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**sports**

ICT's sports reporter recounts appearance on 'Jeopardy!'

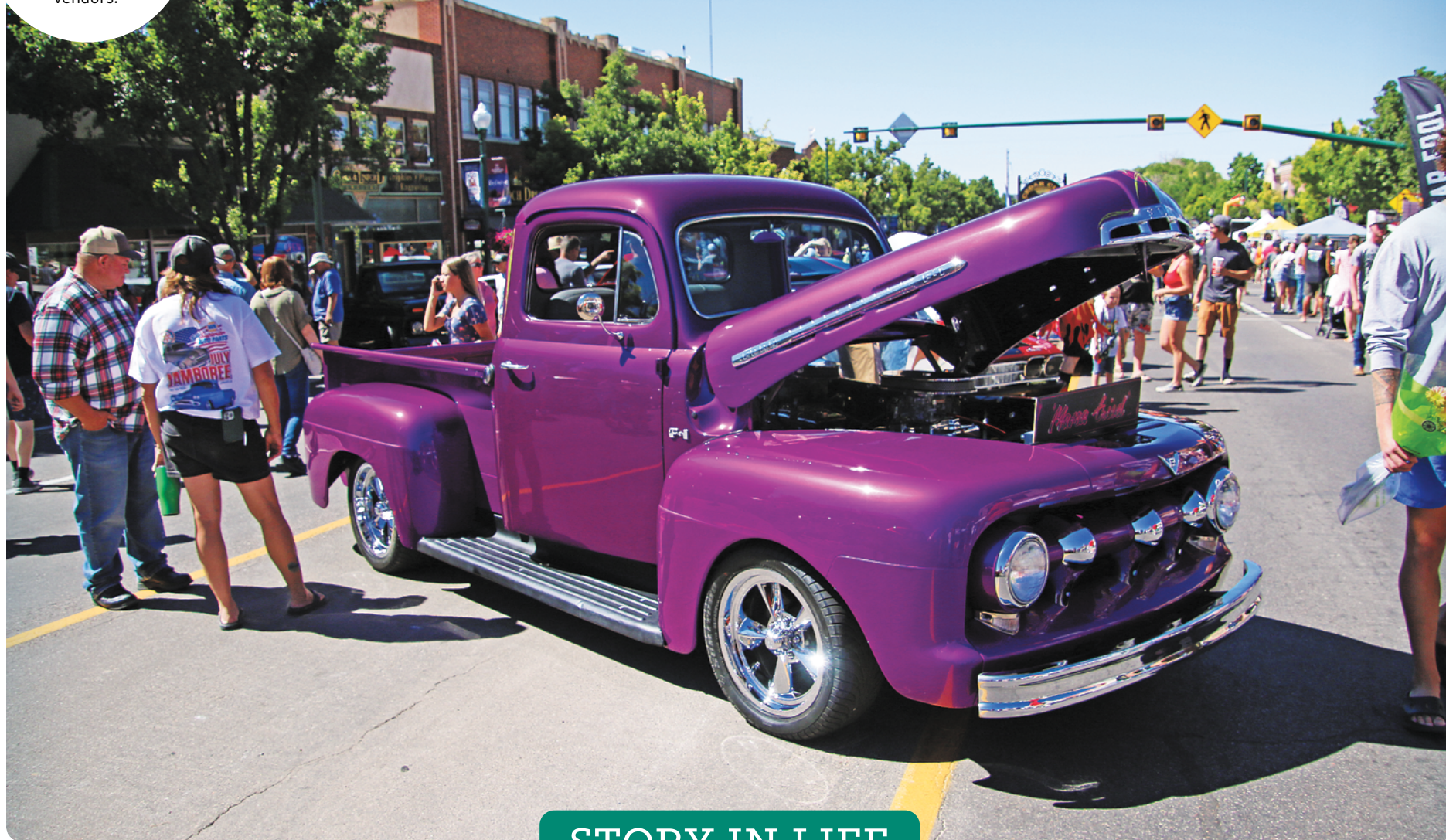


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Thousands attended this year's July Jamboree, enjoying the hundreds of vehicles and vendors.



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# Local E.R. Nurse receives international nursing award

from Becki Bronson

FOR IRON COUNTY TODAY

The DAISY Award is an internationally recognized nursing excellence award, where nominations are provided by our patients and their loved ones. It recognizes the work of nurses who truly go above and beyond to provide exceptional care. Our hospital's latest internationally recognized DAISY Award winner is Kimm Wilde.

Jennifer Frandsen, DAISY Award Coordinator at Cedar City Hospital, said, "We are thrilled for Kimm to receive this prestigious award."

Here's what was written about Kimm from the winning nomination:

"Kimm has been so helpful and kind and patient throughout our visit. My husband has a huge fear of doctors and needles, and the whole experience just gives him so much anxiety. But Kimm walked us through all of it and made sure to explain everything as she was doing it. He had a reaction to some medicine that was scary for us, but Kimm was so helpful and reassuring. We really just couldn't have been more thankful for her care and I'm so grateful we had her as our nurse. I cannot stress enough how kind and helpful she is. I think she deserves the DAISY award for being such a kind soul. It's been such a relief having good help from someone who really cares. She truly has gone out of her way to help my husband and myself feel comfortable and I cannot thank her enough for that."

Jennifer said, "I wish I could describe the surprise on Kimm's face when she was announced as the winner. She was



*Kimm is supported and celebrated by her friends and colleagues for her caring dedication.*

PHOTOS COURTESY CEDAR CITY HOSPITAL


*"Those of us who have had the privilege of being in Kimm's care know exactly why she won this award; she's been a tremendous force for good for our entire community for many years now."*

**Jennifer Frandsen**

looking at another nurse when her name was read, and was completely stunned, and said to the other nurse, "I thought it was you." Kimm is the humblest person, and ironically, does not realize just how truly incredible she is and how powerfully she's impacted our entire community with her exceptional skill as a nurse, unparalleled work ethic, and total dedication to every single patient with such kindness and strength. Those of us who have had the privilege of being in Kimm's care know exactly why she won this award; she's been a tremendous force for good for our entire community for many years now."

If you know an extraordinary nurse that you would like to nominate for this prestigious award, you can look for DAISY nominations boxes throughout Cedar City Hospital, ask any caregiver for a nomination form, or go online to [daisyfoundation.org/daisy-award/thank-your-nurse-nomination-to-nominate](http://daisyfoundation.org/daisy-award/thank-your-nurse-nomination-to-nominate).

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## opinion

## FROM THE EDITOR

## A jampacked July Jamboree

If you wondered where all the people were last Saturday evening, they were on Main Street and at the park celebrating at the July Jamboree. This was not only the largest and most successful Jamboree, but also the first year *Iron County Today* had its own booth. It was great to be able to be out in the community and to visit with those who stopped by to thank us for starting this newspaper back up again—which is really a THANKS to each of YOU who helped make that possible and those who continue to do so. Because



**COREY BAUMGARTNER**  
MANAGING EDITOR

like a fine-tuned engine in one of the hundreds of beautiful classic vehicles at the Jamboree, your continued support through donations, investing, membership and advertising will help make sure we keep up and running for years to come!

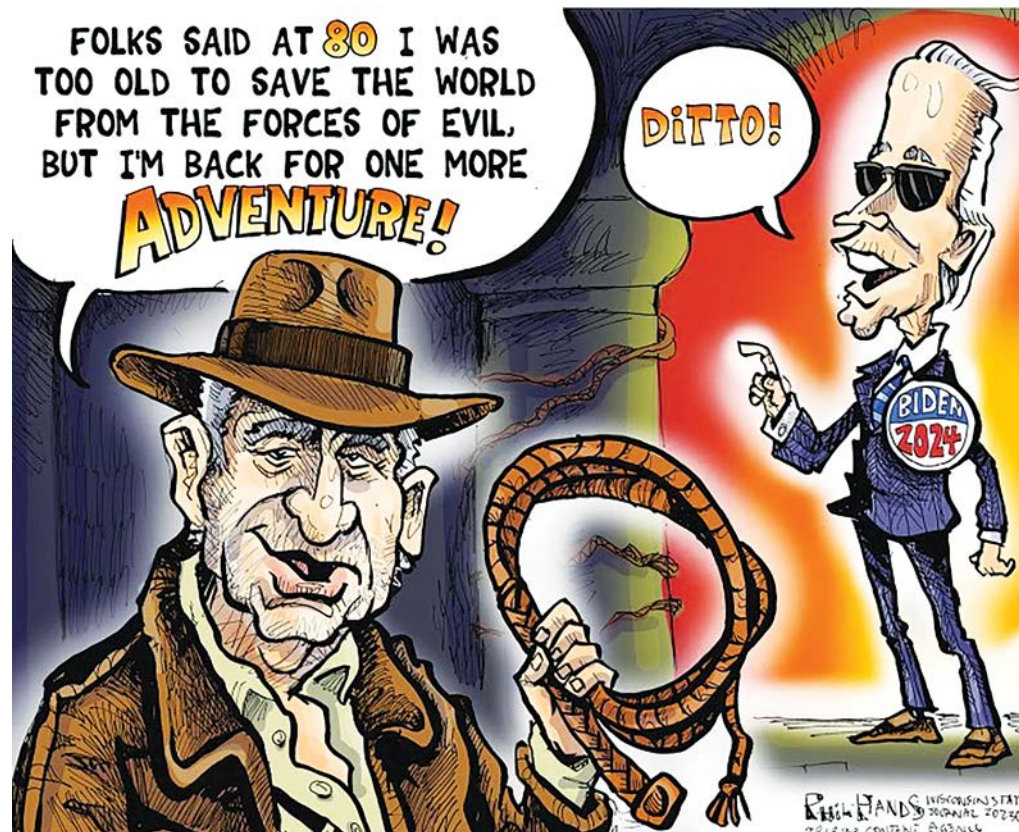
Submit your letter to the Editor on our website at [www.ironcountytoday.com](http://www.ironcountytoday.com), or by emailing it to [news@ironcountytoday.com](mailto:news@ironcountytoday.com). All letters must be brief (generally under 300 words in length), list the writer's name, city and telephone number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

## WORD OF THE WEEK

## ENIGMA

*Mysterious, puzzling, difficult to understand.*

Even with the best expectations, life is full of enigmatic experiences to explore.



## Events attract tourism, tourism attracts transformation!

Communities are like homes; one would never build the house upon the sand expecting it to last very long. You would build upon a firm foundation assuring the house is steady and strong for a long time. Building a community is no different, always build on a solid foundation.

Once the foundation is in place, what are one of the next steps? I would suggest tourism needs to be front and center. Why? Without new visitors to your community, regardless of the new businesses, start-ups, and rehab projects, you are simply sharing the same amount of dollars in the same-sized pie. When you grow tourism, you generate new dollars increasing the size of your community financial pie.

Here is a simple tourism attracting event nearly any community can implement that grows both local and regional

tourism, creating the dollars that flow with it. This event strategy not only works in growing tourism, but it also enhances revenue, excites the locals, and pull a community together.

