americans were still in their camp.

3) In the summer of 1777 when British General Burgoyne was marching down the Hudson River Valley, he was stopped by a force of more than 15,000 Americans. In Saratoga, Burgoyne and his men

were caught in a rainstorm unable to escape as the rain turned the roads into a slimy bog when the Americans crossed the Hudson, blocked the British escape, and took 6,000 British troops as prisoners. The "weather angel" helped the Americans again!

In 1787, when 81-year-old Benjamin Franklin urged the Continental Congress to begin their deliberations with daily prayer, he said, "I have lived, Sir, a long time, and the longer I live, the more convincing proofs I see of this truth: that God governs in the affairs of men."

Next week, we will consider some unusual patriots who fought for their freedom in the American Revolution that you may not ever have heard of before. Come back for more light on the subject!

## faith

# Turn right here

Life is full of turning opportunities. With the estimated 65 million miles of roads in the world (over 4 million miles in the United States), there are many places to turn towards, turn away and turn around as you travel to your chosen destinations.

Spiritually speaking, each day you are also faced with turning towards or away from God through the many opportunities and oppositions, trials and temptations. Despite normal delays and detours of mortality, making right (correct) turns is about choice not chance. Yet, how do you know which turns to take and which ones to avoid? Lewis Carroll (author, Alice in Wonderland) provides some clarity on this disparity. “If you don’t know where you want to go, then it doesn’t matter which path you take.”

Where do you want to go today? Where do you want to go in your life? If it’s to Heaven, then there is only One way—through the love and Atonement of Jesus Christ (John 14:6). You and I know that the “Way” isn’t easy and we must each take up our crosses (trials, temptations, doubts, despair, etc.) daily and follow Him (Matthew 16:24-26). In other words, no matter the devilish detours, keep turning unto Christ for your direction and protection.

You and I also know that we have to choose the turns that bring us closer to Christ. When we don’t, our thoughts and actions get further away from Him (Proverbs 4:10-27). We can’t be in and of the world and drive as safely home. We can’t serve two masters (Matthew 6:24) and must choose whether to impart or depart from evil and pursue peace (Psalm 34:14).

With so many tempting places to turn away

from the Lord, it may seem impossible to stay on the Straight and Narrow. That’s why Jesus gives us a Promise (John 16:33—I have overcome the world so you can too!), a Power (1 Corinthians 10:13—escape evil), a Purpose (Matthew 4:19—fishers of men, 1 Peter 2:9—a chosen generation,) and a Pardon (Matthew 11:28—I will give you rest).

Today, may you humbly and confidently turn your eyes, mind and heart upwards towards the Lord—from whence cometh [your] help (Psalm 121:1-2). May you lay aside (give to Jesus) every weight and sin that is ruining you from running your race (Hebrews 12:1).

GOD'S  
garage

Corey Baumgartner  
news@ironcountytoday.com



*“Despite normal delays and detours of mortality, making right (correct) turns is about choice, not chance.”*

If you’ve made wrong turns, the Author and Finisher of your life will help you repair, right and rewrite your story (Hebrews 12:2) if you will turn unto Him—no matter the cruel crosses (Mark 8:34, Luke 9:23) and carousing crowds (Romans 13:13) of this world.

No matter what, through the Spirit of God, you can learn to turn at the right times and the right places as you pursue and obtain peace. The Holy Ghost will teach you and empower you to flee evil, escape evil and overcome evil (Timothy 2:22-26) as you let your light so shine (Matthew 5:16) and come unto Christ and live, today.



Celebrate  
Recovery

A CHRIST CENTERED Recovery Program



Sonrise Christian Church is excited to announce the launch of a Christ centered recovery program called Celebrate Recovery on Friday July 7. This program will help you to deal & heal with life’s hurts, Hang-ups, and Habits.

Times: Friday Nights  
6:30p to 7:30p Large  
Group Worship  
7:30p to 8:30p Gender  
Specific Small Group  
8:30p Fellowship time

Location: Sonrise  
Christian Church  
6843 W 1800 N  
Cedar City, UT  
435-586-3640

info@sonrisechurch.net

## VERSE OF THE WEEK

### JOHN 8:31-36

*“Ye shall know the truth, and the truth shall make you free (32). If the Son therefore shall make you free, ye shall be free indeed (36).*

The freedom that God’s grace offers is about becoming free from the paralyzing, heavy weight of sins, sorrows and hopelessness. It’s about choosing Christ to help us break our chains and set us free now and always.