First, search your community for events and activities already in place. This can be a farmers market, 5K run/walk, auto show, holiday activities, community garage sales, and the list goes on. Work with organizations running these events and convince them they need to hold their events on the same day each month, let's say the first Saturday of

each month. Next, hold all the events in the same location. I would suggest in your downtown area if you have adequate space. Your downtown needs to be the window into your community, this is a



**JOHN A. NEWBY**  
COLUMNIST

see **TOURISM** » 7

## QUOTE OF THE WEEK

*"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."*

Mother Teresa

IRON COUNTY **today**

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## opinion

# A penny makes a big difference

by Sara Penny

FOR IRON COUNTY TODAY

The Recreation Arts and Parks (RAP) funds are allocated to community groups to improve Cedar City during summer hearings and council meetings. Overall, there is amazing work being done to present and share the arts in our community and to improve the recreation and parks facilities. Everyone is concerned about having enough funds to accomplish goals and most are also working on other grants and sponsors.

A penny makes a big difference in making Cedar City a better place to live. One penny in each \$10 of sales tax funds RAP. It is not an additional tax, but an allocation of the city sales tax and will be on the ballot for reauthorization in November.

### Parks and Recreation

Funds this year will go towards totally replacing the skateboard park (\$160,377), bleachers that are safer at the Diamond Z Arena (\$33,000), Fiddlers Canyon Park improvements (\$487,967), Golf Course maintenance on shop roof (\$7,000), Golf Course P.A. system replacement (\$14,000), and two field groomers (\$57,000).

### Quilt Guild

Five-day Feb. quilt retreat at the Heritage Center, community exhibits, classes for Girl Scouts, walker bags for seniors, and they give quilts for community fundraisers. Recommended \$7500.

### Cedar City Arts Council

Final Friday Art Walks from June through September, mini grant applications giving \$1000 of art supplies to children through summer lunch program, socials, literary group, and arts promotion. Recommended \$8000.



Mary Anne Andersen and Kaleb Morton at June Final Friday Art Walk 2023.

### Cedar City Children's Music Theatre

49 performances, 950 students and 10,000 audience last season. Mini-musicals and other shows are produced during the year. Recommended \$19,500.

### Cedar City Community Band

They are working on community programs and recreating the Win Seegmiller Big Band. Recommended \$2500.



PHOTOS COURTESY CEDAR CITY ARTS COUNCIL

Cedar City Band for railroad centennial included OSU musicians.

### Cedar City Music Arts

This season will be the Utah Symphony, jazz, dance, vocal and bluegrass in the Heritage Theatre. Recommended \$17,800.

### Cedar City Junior Ballet

Three new teachers and they are adding mini-ballets and modern dance. Two of their students are now in the Ballet West Preparatory program in Salt Lake. Recommended \$17,500.

### Cedar Livestock Festival

Third weekend of October for festival and also sponsoring the Lincoln Day Banquet. Helped fund the Raindrop statue near SUMA and have helped with improvements to Diamond Z. Recommended \$17,000.

### Cedar Valley Community Theatre

Planning for "Big Fish" in the fall. Continuing to have a live orchestra for productions. Have enjoyed an increase in young people getting involved. Recommended \$17,500.

### Heritage Center

Request from the "RAP Preservation Fund" for an updated sound board. Working on a five-year renovation plan. It will soon be the building's 25th anniversary. Recommended \$35,000.



### ICAMA

Live music concerts since 2016. They also encourage visiting musicians to offer music workshops. Recommended \$10,500.

### In Jubilo

Requested money for music, choral binders, and Heritage Theatre rent. The women's choir also does concerts at St. George Tabernacle and will sing at Bryce Canyon Centennial. Recommended \$4000.


see PENNY » 8

**IRON COUNTY FORECAST**

SUNNY SKIES PERSIST TO CLOSE THE WORKWEEK AND MOVE INTO THE WEEKEND. TEMPERATURES WILL ALSO BE RISING WITH HIGHS RISING FROM THE LOW 90S ON THURSDAY TO NEAR 100° BY SUNDAY INTO MONDAY. TEMPERATURES STAY TOASTY THROUGH THE MIDDLE OF NEXT WEEK WITH AN INCREASED BREEZE.

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



<b>THURSDAY</b>	Sunny <b>93°/60°</b> PRECIP: 0% WINDS: WSW 10-15
<b>FRIDAY</b>	Sunny <b>94°/61°</b> PRECIP: 0% WINDS: WNW 10-15
<b>SATURDAY</b>	Sunny <b>96°/63°</b> PRECIP: 0% WINDS: WNW 10-15
<b>SUNDAY</b>	Sunny <b>98°/65°</b> PRECIP: 0% WINDS: W 10-15
<b>MONDAY</b>	Mostly Sunny <b>99°/68°</b> PRECIP: 0% WINDS: SW 15-20
<b>TUESDAY</b>	Mostly Sunny <b>97°/66°</b> PRECIP: 0% WINDS: SW 15-20
<b>WEDNESDAY</b>	Mostly Sunny <b>96°/65°</b> PRECIP: 0% WINDS: SSW 15-20

# Parowan makes a splash with July 4th pool opening

by Jennelle Zajac

FOR IRON COUNTY TODAY

After several weeks of long days - crossing fingers, praying, and really hard work, Parowan City opened its pool on July 4th as promised. Over 150 residents attended the opening, which was deemed "FREEze Day" (free admission) and enjoyed the pool and spacious grounds as well as new amenities never seen before at the Parowan Pool!

Highlights of the pool now available are chaise lounges, lots of nice seating, picnic tables, seating with bar tops around the pool, and umbrellas available for rent. At the official opening of the pool on July 24, residents can enjoy the new concession stand, food court, water bottle filling station and strategically-placed shade structures.

"This pool looks more like a fancy resort than the old pool!", one resident commented. Another resident was "amazed at how the community came together to create such a beautiful pool for our town!" One little girl said, "The water is freezing but the grass is nice and warm!" Smiles were seen everywhere!

Hordes of volunteers as well as city workers and contractors worked together to make the dream a reality. A number of generous donors provided cash, labor, and other needed items. Their generosity is helping to keep the city's budget under the \$300k target. In parallel with the flurry of activity at the pool, new lifeguards were hired and trained in short order. This enabled the facility to open on schedule.

There are still a few tweaks to be made to complete the vision and crews are still working feverishly while the pool staff is getting ready for the grand opening. Currently, the pool will be open from 2pm until 6pm. Admission is \$4 and 15-day punch passes are available for \$40 for residents, \$50 for non-residents. Children 3 and under are free. Check the pool's website at: <https://www.parowan.org/pool> to check hours and additional details or call the pool at 435-477-8066. Parowan City wishes to thank all the amazing contributors to this project for their continued support.



The new pool is already making waves in Parowan. Grab your swimsuits and come join in the fun!



PHOTOS BY JENNELLE ZAJAC

# Enoch City Council discusses support for I-15 Corridor Drainage Resiliency Project

by Neil Joslin

FOR IRON COUNTY TODAY

Mayor Geoffrey Chesnut related to council that he met with Iron County government officials, Utah Department of Transportation officials and other officials involved with improvements along the I-15 corridor. He explained that sometimes there is not enough support for UDOT projects to push them through and so they don't get done. However, he noted, a letter requesting support for 2023 PROTECT Grant Application for the I-15 Drainage Resiliency Project has the support of all other cities concerned with improving drainage along the I-15 corridor. After some further discussion, a letter of support for the project was approved unanimously by those council members in attendance.

The council also agreed to support a work release program between

Enoch City and Sunrise Engineering to do storm retention work west of Highway 91 and Post Road. Dotson explained that a triangle-shaped area is the property in question and is owned by the Bureau of Land Management. The problem is that water enters this area and runs along private property outside the triangle area causing water problems there. The agreement would allow Sunrise Engineering to go in and mitigate the problem by creating a storm water retention pond. A motion to accept the resolution was passed unanimously.

Other resolutions discussed involved an agreement with Brian Head City to share building inspector services. According to council, this type of agreement is not new. Enoch City currently has an agreement with Iron County to share building inspector services up to four miles

outside the Cedar City city limits. When asked why Brian Head doesn't contract with Iron County for the same services, it was noted that the county has too much area to cover. It was also noted that the agreement will not cost Enoch any more than some time and some money for gas, when its building inspector has to travel to Brian Head.

According to Enoch City Manager, Rob Dotson, the agreement calls for building inspectors from Enoch and

Brian Head to cover for each other when one is unavailable. Enoch's building inspector will do inspections in Brian Head when the Brian Head inspector is not available. The Brian Head inspector will cover for Enoch's when he is not available. Brian Head's building inspector currently lives in Enoch, so the City of Enoch doesn't lose time or money if its building inspector is unavailable. The resolution was passed unanimously, with councilman Shawn Stoor not present.

## TOURISM

« CONTINUED FROM PAGE 4

great opportunity to create that.

What is the reason for having all the events in the same location? Very simple, these events by themselves may only draw a few hundred participants or visitors, but when holding the events together, you now have 4-5 events with their few hundred participants each in the same location at the same time which now grows to an event with over one thousand participants cross-pollinating each other's events.

From there, canvass the community for even more events to add. Here are a few ideas. Have a local bar sponsor a monthly cornhole championship. Have the local media company promote a local garage sale where everyone sets up at the event. Have a local yoga class conducting their class at the event. Have the local medical facility promote a community-wide walk for health. Have a local bike club? What a better place to start and end a bike-ride.

Bring in local food trucks. Have the local pet home have an adopt-a-pet day. Bring in and create as many events as possible that become a subpart of the major event. Once you have 10-12 mini-events each bringing their few hundred participants to the same place, at the same time, you will have a couple thousand people or more.

This is where the fun begins. Events such as these attract outsiders. They also attract potential sponsors as potential sponsors are always looking for events that draw as many people as possible. Bring thousands together and you will attract sponsors. With thousands of participants and sponsors coupled with promotion from the media, you now have the needed ingredients to attract tourism as people travel for these larger types of events. Doing this you will begin to grow the community revenue base through tourism. When implemented in the right way, taking the right steps, events will rejuvenate your community, grow tourism, and propel your community to greater heights.



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## PENNY

« CONTINUED FROM PAGE 5

### Jazz Alliance

Second Tuesday of each month performances at Off the Cuff. Guest artists each month and play for community events as well. Recommended \$2000.

### Johnson Art Center (JAC)

They have built an outdoor stage and are offering classes and events for children through adults. People rent the space and JAC sponsors several free community events. Recommended \$12,500.

### Crossroads Percussion Festival

Workshops for a week of intense training, plus community performances. They also had family days with an instrument petting zoo at the JAC. Affiliated with SUU. Recommended \$2000.

### Southern Utah Museum of Art (SUMA)

Museum now has four full-time employees and extended summer hours to accommodate the Utah Shakespeare Festival patrons. Growth in local audiences to 78% from Iron County. Several community events including family art events. Affiliated with SUU. Recommended \$45,500.

### Orchestra of Southern Utah

Family Children's Jubilee in October plus six evening performances. Messiah will still happen Dec. 10 and 11. School assemblies and other community outreach provided. Recommendation \$18,900.



COURTESY CEDAR CITY ARTS COUNCIL

Orchestra of Southern Utah performs Braveship.

### Suzuki Strings Cedar City

40th anniversary this year and special guest artists coming for the November regional workshop. Continuing with group classes, ensembles and orchestra. Two of the students performed in Carnegie Hall this year as part of a national high school

program. Sarah Sun became Miss Utah and was previously in the program. Recommended \$3,750.

### SimonFest

RAP makes it possible to use the Heritage Center, but they lose money on Cedar City productions. Recommended \$21,000.

### Master Singers

Four concerts for the men's choir per year plus many community service performances. Recommended \$3000.

### Utah Shakespeare Festival

62nd year. Working to get more local people to attend. Sales at \$2.2 million as of June 21. Need over \$4 million for season, but on track. Other regional theatres are in trouble, but USF is looking good. Affiliated with SUU. Recommended \$118,000.

### IMPAC

New conservatory to train students in theatre skills of acting, singing, and dancing. Working on a fundraising campaign. Recommended \$2000.

Overall, these organizations improve the community and help generate tourism dollars to subsidize local residents. The RAP funds also provide leverage to the organizations for obtaining state and national grants.

# SUMMER PHOTO CONTEST

Winning photos will be featured in our Fall issue of Color Country Magazine!

PHOTOS  
DUE  
AUG. 14

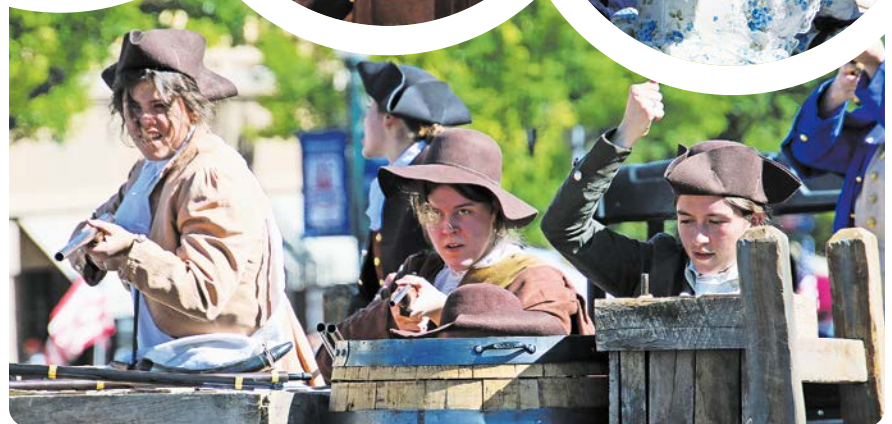
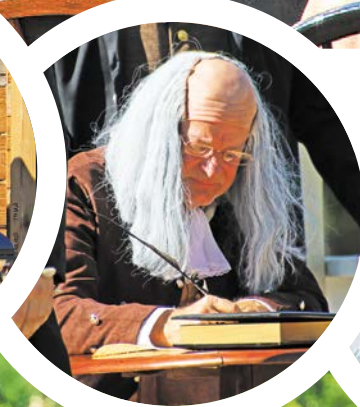
Complete contest details/rules & enter your photo at [IRONCOUNTYTODAY.COM](http://IRONCOUNTYTODAY.COM)

# showcase

## PATRIOTIC PAGEANTRY



*Freedom rang in Cedar City on Tuesday, July 4th as the annual "Spirit of '76" Independence Day Parade honored our nation's birth. Dozens of floats and performers gave live depictions of the historic events that shaped the founding of America.*





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# Returning Festival actors: who's back?

by Liz Armstrong

UTAH SHAKESPEARE FESTIVAL

The Utah Shakespeare Festival is off and running! We are thrilled to welcome our friends and guests back for our 62nd Season. We're also thrilled to welcome back many members of our performing company:

## Romeo and Juliet

by William Shakespeare

*Romeo and Juliet* is directed by Betsy Mugavero, whom Festival audiences will remember as a member of the performing company in eight seasons between 2008 and 2019. Returning Festival actors in lead roles include: Cassandra Bissell as Lady Capulet, Ty Fanning as Romeo, Tim Fullerton as Capulet, Alex Keiper as Nurse, Gilberto Saenz as Tybalt, and Marco Antonio Vega as Paris.

## A Midsummer Night's Dream

by William Shakespeare

*A Midsummer Night's Dream* is Shakespeare's beloved tale about fairies, dreams, and lovers and is directed by Jessica Kubzansky. Returning Festival actors in lead roles include Cassandra Bissell as Hippolyta/Titania, Ty Fanning as Demetrius, Corey Jones as Thesues/Oberon, and Alex Keiper as Petra Quince.

## Jane Austen's Emma The Musical

with book/music/lyrics by Paul Gordon; orchestrations by Brad Haak, Paul Gordon, and Brian Allan Hobbs

This is Austen's enduring love story featuring an imperfect, but loveable, main character. Returning Festival actors in lead roles include Allie Babich as Emma, Laura Brennan as Harriet, Tim Fullerton as Mr. Weston, Rhett Guter as Mr. Knightley, Kat Lee as Mrs. Weston, Chris Mixon as Mr. Woodhouse, Melinda Parrett as Miss Bates, Jim Poulos as Mr. Elton, and Gilberto Saenz as Frank Churchill.

## A Raisin in the Sun

by Lorraine Hansberry

This piece of classic American theatre, *A Raisin in the Sun*, tells of a

family's dreams, breaking down barriers, and defining hope. It is directed by Derek Charles Livingston, the Festival's interim artistic director/director of new play development. Returning Festival actors include Corey Jones as Walter Lee Younger and Nazlah Black as Mrs. Johnson.

## The Play That Goes Wrong

by Henry Lewis, Jonathan Sayer, and Henry Shields

*The Play That Goes Wrong* is a hilarious, chaotic, and ill-fated play-within-a-play. Returning Festival actors include Nazlah Black as Sandra, Laura Brennan as Stage Hand, Rhett Guter as Chris, Chris Mixon as Dennis, Melinda Parrett as Annie, and Jim Poulos as Max.

## Timon of Athens

by William Shakespeare

Shakespeare's *Timon of Athens* is rarely performed and explores friendship, wealth, and the foibles of a materialistic society. Returning Festival actors include Elijah Alexander as Timon, Anatasha Blakely as Isadore/Poet, Jasmine Bracey as Lucullus/Caphis, Darin F. Earl II as Varro/Painter, Nell Geisslinger as Apemantus, and Jeremy Thompson as Ventidius/Factotumus/Soldier.

## Coriolanus

by William Shakespeare

*Coriolanus* is another of Shakespeare's rarely-produced plays that focuses on themes of ambition, family, love, and power. Returning Festival actors include Elijah Alexander as Aufidius/Roman Citizen, Anatasha Blakely as Valeria/Roman Citizen, Jasmine Bracey as Menenius Agrippa/Roman Citizen, Darin F. Earl II as Sicinius Veletus/Roman Citizen, Nell Geisslinger as Junius Brutus/Roman Citizen, and Jeremy Thompson as Titus Lartius/Roman Citizen.

To purchase tickets or for more information for the 2023 season, visit [bard.org](http://bard.org) or call 800-PLAYTIX.

# Still listening for Gabriel's song

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

People didn't recognize his as a canary because he wasn't bright yellow, the color most people associate with a canary. Actually, there are many different colors of that sweet songbird. When I was a child, we had a salmon bird, the most beautiful, light orange, cream-colored shade you can imagine. My bird had variegated browns on his back and a gorgeous dark orange breast. His name was Gabriel; he was named after the French composer Gabriel Faure because I was playing the music of that composer when he sang for the first time in my home.

He lived in a roomy cage on top of a music cabinet in the room where I teach piano, and he loved to sing along with the piano. He wasn't a snob; he would sing with the most painful fumbling of a beginner or the confident offering of an advanced student. He loved violins as well, but a wind instrument would send him careening around his cage in a frenzy, so much so that on one occasion he actually injured his foot and sat on just one leg for a week or so. He also sang when he was alone in the room, especially early in the morning.

*“He was named after the French composer Gabriel Faure because I was playing the music of that composer when he sang for the first time in my home.”*

The song of a canary is the most varied in all bird-dom, outdone only by the mockingbird, I think. When he was at his best, he sang for several minutes—long trills, a variety of tunes, his little throat vibrating at a high rate of speed. Sometimes I wondered at how long he could go without stopping for a breath! Apparently the purpose of the song is to attract a female, to out-perform his rivals in the hopes that a female would choose him for a mate. Sometimes I would feel guilty for secreting him away, singing his best for a lady who I knew would never come.

He also chirped in a most urgent fashion, single, sharp little sounds to welcome my students as they came in the door. This never failed to amuse me, as he did not do that for me or my husband when we walked in, as if to say, “Oh, I see you all the time. It's the kids I am happy to see.” But if one of the boys—or girls—was wearing a baseball hat, he was frightened and would fling himself around the cage until I reminded the student to take the hat off. I wonder if the large bill on the hat looked predatory to him.

He got fresh food every day, along with his seeds: apple, carrot, broccoli, and his beloved cucumber. He would eat a slice bigger than his head on happy-cucumber day. I had Gabriel for more than 12 years, until I found him dead one morning nestled in his seed cup, strangely. I knew he was sick—bad poop, fluffed feathers, dull eyes. But I am happy to say he had picked at a slice of cucumber his last day in my home. I find myself still walking in the room to check on him, or listening for his song.



ROTARY REVS UP ENTERTAINMENT WITH

# July Jamboree



by Corey Baumgartner

IRON COUNTY TODAY

It was the largest July Jamboree to date with hundreds of vehicles, motorcycles and modern machines that made eyeballs ogle and wallets wince. Thousands of people from all over came to enjoy the beautiful cars, camaraderie, trucks, talents, food and fun, which included live entertainment and family-friendly activities. Special thanks to members of the Cedar City Rotary Club who volunteered their own engines and ingenuity to help make this the most successful July Jamboree. And thank you to all who attended, participated and sponsored. All funds received will be used wisely in our community.



PHOTOS BY COREY BAUMGARTNER

# Why so serious?

## LEADERSHIP 101.21

I can't think of anyone who needs a healthy heart and stress relief more than leaders. Whether you lead a business, university, team, army or family, your responsibilities and duties are never-ending. The demands on your mind, heart and body require much more than just stamina. As humans, even those who appear to be superhuman, we each require rest to help reset, repair and replenish ourselves in-between battles. Oft times we also need to be encouraged and restored during our battles.

I believe that most illnesses in today's world are more of an emotional nature than physical.

life, it may not remove the strife, but it is scientifically proven to improve your outlook and your health. Without getting too deep into the science of laughter, it's been proven to be healthy for your heart and also to relieve stress.

One could also say that sickness is not a laughing matter, but I disagree. I think sickness is a laughing matter—every illness requires some silliness, eventually. Yes, it seems contradictory, perhaps even rude, but not when done in the right spirit. Yes, there's still a time and a place for that laughter. When it's done to help someone feel better, not at anyone's expense (including yours), anything that lightens the mood is not rude, but rudimentary in helping begin the healing process.

What leads to most physical ailments? I believe it's the retention of tension, which becomes trapped and builds up, only to eventually lead to other ailments, when it is not prevented through venting. Laughter helps release and relieve the stress in so many situations. When was the last time you had a good laugh? When was the last time you smiled genuinely, courageously?

Today, no matter what kind of leader you are and are striving to become, make time to give yourself a break before you break down. If you are broken down, find someone to help lift you up and lighten your heavy load with laughter. Remember that no matter the struggle you strive to endure and overcome, sometimes a sense of humor can be just as valuable and helpful as common sense.

## the rut LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



Yes, I also believe that emotional ailments lead to physical ones. And that just because your work is serious, it doesn't mean you're taking it lightly when you choose to lighten up.