VISIT US AT [IRONCOUNTYTODAY.COM](http://IRONCOUNTYTODAY.COM)

# EXTENSION

## *SUU Volleyball Coach Kacey Nady signed through 2027*

by *Regan Hunsaker*

ASSISTANT AD, SUU SPORTS INFORMATION

**CEDAR CITY** — Southern Utah University and Athletic Director Doug Knuth are pleased to announce that Head Volleyball Coach Kacey Nady has signed a contract extension, securing her position with the program through the 2027 season. Nady, who is entering her third year as the head coach of the Southern Utah volleyball program, has already made a significant impact on the team and the university community.

Athletic Director Doug Knuth said, "I am thrilled to announce the contract extension of Coach Kacey Nady through 2027. Coach Nady has brought a remarkable level of expertise, dedication, and passion to the Southern Utah volleyball program. Her commitment to player development, positive team culture, and commitment to academic excellence is truly commendable. Coach Nady is exactly the type of person, teammate, and coach we want in a leadership role in our department. We are fortunate to have her leading our team and look forward to continued success on and off the court."

Coach Nady's journey to Southern Utah has been marked by a wealth of experience and a deep love of the sport. Before joining the Thunderbirds, Nady served as an assistant coach for the University of San Francisco Dons, where she played a pivotal role in their success during the 2019-20 season. Her dedication and commitment to excellence were evident as she contributed to the team's accomplishments.

During her playing career at the University of Oregon, Nady showcased her exceptional skills and was named All-Pac-12 Conference Honorable Mention three times. She played a crucial role in helping the Ducks secure NCAA Tournament appearances in all four years, including a remarkable Sweet 16 run in 2014. Nady's outstanding

performance on the court positioned her among the Ducks' top-five all-time in hitting percentage (.315). Additionally, she displayed her versatility by competing in beach volleyball for both Oregon and the University of Arizona.

"I'm thankful for the opportunity to grow Southern Utah Volleyball into a successful program with young women striving to be better people and players for themselves and those around them," said Nady. "A big thank you to Doug Knuth and Mindy Benson for their faith in me, our staff, and the team. Being a part of the

*"I'm thankful for the opportunity to grow Southern Utah Volleyball into a successful program with young women striving to be better people and players for themselves and those around them,"*

***Kacey Nady, SUU Head Volleyball Coach***

Cedar City community is an incredible blessing and I look forward to being the best I can be for this program."

Coach Nady's dedication to her players' success, both on and off the court, has been remarkable. Her commitment to fostering a positive team culture and emphasizing personal growth will continue to have an impact on the Southern Utah volleyball program. The university is confident that the team and each individual athlete will continue to thrive under Nady's leadership.

The decision to extend Coach Nady's contract reflects the university's recognition of her exceptional coaching abilities and her significant contributions to the program. With this contract extension, the Southern Utah University Athletics Department is looking forward to a bright future for the volleyball program.



COURTESY SUU

# Thunderbirds set to compete in 125th Utah State Amateur Championship

by Parker Haynie

ASST. DIRECTOR, SUU ATHLETIC COMM.

**CEDAR CITY** — The oldest continuous golf tournament in the world, the Utah State Amateur Championship, is

the 156-man field, Rashon Williams, Leo Torres and incoming freshman Luke Barnes.

They will be joined by two SUU alumni, Austin Jaramillo and Ryan Brimley. Jaramillo

The event will be held at the Salt Lake Country Club on June 26-30. It will feature 36 holes of stroke play and then the top 64 scores will advance to a match-play tournament to close out the week.

## LEVELING THE PLAYING FIELD: *Senators swing for fair competition in baseball*

**WASHINGTON** — Sens. Mike Lee (R-UT), Marco Rubio (R-FL), Ted Cruz (R-TX), and Josh Hawley (R-MO) introduced a groundbreaking bill to repeal a century-old judicially-created exemption that grants Major League Baseball (MLB) a unique advantage over other professional sports leagues when it comes to antitrust laws. The proposed legislation aims to promote fair competition within baseball and ensure a level playing field for all teams and leagues, particularly in light of recent controversies surrounding the Dodgers Pride Night and the relocation of the All-Star Game from Atlanta.