One of the best weapons against weariness I have found is laughter. No matter the scenario, with the exception of a few situations, laughter helps lift moods and lighten loads. I'm not talking about the laughter that mocks, or belittles but the laughter that helps one feel better, even if for a moment, when it seems everything is falling apart.

After all, it's been said that laughter is the best medicine. True, when were sick we need "real" medicine, too, but that doesn't mean we shouldn't try to be as prepared as possible to prevent such needs. Meaning that when you have laughter in your

## FAMILY HISTORY CORNER

### Organizing your history and getting off to a good start

No matter your age, tackling a lifetime of memories and events can be a daunting task. One of the most helpful things you can do to help organize your history is to create a timeline. It isn't necessary to complete the entire timeline before you start writing. It gives you a place to start and a place to work things out as you go. Nowadays, computers make it easy to add, delete and move things around as you go along, and it's easier to do in a table than trying to cut and paste big sections of a document.

A timeline is organized by time and place. Start by making a table with two columns. In this column you will record a time and a place for events that you will record in the larger column. You don't even have to have precise dates if you don't remember them. Kind of an era, such as childhood in Mesquite will do the trick. Drop in more exact dates where you do know them. To keep the document organized on the computer, start a new row for each separate event you add, changing places and dates as needed. You can also use this larger space for note taking about names of people involved and how you felt about them. You can leave the first space blank for things that still belong in the same place and time range.

You can even use age ranges, historic events, or eras (such as the teens, or 70s) to help you identify the time that you are talking about. Adding some insights about how historic events actually affected you can add interest to your history. You can use this timeline as kind of a sandbox to help you plan out your history. It will help you to bring your memories together and actually start putting your words together instead of just staring at a blank page wondering what to say.

There are other ways to organize your history. For example, you might choose to organize your history thematically, where you discuss different subjects that are important to you grouped by the topic. Even if you choose

this style of organization, a timeline could still be helpful by helping you organize the evolution of events involved in your topic, and how they relate to different periods of your life.

Making a collection of stories or narratives is also a good way to organize your history. If you choose this method, it will still be beneficial to make a timeline to get things organized in a less random fashion. You don't necessarily need to put everything in chronological order, however. If you want a set of hunting stories, you can keep them together even if they span your entire life. Likewise, a later event can often spark memories of something in your past, and you can bring it up later as long as you are careful to build a bridge (a sentence or a phrase is probably enough) so that the reader will be able to follow along with you and not feel lost as you jump from one thing to another.

None of these three methods—chronologically, thematically, or narrative style—are mutually exclusive from the others. All of them can work together to help you get organized and create an interesting history that will absorb your reader and help you share your life with your descendants and other people who are important to you. It will mean a lot to them to know more about your life, what you have learned, and the things that you find important. It can also be a great experience for you to take this stroll down memory lane.

*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.*

### First Time for Everything

- » Share your feelings and how they affected your life from your life's "firsts."
- » First date, first kiss, first time driving, first accident, first day of college, first job, first day of your child's life, etc.
- » What advice would you give to someone experiencing any of these first for themselves?



RUTH SCOVILL  
CONTRIBUTOR

## 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**

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

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

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

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

**Alzheimer's/Dementia**

Tues, 5:30-6:30 pm • Cedar Library (303 N 100 E). Learn about/access resources, connect with others for support. Contact 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](mailto:affiliate.rainn.org) / [helproom/canyoncreekservices](http://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 Help heal our nation, keep liberty alive in your heart & home. INFO: Kami Merrill 435-592-4152 or email: [ironcountymoms4america@gmail.com](mailto:ironcountymoms4america@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 • Stahl West 600 N. Airport Road, Cedar • Preserve Constitution, Republic, voting laws, medical freedom, education, 1st & 2nd Amendment Rights, ed. on CRT & boarder illegal immigration, local industry/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@swwhealth.org](mailto:ksharp@swwhealth.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)**

## calendar

## THURS, JULY 13

## PAUL DAY

**RENAISSANCE FAIRE (13TH-15TH, 11-8PM) @** Cedar City Main Street Park (200 N Main). Admission Free. Entertainment, food, vendors, rides. Wee ones can participate in Candy Cannon blast-off each day and Giant Donut walk and Pie Eating contest. INFO: [www.umrf.net](http://www.umrf.net) or Rick Bryant 435-233-5862, Cathy Bryant at 435-233-5862, or Ralph McAfee at 435-559-5676.

**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](http://www.bard.org).



**SIMONFEST THEATRE CO. @ HERITAGE** Center Theater (105 N 100 E, Cedar). Matinee (2pm), and evening performance (7pm). INFO/Tickets [www.simonfest.org](http://www.simonfest.org) or 435-267-0194.

**INTO THE WOODS (STUDENT CAST 13-15,** 7pm) @ IMPAC Studio (389 N 100 W, Ste 7, Cedar). Tickets \$25. Available on [eventbrite.com](http://eventbrite.com). INFO: [im-pac.com/theatre-company](http://im-pac.com/theatre-company).

**MOMS AND DAUGHTERS FOR AMERICA** (7pm). Empower moms, raise patriots, and promote liberty for the healing of our nation. INFO: [ironcountymoms4america@gmail.com](mailto:ironcountymoms4america@gmail.com).

## FRI, JULY 14

## MOTORCYCLE DAY

**CEMETERIES OF IRON COUNTY TOUR (8AM).** Leave from Cedar City Library Parking Lot (303 N 100 E). Admission FREE. Participants provide transportation, water/snacks, personal items. No restrooms. Prereg REQUIRED at [cedarcitylibrary.org](http://cedarcitylibrary.org) or contact Steve Decker 435-586-6244 or [dsteve@cedarcity.org](mailto:dsteve@cedarcity.org). Tour guides are Ryan Paul & Steve Decker.

**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](http://www.nps.gov/cebr).

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

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



**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](http://www.cedarstreetfest.com).

**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.

## SAT, JULY 15

## PET FIRE SAFETY

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

**BURGERS, BIKES & BANDS (5:30PM – 8PM)** @ Red Acre Farm (2322 W 4375 N, Cedar City).

Join for music, burgers, frosty lemonade, made from scratch pies and good company. Family-friendly event and fun for all ages. If you ride your bike out, (pedal or motor) get premium parking and 10% off! INFO: 435-865-6792 or Facebook: /RedAcreFarmCSA.

## SUN, JULY 16

## ICE CREAM DAY

“WE CAN’T HELP EVERYONE, BUT EVERYONE can help someone.” Ronald Reagan

## MON, JULY 17

## COREY DAY

**PATCHES 4 PATRIOTS (11AM – 4PM) @** Cedar City Visitor's Center (581 N Main) Iron County's Quilt of Valor. To nominate a Service Member or Veteran that has been touched by war go to the Quilts of Valor website <https://www.qovf.org>. INFO: Esmeralda Carter 757-438-2371.

**MOVIE – SOUND OF FREEDOM (VARIOUS** Theaters). Operation Underground Railroad has saved over 6,000 trafficking victims and is the real-life story of Tim Ballard, a former FBI agent.

## TUES, JULY 18

## LISTENING DAY

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

**COWBOY POETRY WESTERN MUSIC OPEN** MIC (3rd Tues, 6:30 pm) @ Mt. View Ranch Museum (10 S 600 W, Parowan). All are welcome to participate and/or enjoy this Western Unwind. Admission free.

## WED, JULY 19

## WORDS WITH FRIENDS DAY

**MIDVALLEY FARMERS MARKET & ARTISAN** FAIRE (4-7PM) @ (780 Midvalley Rd. Enoch). Live music, jump house, face painting, and more. Beautiful, unique items. 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 20

## CHESS DAY

**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 21

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

**THUNDER ROAD CAR SHOW/POKER RUN** (10-5pm) @ Brian Head General Store/Mall (259 Village Way). Proceeds go to the Brian Head Town Trail System. Everyone invited. Presented by [UtahATVRentals.com](http://UtahATVRentals.com) & [PolarisAdventures.com](http://PolarisAdventures.com). INFO: [StGeorgeCarShows.com](mailto:StGeorgeCarShows.com), email [DesertSportsMGM@gmail.com](mailto:DesertSportsMGM@gmail.com) or Darren at 435-632-2617.

**HONORING ALL VETERANS/FIRST** RESPONDERS (11:30am) @ Frontier Homestead State Park. We would like to warmly invite all Veterans and First Responders to the closing celebration of this year's Patriot Camp to honor your bravery and sacrifice. We appreciate your service.

Want your event on our calendar?

There is no charge for calendar items. Your 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, Utah 84721. The deadline is Friday at noon. The calendar is not to be used for advertising. Items will be printed at our discretion.

## family

## DIARY OF A SLEEP DEPRIVED MOM

**T**here are many challenges that come with having kids. Attempting to shower without interruption, eating your meal before it gets cold and showing up on time to anything, to name a few. What no one mentions is how difficult it can be to sleep through the night, even if your kids do!

After seven years and four kids worth of parenting I have become accustomed to waking up to hungry babies, toddlers in need of the bathroom, nightmares, loneliness and a plethora of other childish excuses.

Just when one kid overcomes night waking and I feel that I am on the verge of a full night's rest, another one breaks a yearlong streak of sleeping through the night, and I suddenly wake to a new shadowy form hovering near my bed.

All of this sleeplessness is to be expected and comes with the territory of parenthood. What I didn't expect is how my brain would play tricks on me when everyone sleeps soundly.

I typically wake up within an hour or two of falling asleep due to my

offspring, so it's no surprise that my brain is programmed to do so even if no one is calling my name.

When this happens I will typically get up and check all of their beds, just to be sure everyone is snug and sleeping. Then I will go back to my own bed and doze for a minute before my eyes crack open and I wonder if I actually heard a crying child, or if I dreamt it.

mom's  
CORNER(ED)by **Weslie Stratton**

CONTRIBUTOR



At this point my mind is too alert to sleep and I lay there listening intently, sure that someone, anyone, will wake up needing me any second. As I try to sleep, even the sound of my husband's unconscious breathing next to me starts to sound like a whispered, "Mooooom", repeated from the doorway!

When I wake for the final time in the morning I am unbelievably frustrated with my wasted opportunity to sleep through the night, and I once again rely on my old friend, Dr. Pepper, to get me through the day.

My advice to expectant parents? Sleep. Sleep as long and as late as you possibly can because your opportunity to do so will soon be gone!



SHUTTERSTOCK

## finances

## ASK RUSTY: SOCIAL SECURITY

from *Assoc. of Mature American Citizens*

FOR IRON COUNTY TODAY

## About Social Security Benefits for My Minor Children

**Dear Rusty:** I will be 62 in 2024 and am considering starting benefits at that time. I will have two children under the age of 18. One of them will be 10 and the other 15. Will they be able to draw benefits in addition to my benefits? Signed: Father of Two

Dear Father of Two: Yes, if you claim your Social Security retirement benefits at 62, your minor children will be able to get benefits from you until they are 18 years old (or up to 19 if still in high school). You will likely be designated as Representative Payee for those benefits and will be obligated to use them only for your children's behalf (which could include simply saving the money for their future). But there's more to consider.

Normally, a minor child is eligible for 50% of the parent's full retirement age (FRA) entitlement (even if you claim at 62), but Social Security's Family Maximum will likely restrict each child's benefit to make it less than 50%. Then, once the 15 year old ages-out of eligibility at 18 (or 19), the younger child's benefit will increase to the full 50% of your FRA amount. That is - unless you are married and your wife will also be collecting a spousal benefit on your record. In that case the Family Maximum will limit payments for all of the dependents receiving payments based on your SS record (both your children and your wife). Generally, the Family Maximum is between 150% and 188% of your FRA entitlement, from which your own FRA entitlement is subtracted, leaving 50% to 88% of the Family Maximum for your dependents.

It's important to remember that by claiming your own SS retirement benefit at age 62 your monthly payment will be cut by 30% (you'll get 70% of your FRA entitlement), and that is a permanent reduction. So, you may wish to evaluate whether the money your children will get until they are 18 will offset the lifetime reduction to your own benefit payment. Your life expectancy is important when making that decision, and if you wish to estimate your potential longevity I suggest using this tool: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>.

It's also important to remember that claiming benefits before your full retirement age will mean that, if you work, you'll be subject to Social Security's "earnings test" which limits how much you can earn before some of your benefits are taken away. The earnings limit changes annually (it's \$21,240 for 2023) and, if the limit is exceeded, SS will withhold \$1 in benefits for every \$2 you are over the limit. They will withhold future benefits to recover

anything you owe for exceeding the earnings limit and, if your benefits are withheld for this reason, your dependents' benefits will also be withheld for those same months. So, your plans for working should be weighed carefully in deciding whether to claim your Social Security benefits early.

To summarize: If you won't work full time after age 62 and you're comfortable with 70% of your FRA benefit entitlement for the rest of your life, then claiming at 62 will also entitle your children (and possibly your wife) to dependent benefits (restricted by the Family Maximum). But, if you continue to work full time, Social Security's earnings test will likely mean neither you nor your dependents can receive full Social Security benefits at this time. And for clarity, the earnings limit no longer applies after you reach



**RUSSELL GLOOR**  
SOCIAL SECURITY  
ADVISOR

## obituaries

### Nathan Lee "Nate" Dail



July 9, 1975 – July 6, 2023  
Nate Dail, the kind and gentle soul whose very existence gave witness to how we're supposed to treat one another in this life, has died. It was July 6, just three days before his 48th birthday, when that once joyful, crystalline twinkle slowly faded from his eyes. Those bright places, bathed in sunshine, where goodness and light normally dwell, have grown dim. The world is going to be a different place without Nate in it.



He fell victim to Early Onset Alzheimer's disease, worsened by a deteriorating spinal cord that was progressively crippling him. In spite of this impossible combination of maladies, without exception, he continued to touch the life of everyone he encountered...everyone. Nate, it was said, had an intellectual disability. In many respects, this "disability" gave him the gift of seeing the world around him clearly, in the simplest, purest

terms, unfettered by personal bias or public opinion.

Most people won't remember Nate in the context of his disability in 2023 so much as they will remember him in the context of his ability a few years earlier as one of only four members of the 2010 Utah delegation in track and field, sent to represent Utah in the National Special Olympics in Lincoln, Nebraska. He returned to Utah with two gold medals and one silver medal. While it may have been Alzheimer's that took him down, it was not before he had accomplished 40-plus years as a Special Olympian and over 20 years as a TURN Community Services member.

There will never be another Nate Dail. He reached beyond the bonds of disability and touched the hearts of those he met and the very souls of his family. Disability did not win today.

Nate is predeceased by his brother Patrick. He leaves behind his parents, Dan and Jill; brothers Tony (Angie) and Paul (Jennifer); three nieces and three nephews; aunts, uncles, and cousins; and countless friends. The family has chosen to have a gathering with close friends to honor Nate. In lieu of flowers, donations can be made to TURN Community Services in Cedar City, specifying that it should go to the Lighthouse Art and Learning Center. Online condolences can be sent to [www.affordablefuneralservices.com](http://www.affordablefuneralservices.com).

## Want to submit an obituary?

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

### Dean Kelly Heyborne



Dean Kelly Heyborne passed away on June 5, 2023. He was born on June 25, 1982, in Cedar City, Utah to Uschi and Bill Heyborne.

Dean was strong-willed from the very beginning and left a grand impression on the world. Dean was an extraordinary athlete and broke several swimming records in high school, including winning a State Championship for Canyon View High School. One of his most recent accomplishments was hiking the 2650 miles of the Pacific Coast Trail—He was always ready for a challenge.

Everyone who loved Dean loved his magnetic smile and infectious laugh. He made friends so easily wherever he went, with his quick wit and genuine interest in others. He was also tenacious in whatever he put his heart into and cared deeply for others, especially his family. He was a favorite uncle to his nieces and nephews and a loyal friend to so many.

During Dean's years of service in the United State Marine Corps, he demonstrated extraordinary bravery and dedication, selflessly placing the needs of others before his own. He was deployed to Afghanistan and faced countless challenges, while enduring the hardships of war.

Dean is survived by his mother, Uschi Heyborne, his father, Bill Heyborne, brother Mark Thiele, children Kade, Taylor and Regan, nieces Mallory and Kaydence, nephew Andreas and Kostner, his granddaughter Zade, an aunt and uncle and cousins in Germany, aunt Evelyn Bennett, his Slack and Heyborne relatives, and many, many friends, and fellow veterans.

A memorial service will be held on July 14, 2023, at 6pm, at the National Guard Armory (1065 N Airport Rd, Cedar City). In lieu of flowers, donations can be made to [www.stopsoldiersuicide.org](http://www.stopsoldiersuicide.org) or just smile at a stranger and hug your loved ones a little tighter.

### Evelynn Jean Rhodes



Jean, my love of 50 years is gone. Evelynn Jean Rhodes, 83, of Parowan, Utah, died Thursday, July 6, 2023, of organ failure resulting from a fast-spreading infection. Her doctors and staff did the best they could. We met on a blind date the summer of 1973, both out of previous marriages and therein started a new faster paced life of the arts, opera, ballet, theater and travel to Spain, Mexico, and Alaska. At that time Jean was a hairdresser in Salt Lake City and later an owner and manager of The Courtyard, a large hair salon in Sugarhouse. Most importantly she readily adapted to

the role of mother to my two young daughters Susan and Kathy.

Jean told me stories of growing up in a blue-class family on the east side of Cedar City with her brother Bud and big sister Janise and later Gerry and Kendell. She had memories of corner-lot baseball, damming up Coal Creek for ice skating and fishing trips to Hidden Lake with her dad. Harry ran a shovel at the Iron mine and her mother Alvetta baked the best pies in Cedar. Both parents died of heart problems in their mid-forties.

After a long and successful career as a hairdresser, Jean and I moved to Parowan in 1998 and built our new home. Being an avid reader Jean helped organize a book club which grew to 17 avid readers. She has been active in the community and a good friend to many. We thank all those who have given us love and support and especially Teresa Taylor who has been there for us for years now. There are too many others to name. There will be a get-together to remember and honor Jean in the fall.

Final arrangements are under the direction of Southern Utah Mortuary. Online condolences may be left at [www.mortuary.org](http://www.mortuary.org).

### Robert Gene Arnold Sr.



Our husband, father, brother, and dear friend, Robert Gene Arnold Sr., passed away on Tuesday, July 4, 2023. Robert Gene was born on the 26th of June 1937, to John Dee Arnold and Georgia Ann Shelton in Riverside, California. Robert was the second born of four children: Doris Ann, John Douglas and Deborah Kathryn. After graduating high school, he went on to proudly serve in the United States Air Force until 1962. He later joined the United States Navy Reserves and finished out his government service at the Utah Test and Training Range as a civil engineer where he designed bomb proof munitions bunkers.



Robert was married to Lorene before her passing in August of 2008. He and Lorene raised three children:

Richard, Rebecca and Robert Gene. Robert married Carlene in November of 2011. Robert was blessed with many grandchildren as well: Rachel, Matthew, Jessica, Nina and Holly. Robert will be missed by many. He was a loving man who was always willing to lend a helping hand to anyone who needed it. He loved cars, airplanes and anything mechanical. He was a talented mechanic, woodworker and storyteller. He was quick to humor and had a hearty laugh.

The world will not be the same without him. He was our hero, and we will miss him deeply. If we could only be half the man he was. A celebration of life will be held at a later date. In the meantime, remember him by paying kindness to a stranger, like he did. Final arrangements are under the direction of Southern Utah Mortuary. Online condolences may be left at [www.mortuary.org](http://www.mortuary.org).

## CHILDREN

« CONTINUED FROM PAGE 16

your full retirement age.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA), NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).*

## faith

Last week the Earth reached what is called its aphelion—the farthest Earth's orbit is away from the sun (94,506,364 miles). It was at its perihelion (closest orbit) earlier in January (3,000,000 miles closer). Seems ironic since this last week recorded some of our hottest days!

What's the furthest distance you've ever traveled away from home? When we're young, the counsel is often to "Stay where I can see you." or "Don't go too far." But how do we know when we've gone too far? Is it when we can no longer see the house, or our neighborhood? Is it when we can no longer hear the voice of a parent calling us home? Or is it when they can no longer hear us?

As we get older, our priorities and worries shift more towards staying in range of reception for our phones, or our gas tanks. And in some cases, home may not be the safe haven it should be and we find the road more welcoming and safe. Yes, the devil has put in some serious overtime to destroy the foundation of the family and home so that it becomes one less place of peace.

Which brings us to this latest literary leg of

## Go the distance



our journey through mortality. What's the furthest distance you've traveled away from the Son (of God) and your Heavenly home, or more to the point, from your Heavenly Father?

Regardless, no matter what kind of life you've lived, or are living, the devil will tell you that God can't see you anymore, or hear you when you cry for help. The devil will deceive you into despair (and disrepair) and believe that you've gone too far, and that not only do you not have enough gas to get home, but that

there will be no one waiting for you there anyway.

Wouldn't it have been tragic if the father of the Prodigal Son (Luke 15:11-32) was not waiting for his son to come home? Is that why when some prodigal protégés fail, fall or falter in their faith, they don't run home, or cry for help—because they believe no one is listening, cares, or can help? This is another lie to mislead you.

True, no matter how far you've traveled in the right or wrong directions, you will eventually experience your own pig-pen predicaments. Nevertheless, if you chose to follow their accompanying epiphany, the love and light of the Lord will help you steer your life back on track and back home.

Today, no matter how far you feel away from home, I know this is true...God still sees you, hears you, loves you and He can still repair and restore you. No matter how many miles physically, emotionally or spiritually you've traveled away from God, He's still only a prayer away. And the very moment you transfer Him from your rearview mirror to your windshield, immediately will the great plan of redemption begin transforming your mind, heart and life.

## Defining moments in U.S. History toward a more perfect union – Part 4

by Edy Meredith

FOR IRON COUNTY TODAY

**1776:** American history is never finished because we continue improving upon a basis that is not grounded in ethnicity, religion, ancestry, or connections. Instead, American history is predicated on a set of universal principles that were made clear at the start in the signing of the Declaration of Independence and the ratification of the Constitution. These sets of principles while considered "self-evident" promoted truths displayed in "the Laws of Nature and of Nature's God" that "all men are created equal" and are "endowed by their Creator with certain inalienable rights." Of course, the founders themselves were flawed men of their times and as slave holders, they demonstrated their blemished and faulty natures. Even though they show in their lives that all are sinners, the words of the Declaration of Independence continue to guide our actions that all are created equal with unalienable rights to pursue "Life, Liberty, and ... Happiness." These wonderful words guide us to treat each other as we

want to be treated, defining how our laws should be applied fairly and equally.