The current antitrust exemption, established by the Supreme Court in the 1922 Federal Baseball Club v. National League case, has granted MLB an exceptional legal status that is not enjoyed by any other major professional sports league in

*“It’s time to bring baseball in line with other leagues, fostering a competitive environment that sparks innovation, drives excellence, and keeps fans on the edge of their seats.”*

**Sens. Lee, Rubio, Cruz, & Hawley**

the United States. This exemption has shielded baseball from the scrutiny of antitrust laws, impeding competition, and limiting the potential for innovation and growth within the industry.

In a joint statement, Sens. Lee, Rubio, Cruz, and Hawley said, “The time has come to strike out the outdated and unequal treatment that has long benefited the MLB. Just as teams fiercely compete on the diamond, every sports league should operate under the same antitrust regulations. Our bill will level the playing field, removing the century-old exemption that has given the MLB an unfair advantage. It’s time to bring baseball in line with other leagues, fostering a competitive environment that sparks innovation, drives excellence, and keeps fans on the edge of their seats.”

The senators’ proposed bill will aim to remove the antitrust exemption that has long shielded MLB from legal challenges related to anticompetitive behavior, thereby allowing for greater scrutiny and accountability. This legislative action seeks to promote fair competition, provide opportunities for other leagues to thrive, and ultimately benefit players, teams, and fans alike.



COURTESY SUU

**SUU's Rashon Williams** will be joined by two currently T-Birds and two Alumni at the event.

celebrating its 125th consecutive running, and SUU will be represented well.

Three currently rostered SUU golfers qualified for

was on the golf team at SUU from 2017-2020 and Brimley actually played basketball for the Thunderbirds in the 2009-10 season.

Jeff Evans, another SUU Golf alumni won the event in 2011.

Scoring will be available at [www.golfgenius.com/pages/3982024](http://www.golfgenius.com/pages/3982024)

# A's to Vegas taking next step

First, the NFL's Raiders left Oakland and landed in Las Vegas. Now the Athletics (or A's, if you prefer) are about to take the next step to leave the Bay Area and relocate to the desert oasis.

The Major League Baseball franchise applied for relocation after Nevada governor Joe Lombardo signed Senate Bill 1. According to a June 21 story published in the Las Vegas Review-Journal, the bill pledges up to \$380 million for a 30,000-seat retractable-roof stadium to be located where the Tropicana Hotel now stands.

When built, the stadium will cost \$1.5 billion. If there's any good news for Oakland fans who don't want to see another team leave the city again, the application to move requires a lengthy relocation process before the owners of the other 29 MLB clubs make the final vote.

Commissioner Rob Manfred didn't offer any prediction on a potential timeline leading toward a final decision, and reloca-

*"It's sounding more and more like the A's have run out of ideas to find new revenue streams to keep playing in Oakland, and that's terrible for everyone involved."*

tion requires 75 percent approval from the owners.

Back on June 13, fans of the Oakland A's organized a "reverse boycott," where 27,759 fans showed up to watch their green-and-gold team beat the Tampa Bay Rays – the team with the best record in all of MLB, but with its own stadium issues – 2-1 for what was its seventh straight win.

The attendance was more than triple the A's average at the time of less than

8,900 fans per game. Through 38 home games, the average is 9,688.

Despite the effort, Nevada legislators approved the funding bill for the new stadium the next day, and Oakland has lost nine of its last 10 as of June 24.

Right now, the A's are serious contenders for the worst season ever had in baseball history. With a 20-59 record, they're two games better than the 2003 Detroit Tigers (18-61), but two games behind the 1962 New York Mets, who were 22-57 through 79 games.

Manfred told ESPN before the London Series between the

Chicago Cubs and St. Louis Cardinals over the weekend that he wasn't impressed with the "reverse boycott," saying it didn't replace "a decade worth of inaction" by the team.

There's a serious vibe of too little and far too late, and it's sad. If the move is approved and completed, it would be the fourth different city the A's have called home. The team started in Philadelphia from 1901 to 1954, appearing in the playoffs eight times and winning five World Series. They moved on to Kansas City from 1955 to 1967 and have been in Oakland since 1968, its longest tenure in a single location.

While in the Bay Area, the A's have made 21 playoff appearances and won four World Series, the last in 1989, the year it beat the San Francisco Giants and a very large (7.1) earthquake that delayed the eventual four-game sweep for 10 days.

But in the end, it's all about the money for teams to be able to function. It's sounding more and more like the A's have run out of ideas to find new revenue streams to keep playing in Oakland, and that's terrible for everyone involved.

So far, the Golden Knights have a Stanley Cup and the Raiders have been to the NFL playoffs once in its time in town. Pretty stadiums are one thing, but only a winning product will keep the fans – and the money – coming back to the coffers.