**1788:** The US Constitution brings the Declaration of Independence's lasting principles into a governmental structure with enumerated powers and restrictions against governmental overreach.

**1791:** The Bill of Rights was adopted, and both the Constitution and the Bill of Rights elevated the rule of law as the cornerstone of governmental policy—that all people and governmental officials are answerable to the same guiding principles. (Today, we find that some have forgotten this cornerstone of Liberty as the law is negotiated away with plea bargains that reduce results to mere inconvenience, relatively small fines, and sometimes little to no penalty at all depending upon the law-breaker's family's status.)

**1863:** On January 1, 1863, during the Civil War, Lincoln's preliminary Emancipation Proclamation became effective and changed the legal status of more than

3.5 million enslaved African Americans in the secessionist Confederate states from enslaved to free. (From 1861-1865 emancipation came at different times to different parts of the U.S. and U.S. territory because of the progress of the Civil War as land areas fell to the U.S. Army at different times.)

**1865:** On June 19, 1865, U.S. Army General Gordon Granger arrived in Galveston, Texas, to proclaim that both the Civil War and slavery in the Confederate states had ended two years before. This event is the origin of what is now a federal holiday called Juneteenth.

**1877-1954:** Despite the freeing of slaves as the result of the Civil War, some southern states established a form of legalized racial segregation called "Jim Crow" state and local statutes that were meant to marginalize African Americans by denying them the right to vote, hold jobs, get an education or other opportunities. Those

### VERSE OF THE WEEK

#### PSALM 23:4

*"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me."*

There are many verses about hoping, hiding and being covered, comforted. The key to victory over the "valley" is in the "walk", the pressing forward (through) despite the darkness, despair, trials and tragedies not being removed...yet. Don't give up.

# SUMMER FOOD SAFETY— keeping cold foods cold

**Y**ou just returned home from the grocery store and unloaded the car. The bags are on the kitchen floor or on the counter and you are ready to start putting food and other general household goods away. Where should you start? Does it matter?

Now that summer is in full force, indoor/outdoor temperatures significantly influence how long cold food will remain chilled after it's removed from the refrigerator or freezer. It doesn't take but a few minutes and food can be warmed to above 40 degrees F, increasing the risk for bacterial growth—especially on raw meat and dairy products.

The four core practices for food safety include Clean, Separate, Cook, and Chill. (See: <https://www.fightbac.org/food-safety-basics/the-core-four-practices/>). While each practice is important and necessary to insure food safety overall, below, is a more in-depth look at just one, Chill.



SHUTTERSTOCK

## Kathy's CORNER

by Kathleen Riggs

USU EXTENSION



The Partnership for Food Safety Education promotes refrigerating foods quickly because cold temperatures slow the growth of harmful bacteria like salmonella, E-coli, etc. And to ensure the cold temperature is efficient in keeping foods cold, the organization also discourages over-stuffing the shelves inside the refrigerator to allow for good air circulation. In addition, here are some other tips and best practices:

- » Refrigerate/freeze meat, poultry, eggs, other perishables as soon as you get home.
- » Place a thermometer inside the refrigerator and check regularly that it reaches 40° F or lower continually. Freezers should hold a temperature of 0° F or lower.
- » Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F).
- » Never thaw food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to thaw food: (1) in the refrigerator, (2) in cold water, and (3) in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- » Always marinate food in the refrigerator.
- » Divide large amounts of leftovers into shallow containers for quicker cooling.
- » Use or discard refrigerated food on a regular basis.

If you've made it this far in reading the above content, you can now be privy to a great tip to incorporate both as you fill your grocery cart and as you set food on the conveyor belt to be checked and bagged. TIP: When at the check stand, unload your cart by placing foods together that require refrigeration or freezing. This will make it quicker to locate and store these foods properly once you are at home.

Kathleen Riggs is the Utah State University Extension family and consumer sciences professor for Iron County. Questions or comments may be sent to: [kathleen.riggs@usu.edu](mailto:kathleen.riggs@usu.edu) or call 435-586-8132.

## MOMENTS

« CONTINUED FROM PAGE 18

who tried to defy Jim Crow laws often faced arrest, fines, jail, violence, and death. In 1954 the Supreme Court declared segregation in public schools and other public facilities unconstitutional with subsequent legal decisions striking down other unequal application of laws. The Civil Rights movement in the words of Dr. Martin Luther King continued to bring hope that Americans would “not be judged by the color of their skin but by the content of their character.”

**1964:** The Civil Rights Act outlawed discrimination based on race, color, religion, sex, and natural origin, bringing to pass the application of the American principles elucidated in the Declaration of Independence and the Bill of Rights, almost 200 years after the establishment of the American Republic.

**2023:** Today we are still working on the establishment of “a more perfect Union” to “establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity.” This is what defines the American experience as we carry on in the pursuit of Liberty and Justice for all.

# D9 Meats

## SUMMER 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 \$7/lb**  
**Chicken Leg Quarters \$12.50/10-lbs**

*Pre-Order by Wednesday for pick up on Saturday*



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# Not-So-Trivial Pursuit

## ON 'JEOPARDY!,' GETTING THERE IS HALF THE FUN

If you missed reading the latter part of my column last week, I was chosen to play Jeopardy live on TV. The game was shown to the world July 7, and it was a transformative experience. Crazy, wacky and off the wall don't begin to describe how the whole experience went down.

Pull up a chair and enjoy these words as I share the tale of landing on the Alex Trebek Stage and getting my shot on Jeopardy! (yes, exclamation point official and intended).

The roots of my motivation to land on my third game show in the last 13 years started in 2019. After my \$50,000 win on Who Wants to be a Millionaire, I had a real chance that summer to go after the Jeopardy dream. The

show brought its contestant coordinators to a trivia convention in Las Vegas and offered prospective players their shot at taking a 50-clue test in person. Passing that test meant an opportunity to interview and play a mock version of the game.

I was among 70 people who tried. A total of 39 passed and were chosen for the most important part of the process. Make a good impression in the interview, play the mock game well enough – always keep it moving – and you're placed into the official contestant pool for up to an 18-month period.

I didn't make that part. I was devastated and inconsolable for quite a while that day, but the event continued and we played our own version of the old Match Game that evening. What made the game memorable was when longtime contestant coordinator Maggie Speak walked into the room, sat down, and started playing with all of us as one of the panelists.

Laughter was in abundance – especially from Maggie – and I vowed from that moment forward my motivation to land on Jeopardy was just getting started.

About a month later, I drove to Los Angeles – actually the Sony Pictures Studios lot in Culver City – to take in some Jeopardy tapings in person. I remember a moment when Jimmy McGuire was talking with the audience and asking things related to the show. At one point, he even addressed me as “Mr. Jeopardy expert.” I laughed, looked him in the eye and told him my motivation was to get from the audience to the contestant lecterns, pointing to each as I spoke.

Fast forward three years, and the message I shared was about to come to life.

On May 8 of last year, I sat down and took the first big step (again) on the Jeopardy journey. All prospective players start by taking the Anytime Test online at jeopardy.com. It's a 50-clue test formatted like the show. No need to answer with a question, but you have 15 seconds

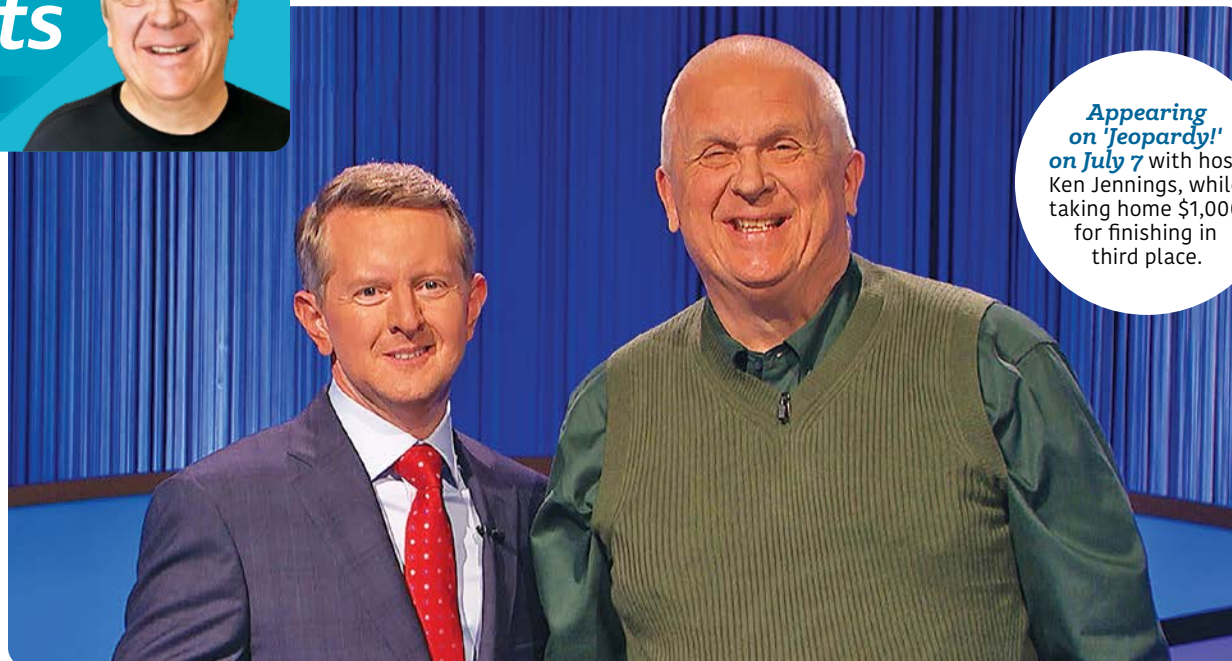
The Jeopardy contestant crew, led by John Barra, came to Vegas with another chance at the final audition and mock game. It was only for those who passed both previous tests, though.

About 10 days before the event, I was informed I would be one of those people. I took in the other parts of the GSBC weekend with friends, but I added an extra set of clothes to prepare for what was about to be a huge moment.

### RANDOM thoughts

Tom Zulewski

IRON COUNTY TODAY



Appearing on 'Jeopardy!' on July 7 with host Ken Jennings, while taking home \$1,000 for finishing in third place.

PHOTO COURTESY JEOPARDY PRODUCTIONS INC

to respond to each one.

I thought I scored well enough – the show never reveals official results – but I got an invitation in early August to take a second 50-clue test. It was proctored over Zoom and you had only eight seconds to respond to each clue. The time didn't start until each was read in full, and you were able to type your response once you saw the clues displayed on screen.

Then there was more waiting, but not as long. About two weeks later, we gathered at an event in Las Vegas called Game Show Boot Camp. Participants learned the finer points of getting on a game show, but I knew what I was going there for.

We were booked for the final audition – three at a time – and played the mock game with real buzzers that are used on the show. No pressure on wagering or math, but it was all about playing the game and keeping it moving.

Then we took a minute and shared a few tidbits about ourselves with Barra and his staff. It was a very cool thing, and when all was said and done, we were given the best news of all. We were officially placed in the Jeopardy contestant pool and could be called any time within 18 months from Aug. 21, 2022.

# T-Birds poised for exciting 2023 Cross Country season

by Regan Hunsaker

ASSISTANT AD, SUU SPORTS INFORMATION

**CEDAR CITY** — The Southern Utah Thunderbirds are gearing up for an exciting Cross Country season, and today we are thrilled to announce their official schedule for the upcoming season. With a mix of invitational meets and championship events, the Thunderbirds are ready to showcase their talent and compete against some of the best teams in the nation.

"This schedule allows us to chase the best teams in the country. It's what we've done in the past, and what we need to do in order to develop this team to its fullest potential," said Coach Eric Houle.

The Thunderbirds will kick off their season at the UVU Invitational in Orem, UT on September 1st. This meet will provide an early opportunity for the team to test their skills against other talented competitors. Next up, the Thunderbirds will travel to Riverside, CA on September 16th to participate in the UC Riverside Invitational. This meet will feature strong competition from various universities and serve as a valuable experience for the team as they look to make early progress. On September 29th, the Thunderbirds will travel to South Bend, IN to take part in the prestigious Joe Plane Invitational at Notre Dame. This meet will provide an exciting opportunity for the team to compete against top-tier programs from across the nation.

Returning to their home turf in Cedar City, UT, the Thunderbirds will host the SUU Color Country Invitational and Alumni Race on October 7th. This event will not only allow the team a chance to compete in front of their home crowd but also provide an opportunity for former Thunderbirds to reunite and showcase their skills as they support

the program. The race will be held at Cedar Ridge golf course and will feature an up-and-down course that challenges the athletes to maintain an even pace.

October 13th and 14th, the Thunderbirds will be split between two different events. The men's team will travel to Charlottesville, VA for the Pre-Nationals, an important meet that will serve as a preview to the NCAA DI National XC Championships. Meanwhile, the women's team will compete in the Santa Clara Bronco Invite in Santa Clara, CA, facing off against tough opponents from various universities out

The Thunderbirds will travel to Abilene, TX on October 28th to compete in the WAC Championships, hosted by Abilene Christian University. This conference championship event will determine the WAC champion and allow the Thunderbirds to showcase their talent against conference rivals.

On November 10th and 11th, the Thunderbirds will head to Lubbock, TX to participate in the Mountain Regionals, hosted by Texas Tech University. This event will bring together teams from the region, and the Thunderbirds will aim to secure a qualifying spot for the NCAA DI National XC Championships.

Coach Houle's determination to chase the best teams in the country reflects the team's commitment to reaching their fullest potential. From invitational meets to championship events, the Thunderbirds will showcase their talent against top-tier programs. With races on their home turf and challenging events across the nation, the Thunderbirds are poised to make their mark in 2023. Get ready for an exhilarating journey as the Thunderbirds aim for excellence and inspire fans along the way.

## TOM'S SPORTS TRIVIA

*And now we are headlong into the dog days of summer. The heat may be on, but the questions are cool as the proverbial cucumber. Just be kind, and please remember... no wagering!*

- Which member of the U.S. National Women's Soccer Team announced her retirement effective at the end of the 2023 season?
- Victor Wembanyama had his debut in the NBA Summer League on July 7 in Las Vegas, but a member of his security team was accused of battery by which pop star after she attempted to approach the San Antonio Spurs player at a restaurant?
- After winning an NBA Championship with the Toronto Raptors in 2019, who signed a three-year, \$130 million deal with the Houston Rockets on July 7, vowing "I'm going to work every day to make sure I prove every penny?"
- Dwyane Wade may be a part-owner of the Utah Jazz, but what TBS game show has he hosted for the past three seasons?
- Which Dallas Mavericks star announced his engagement July 7 – a day that matches his uniform number?
- Who was the last American to win the U.S. Women's Open (2016)?
- Who handed the Las Vegas Aces its second loss of the WNBA season July 7 on two free throws from Natasha Howard with less than a second remaining?
- Brad Pitt was spotted at the drivers meeting as he began filming at which Formula 1 event during qualifying July 8?
- Paul Reed Jr. signed a restricted free agent offer sheet for three years and \$23 million with the Utah Jazz on July 8. Which team did Reed come to Utah from?
- On July 10, 2010, which American Idol winner from Season 4 married Nashville Predators star Mike Fisher?
- On July 12, 1979, which AL Central team was forced to forfeit the second game of a scheduled doubleheader against the Detroit Tigers when fans went wild destroying records at Disco Demolition Night?
- He may be known as Mr. October to some, but who hit a home run at the 1971 All-Star Game in Detroit that hit off an outfield light tower at Tiger Stadium?

### LAST WEEK'S ANSWERS

## JEOPARDY!

« CONTINUED FROM PAGE 20

I made a reminder on my phone for Feb. 21, 2024, and didn't think about it anymore. Along the way, I surveyed friends who've been on the show in the past, and their waiting time for The Call had a very wide range. Some were called within a month after the final audition, and others had to wait until just before the 18 months expired. Some even got the word beyond

that mark.

But I wouldn't have to wait nearly that long. On April 27, I got a text message from Barra and called him back. He gave me the greatest news any trivia nerd longs to hear. I was gonna be on Jeopardy, and we were asked to be in Culver City to tape May 16.

After a last run of practice and my wife's purchase of a collection of five sweater vests with matching long-sleeve shirts, I booked my flight, joined my best friend at a hotel near the studio, and got ready for a

really big moment.

Next week, I'll share what it's like to play Jeopardy on the Alex Trebek Stage. It's a great thing to win a game, but it's an even greater thing to be able to overcome some very long odds just to be in the moment. Full details on my third-place finish to come.

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

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## ANNOUNCEMENTS

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**1964 PONTICA STAR CHEF ASKING \$3,000 OBO. MAKE AN offer.** 96% complete and original. Perfect project and restoration car. Call for information and picture at 239-784-5622

### FOR SALE: DURO MAX ENGINE 18 HORSEPOWER 2022,

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TION Flex Bike ULTRA; gardening tools small/large; STIL small power saw; porch/outside Swing--two-seat; outdoor rug 5' x 7'; BLISS outdoor furn- two lounge chairs, two reg size chairs, small table pine in/outside bench needs restored; authentic Chimney Pot-- Call 435-559-4344

### GOOD WORK TRUCK. 94' GMC 1500. STEP SIDE V8 350.

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### WANTED: LICENSED REAL ESTATE AGENT TO WORK IN

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**RAY'S HANDYMAN AND CONSTRUCTION REPAIR. ROOFING, stucco, dry wall, siding, electrical, decks and painting.** License and insured. Please call 435-559-7669

## YARD SALES

**MOVING SALE 2181 W 6100 N. JULY 14-15 9AM-3PM.** Tools, Mower, rototiller, chainsaw, wood stove, power snow shovel, ladder, skis, archery gear, bikes, equestrian gear, pet crates, sleeper couch, sewing machine, lamps, clocks, framed pictures and more.

**EAGLE POINT ESTATES ANNUAL COMMUNITY GARAGE Sale.** Saturday, July 22, 2023. From 8:00 am to 1:00 pm. 195 E Fiddlers Canyon Road. Look out for individual sale signs within the complex.

**CALL US AT 435-701-9981 TO PLACE YOUR CLASSIFIED AD**

## legal notices

### 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

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

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# legal notices

## NOTICE OF PROPOSED WITHDRAWAL AND PUBLIC MEETING, UTAH

**AGENCY:** Bureau of Land Management, Department of the Interior.

**ACTION:** Notice of Proposed Withdrawal.

**SUMMARY:** At the request of the Bureau of Land Management (BLM), the Secretary of the Interior proposes to withdraw approximately 170,429 acres of public lands and interests in lands from all forms of entry, appropriation, and disposal under the public land laws; location and entry under the U.S. mining laws; operation of the mineral and geothermal leasing laws; and disposal under the mineral materials laws, subject to valid existing rights. The withdrawal is proposed for a period of five years to maintain the status quo while the Department of the Interior, the State of Utah, and the State of Utah School and Institutional Trust Lands Administration (SITLA) consider a potential land exchange. Subject to valid existing rights, publication of this notice in the Federal Register segregates the lands for two years from the date of publication unless the segregative effect is terminated sooner in accordance with 43 CFR 2310.2(a). This notice also initiates a 90-day public comment period on the proposed withdrawal. A notice for public meeting(s) regarding the proposed withdrawal will be announced separately in the Federal Register, in at least one newspaper having general circulation, and on the agency website at least 30 days before the meeting(s).

**DATES:** Comments regarding this proposed withdrawal must be received by August 14, 2023.

**ADDRESSES:** All comments should be sent to Mary Higgins, Bureau of Land Management, Utah State Office, 440 West 200 South, Suite 500, Salt Lake City, Utah 84101-1345.

A map and other information related to the proposed withdrawal are available at the Bureau of Land Management Utah State Office, 440 West 200 South, Suite 500, Salt Lake City, Utah 84101-1345. Details are also available on the project ePlanning website: <https://eplanning.blm.gov/eplanning-ui/project/2024876/510>

**FOR FURTHER INFORMATION CONTACT:** Mary Higgins, BLM Utah State Office, (801) 539-4105, or [mhiggins@blm.gov](mailto:mhiggins@blm.gov), during regular business hours, 8 a.m. to 4 p.m., Monday through Friday, except holidays. Individuals in the United States who are deaf, deafblind, hard of hearing, or have a speech disability may dial 711 (TTY, TDD, or TeleBraille) to access telecommunications relay services. Individuals outside the United States should use the relay services offered within their country to make international calls to the point-of-contact in the United States. You will receive a reply during normal business hours.

**SUPPLEMENTARY INFORMATION:** The BLM has filed a withdrawal petition and application requesting that the Secretary of the Interior withdraw, subject to valid existing rights, the public lands and interests in lands (excluding lands with Federally owned fractional mineral interests) described below from all forms of entry,

appropriation, and disposal under the public land laws; location and entry under the U.S. mining laws; operation of the mineral and geothermal leasing laws; and disposal under the mineral materials laws, for five years. A withdrawal would maintain the status quo on public land and interests in lands described below while the Department of the Interior, the State of Utah, and SITLA consider a potential land exchange to transfer certain state-administered lands inside the Bears Ears National Monument, and other parcels across the State, for other Federal lands administered by the BLM across Utah.