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

## RANDOM thoughts

Tom Zulewski

IRON COUNTY TODAY



## TOM'S SPORTS TRIVIA

### Tom's Sports Trivia

The NBA Draft has come and gone, and the Utah Jazz did well to add players in its push to return to the NBA playoffs. Here are a dozen questions about draft picks, team success and other stuff. Please remember...no wagering!

- The Utah Jazz had three picks in the opening round of the 2023 NBA Draft. Who did the team take first at No. 9 overall, a 6-foot-9 power forward out of UCF (University of Central Florida)? Bonus: Name either of the Jazz picks that came later in Round 1 (No. 18 and 28).
- The Jazz announced before the Draft it will return its broadcast rights to a station that carried the team in 2009. What station is it?
- Denver won its first NBA title in 2023 and had Nikola Jokic as its centerpiece player. Taken in the second round with the 41st overall pick in 2014, what country is Jokic from?
- With the fourth and fifth picks of the 2023 NBA Draft, Amen and Ausar became the first pair of brothers taken in the top 10. What is their last name, the same as an '80s band that sang "Hold Me Now"? Bonus: Which teams drafted them?
- Who was the highest college player selected in the NBA Draft, going No. 2 to the Orlando Magic?
- While Victor Wembanyama from France had all the hype as the No. 1 pick in the 2023 Draft, fellow countryman Bilal Coulibaly was chosen at No. 7 in the opening round. Which Central Division team took Coulibaly?
- Who was the last Utah player picked in the NBA Draft (2017)?
- Who was the last BYU player picked in the NBA Draft (2011)?

9. Two years after Jokic came to Denver, the Nuggets drafted Jamal Murray with the No. 7 overall pick in 2016. What SEC school is Murray's alma mater?

10. In addition to Murray, two Miami Heat players on the 2023 roster also attended the school that's the answer to question 9. Name either player.

11. Since 2000, which team has selected at No. 1 the most in the NBA Draft (four times)?

12. Proving his fashion sense, Gradey Dick wore a jacket that gave a nod to "Wizard of Oz" before he was selected by the Toronto Raptors with the 13th pick in the first round. What school did Dick play for?

### LAST WEEK'S ANSWERS

1. Riviera Country Club, located in Pacific Palisades.

2. Pebble Beach.

3. Matt Fitzpatrick, who calls England home.

4. Brooks Koepka. Koepka won the U.S. Open in 2017 and 2018.

5. New York has hosted the U.S. Open 20 times, the last coming at Winged Foot Golf Club in 2020. Pennsylvania is second with 17, and California is third with 15.

6. Johnny Miller shot a 63 in the final round and won the 1973 U.S. Open. The others were Jack Nicklaus, Tom Weiskopf (first round, 1980), Vijay Singh (second round, 2003), Justin Thomas (third round, 2017) and Tommy Fleetwood (final round, 2018).

7. Lee Trevino (1968), Lee Janzen (1993) and Rory McIlroy (2011).

8. Six – 1999, 2002, 2004, 2006, 2009 and 2013

9. Rory McIlroy (2011) and Brooks Koepka (2017) both won the U.S. Open with a score of 16-under par. McIlroy's 72-hole score was 268, and Koepka's was 272.

10. Hale Irwin was 45 years old when he won the 1990 U.S. Open.

11. Tiger Woods beat Rocco Mediate at Torrey Pines in San Diego when the U.S. Open last needed a playoff in 2008.

12. Oakmont Country Club near Pittsburgh has hosted the U.S. Open nine times, the last in 2016. The course will host for the 10th time in 2025.

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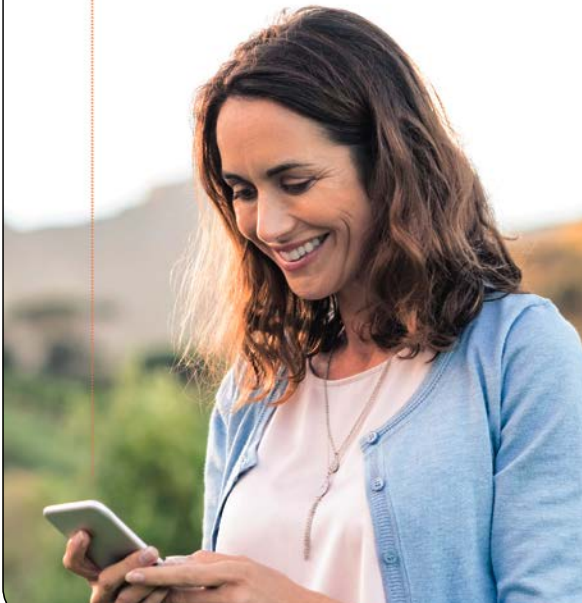
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### NOTICE OF REQUEST FOR AUDITING AND CONSULTING SERVICES

Cedar City Corporation is accepting proposals for auditing and consulting services for the fiscal year ending June 30, 2023, with a possible two-year extension.

The audit firm must be a certified public accounting firm familiar with all relevant professional accounting and auditing standards as well as all applicable state and federal laws, including but not limited to the Uniform Accounting Procedures for Municipalities required by the State of Utah.

The audit must be completed prior to December 31, 2023.

Request for Proposal packets can be obtained on the City's website [cedarcity.org](http://cedarcity.org) or by contacting:

Jason Norris  
10 North Main  
Cedar City, UT 84720  
Telephone: (435) 865-5104

All proposals must be received in their entirety no later than 5:00 p.m. on July 7, 2023. Cedar City reserves the right to reject any and all proposals and to request additional information.

Dated this 20th day of June 2023.

Cedar City Corporation  
Jason Norris  
Finance Director

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### LIEN STORAGE SALE

NOTICE IS HEREBY GIVEN, by Enoch Storage Rentals, that the rights, title and interest of the following storage occupant's personal property will be sold at public auction for non-payment of rent. Each unit's contents will be sold in bulk as a single transaction for CASH only on Saturday, July 15, 2023 at 9 am at Enoch Storage located at 660 E 4930 N Enoch, UT 84721, 435-867-4655. A \$100 refundable cash performance deposit, per unit, is required of successful bidders. Successful bidders will be allowed 7 days to clean out the units.

#182 Bonnie Norton & Iren Leavitt; furniture, tv, mattress, totes

#186 Melissa Ebright; bed frame, table, microwave

#334 Wyatt Overson; bedding, battery jumper, camping gear

#343 Ryan Russ; pressure washer, fishing poles, tools, chain saw, ladder

#362 Levi Jones; totes, furniture, misc items

#467 Charles Rice; Honda 4 wheeler, BBQ, mountain bike, chain saw

#474 Charles Rice; aerator, washer, dryer, fridge, golf clubs

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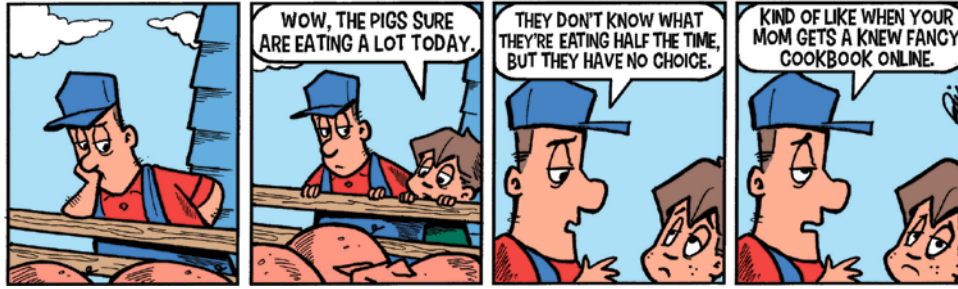
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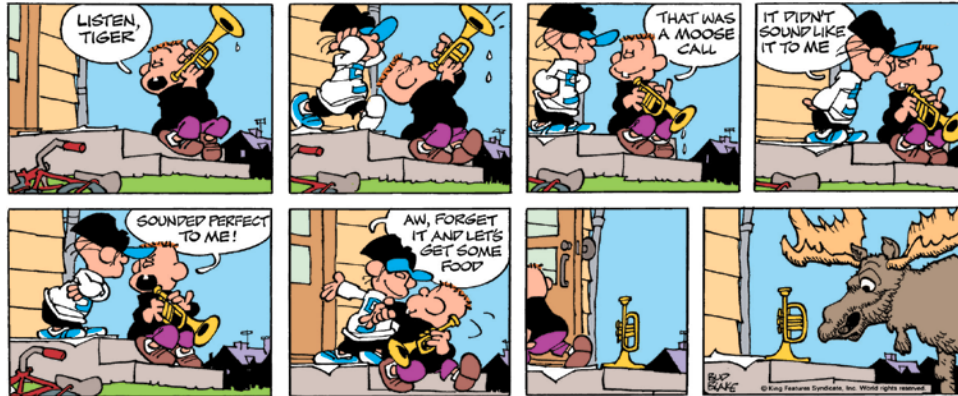
# Amber Waves

by Dave T. Phipps



# TIGER

by BUD BLAKE



# The Spats

by Jeff Pickering



# Weekly SUDOKU

by Linda Thistle

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

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

### DIFFICULTY THIS WEEK: ◆◆◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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# HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

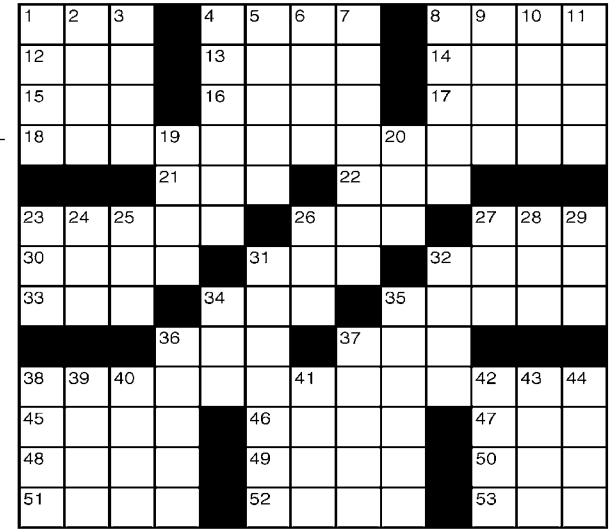


Differences: 1. Pocket is smaller. 2. Neckline is different. 3. Sign is missing. 4. Glasses are different. 5. Number is missing. 6. Bat is shorter.

# King Crossword

## ACROSS

- 1 America's uncle
- 4 "Dracula" author Stoker
- 8 Leftovers recipe
- 12 Chinese chairman
- 13 Roof overhang
- 14 Arizona tribe
- 15 Samovar
- 16 On the rocks
- 17 Hurler
- 18 "Syriana" Oscar winner
- 21 British ref. work
- 22 Caribou kin
- 23 Gold-loving king
- 26 "See ya!"
- 27 Scale abbr.
- 30 Privy to
- 31 "Of course"
- 32 Cheer (for)
- 33 Joke
- 34 Chic, to
- 35 Five dozen
- 36 Droop
- 37 Iota
- 38 1997 film starring Nicole Kidman and 18-Across
- 45 Only
- 46 Algeria's neighbor



- 7 Musical mixes to exercise class
- 8 Trembled
- 9 Undecided
- 10 Duel tool
- 11 Sly
- 19 Reddish horse
- 20 Flamenco cheer
- 23 "Top Gun" target
- 24 — jiffy
- 25 Pooch
- 26 Nap site
- 27 Bagel topper
- 28 Automaton, for short
- 29 Hog haven
- 31 Pad you bring
- 32 Ms. Moreno
- 34 West of Hollywood
- 35 Ape
- 36 Asparagus unit
- 37 Prove untrue
- 38 Despot
- 39 Vagrant
- 40 Exile isle
- 41 Give a darn
- 42 Hawaiian coffee
- 43 Historic periods
- 44 Filches

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# Trivia test

by Fifi Rodriguez

- GEOGRAPHY:** What is the tallest building in the world?
- GENERAL KNOWLEDGE:** What does HTTP stand for in a website address?
- LITERATURE:** Which kind of animals are featured in the novel "Watership Down"?
- HISTORY:** When was the first iPhone released?
- MOVIES:** What kind of fish is Nemo in "Finding Nemo"?
- GAMES:** What is the final course on Mario Kart video games?
- ASTRONOMY:** How many planets in our solar system have moons?
- U.S. PRESIDENTS:** Which president was licensed as a bartender?
- MEDICAL:** What is a more common term for somnolency?
- TELEVISION:** How many castaways are on "Gilligan's Island"?

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

Answer

## Weekly SUDOKU

S	S		N	E	E	T	V	O
V	B		V	A	R	I	V	B
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			B	R	A	M		
			S	T	E	W		

Solution time: 21 mins.

Answers

## King Crossword

- Bury Khalifa, Dubai, United Arab Emirates; 2. HyperText Transfer Protocol; 3. Rabbits; 4. 2007; 5. Clownfish; 6. Rainbow Road; 7. Six of the eight planets; 8. Abraham Lincoln; 9. Talking in your sleep; 10. Seven.

Trivia Test Answers

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