The legal description for the public lands and interest in lands proposed for withdrawal is as follows:

Salt Lake Meridian, Utah

- T. 11 N., R. 5 E.,  
sec. 9, NE1/4SE1/4, S1/2NW1/4SE1/4, and S1/2SE1/4;  
sec. 10, S1/2SW1/4 and SE1/4;  
sec. 11, NE1/4, NE1/4NW1/4, S1/2NW1/4, and S1/2;  
sec. 14.
- T. 5 S., R. 1 W.,  
sec. 31, lot 7, SE1/4SW1/4, and SW1/4SE1/4.
- T. 6 S., R. 1 W.,  
sec. 6, lots 1, 2, and SE1/4NE1/4.
- T. 7 S., R. 1 W.,  
sec. 5, lots 4, 5, and W1/2SW1/4;  
sec. 6, lot 1, SE1/4NE1/4, and E1/2SE1/4.
- T. 19 S., R. 1 W.,  
sec. 21, lots 1 thru 4, E1/2NW1/4, E1/2SW1/4, and W1/2SE1/4;  
sec. 27, lot 1;  
sec. 28, lots 1 thru 4, W1/2NE1/4, E1/2NW1/4, E1/2SW1/4, and SE1/4;  
sec. 33;  
sec. 34, lots 1 thru 5.
- T. 20 S., R. 1 W.,  
secs. 3 and 10;  
sec. 14, W1/2NW1/4 and SW1/4SW1/4;  
sec. 15.
- T. 20 S., R. 1 1/2 W.,  
sec. 1.
- T. 9 S., R. 2 W.,  
sec. 1, lots 3 and 4, S1/2NW1/4, and SW1/4;  
sec. 12, SW1/4;  
sec. 13, NW1/4;  
sec. 24;  
sec. 25, lots 1 thru 4, and E1/2NW1/4.
- T. 21 S., R. 2 W.,  
sec. 1.
- T. 22 S., R. 2 W.,  
sec. 22, S1/2;  
sec. 23, S1/2;  
sec. 26, N1/2NE1/4;  
sec. 27, NW1/4NE1/4, N1/2NW1/4, and SW1/4SW1/4;  
sec. 28, SE1/4SE1/4;  
sec. 33, N1/2, SW1/4, N1/2SE1/4, and SW1/4SE1/4;  
sec. 34, N1/2NW1/4.

T. 23 S., R. 2 W.,  
sec. 5.

T. 24 S., R. 2 W.,  
sec. 19, lots 3 and 4, SE1/4NE1/4, E1/2SW1/4, and SE1/4;  
sec. 20, NE1/4, NE1/4NW1/4, S1/2NW1/4, and S1/2;  
sec. 21, lots 1 thru 3, lots 5 thru 8, and W1/2;  
sec. 29, lots 1 thru 6, NW1/4NE1/4, NW1/4, and S1/2SE1/4;  
sec. 30, lots 1 thru 4, NE1/4, E1/2NW1/4, E1/2SW1/4, N1/2SE1/4, and SW1/4SE1/4.

T. 36 S., R. 3 W.,  
sec. 6, E1/2SE1/4SE1/4SW1/4, SW1/4SE1/4SE1/4SW1/4, S1/2SE1/4NE1/4SE1/4, SE1/4SW1/4NE1/4SE1/4, S1/2SW1/4SE1/4, and SE1/4SE1/4;  
sec. 7, lots 1 and 2.

T. 6 S., R. 4 W.,  
sec. 31, lots 5 thru 8, NE1/4NE1/4, W1/2NE1/4, E1/2NW1/4, E1/2SW1/4, and W1/2SE1/4.

T. 7 S., R. 4 W.,  
sec. 5, lots 1 thru 4, S1/2NE1/4 and S1/2NW1/4.

T. 5 S., R. 5 W.,  
sec. 11, SW1/4NW1/4 and NW1/4SW1/4.

T. 11 S., R. 5 W.,  
sec. 33, lots 6, 7, 11 thru 16, and S1/2.

T. 15 S., R. 5 W.,  
sec. 35, NE1/4SW1/4.

T. 44 S., R. 5 W.,  
sec. 3, SE1/4SW1/4;  
sec. 4, SW1/4SW1/4;  
sec. 8;  
sec. 9, lot 8;  
sec. 10, lots 1 thru 4, and N1/2NW1/4.

T. 16 S., R. 6 W.,  
sec. 4, lots 3 and 4, S1/2NW1/4, and SW1/4;  
secs. 5, 8, and 9;  
sec. 10, S1/2;  
secs. 15 and 17;  
sec. 18, lots 1 thru 4, E1/2, SE1/4NW1/4, and E1/2SW1/4;  
secs. 19 and 20;  
sec. 21, N1/2, SW1/4, N1/2SE1/4, N1/2SW1/4SE1/4, W1/2SW1/4SW1/4SE1/4, and E1/2SE1/4SE1/4SE1/4;  
sec. 22;  
sec. 29, N1/2NE1/4, N1/2NW1/4, and SW1/4NW1/4;  
sec. 30, lots 1 and 2, NE1/4, and W1/2NW1/4.

T. 19 S., R. 6 W.,  
secs. 17, 18, and 19;  
sec. 20, N1/2, N1/2SW1/2, and N1/2SE1/4;  
sec. 21, NW1/4, N1/2SW1/4, SE1/4SW1/4, and SE1/4;  
sec. 27, NW1/4NW1/4, S1/2NW1/4, and S1/2;  
sec. 28, E1/2;  
sec. 30, lots 1 thru 4, NW1/4NE1/4, E1/2NW1/4, NE1/4SW1/4, and W1/2SE1/4SW1/4;  
sec. 31, lots 1 thru 4 and W1/2NE1/4NW1/4;  
sec. 33, E1/2;  
sec. 34, N1/2 and W1/2SW1/4.

T. 44 S., R. 6 W.,  
sec. 9, lots 5 and 6.  
sec. 10, lot 9, that portion lying south and west of Kaneplex Dr.

# legal notices

- T. 17 S., R. 7 W.,  
sec. 10, NE1/4SW1/4.
- T. 19 S., R. 7 W.,  
sec. 13, NE1/4, E1/2NW1/4, N1/2SE1/4, and SE1/4SE1/4;  
sec. 20, SE1/4NE1/4 and E1/2SE1/4;  
sec. 21, S1/2NW1/4;  
sec. 22, S1/2NW1/4, NE1/4SW1/4, W1/2SE1/4, and SE1/4SE1/4;  
sec. 24, SE1/4;  
sec. 25, NE1/4, NE1/4NW1/4, S1/2NW1/4, and S1/2;  
sec. 26, W1/2NW1/4, N1/2SW1/4, and N1/2SE1/4;  
sec. 27, E1/2NE1/4;  
sec. 29, NE1/4 and NW1/4SE1/4;  
sec. 32, W1/2NE1/4 and W1/2SE1/4.
- T. 20 S., R. 7 W.,  
sec. 1, lots 1 thru 4;  
sec. 5, lot 2, SW1/4NE1/4, SE1/4SW1/4, and W1/2SE1/4;  
sec. 6, lot 7, SE1/4SW1/4, and SW1/4SE1/4;  
sec. 7, N1/2NE1/4 and NE1/4NW1/4;  
sec. 8, N1/2NW1/4.
- T. 29 S., R. 7 W.,  
sec. 33, NW1/4SE1/4.
- T. 32 S., R. 7 W.,  
sec. 7, lot 4;  
sec. 18, lot 1.
- T. 15 S., R. 8 W.,  
sec. 17;  
sec. 18, E1/2NE1/4, E1/2SE1/4, and SW1/4SE1/4;  
sec. 19, NE1/4;  
sec. 20, N1/2;  
sec. 21, N1/2.
- T. 19 S., R. 8 W.,  
sec. 22, S1/2NE1/4, S1/2NW1/4, and S1/2;  
sec. 26, NW1/4SW1/4;  
sec. 27, N1/2, SW1/4, NE1/4SE1/4, and S1/2SE1/4;  
sec. 28, S1/2NE1/4, S1/2NW1/4, and S1/2;  
sec. 34, E1/2 and SE1/4SW1/4;  
sec. 35, S1/2NW1/4, N1/2SW1/4, and SE1/4SE1/4;  
sec. 36, SW1/4SW1/4.
- T. 20 S., R. 8 W.,  
sec. 1, lots 3 and 4, SW1/4NE1/4, SE1/4NW1/4, N1/2SE1/4, and SE1/4SE1/4.
- T. 34 S., R. 9 W.,  
sec. 19, lots 1 thru 4, E1/2NW1/4, and E1/2SW1/4;  
sec. 30, lots 1 thru 4, NW1/4NE1/4, E1/2NW1/4, and NE1/4SW1/4;  
sec. 31, lot 1.
- T. 15 S., R. 10 W.,  
sec. 7, lots 3 and 4, E1/2SW1/4, and SE1/4.
- T. 24 S., R. 10 W.,  
sec. 20, NW1/4;  
sec. 21, W1/2NE1/4, W1/2, W1/2SE1/4, and SE1/4SE1/4;  
sec. 28, NE1/4 and W1/2SE1/4.
- T. 26 S., R. 10 W.,  
sec. 21, W1/2;  
sec. 28, W1/2.
- T. 27 S., R. 10 W.,  
sec. 20, N1/2NE1/4, W1/2NW1/4, and SW1/4;  
sec. 21, N1/2NW1/4, SE1/4NW1/4, and E1/2SW1/4;  
sec. 28, E1/2NW1/4 and S1/2SW1/4;  
sec. 29, W1/2;  
sec. 33, NE1/4, E1/2NW1/4, E1/2SW1/4, N1/2SE1/4, and SW1/4SE1/4.
- T. 34 S., R. 10 W.,  
sec. 24, S1/2NE1/4, and SE1/4;  
sec. 25, E1/2.
- T. 35 S., R. 10 W.,  
sec. 19, lots 6 thru 9, and NE1/4NW1/4.
- T. 24 S., R. 12 W.,  
sec. 15.
- T. 40 S., R. 13 W.,  
sec. 22, NW1/4SW1/4;  
sec. 28, E1/2NE1/4 and SW1/4NE1/4.
- T. 41 S., R. 13 W.,  
sec. 9, lots 8 thru 10, E1/2NE1/4, and W1/2SE1/4;  
sec. 10, SE1/4SW1/4;  
sec. 15, NW1/4, N1/2SW1/4, and SW1/4SW1/4.
- T. 11 S., R. 14 W.,  
sec. 7, E1/2SE1/4;  
sec. 8, unsurveyed;  
secs. 9, unsurveyed;  
sec. 17, excepting patented mining claims, unsurveyed;  
sec. 18, excepting patented mining claims, unsurveyed.
- T. 43 S., R. 14 W.,  
sec. 20, NW1/4SW1/4, S1/2SW1/4, and S1/2SE1/4;  
sec. 23, S1/2SW1/4;  
secs. 26, 27, and 28;  
sec. 29, NE1/4, NE1/4NW1/4, and NE1/4SE1/4.
- T. 31 S., R. 15 W.,  
sec. 31.
- T. 32 S., R. 15 W.,  
sec. 6.
- T. 32 S., R. 16 W.,  
sec. 1.
- T. 40 S., R. 17 W.,  
sec. 31, lots 2 and 3, NE1/4, and SE1/4NW1/4.
- T. 41 S., R. 17 W.,  
sec. 5, W1/2SE1/4;  
sec. 7, lots 3 and 4, E1/2SW1/4, and SE1/4;  
sec. 8, W1/2NE1/4, SE1/4NW1/4, N1/2SW1/4, SE1/4SW1/4, and W1/2SE1/4;  
sec. 17, W1/2NE1/4, SE1/4NW1/4, NE1/4SW1/4, NE1/4SE1/4, and S1/2SE1/4;  
sec. 18, lots 1 thru 4.
- T. 39 S., R. 18 W.,  
sec. 8, S1/2SW1/4 and S1/2SE1/4;  
sec. 9, S1/2SW1/4 and S1/2SE1/4;  
sec. 10, S1/2SW1/4;  
sec. 15, SW1/4NE1/4, NW1/4, and S1/2;  
sec. 16, NE1/4, E1/2NW1/4, and S1/2;  
sec. 17, lots 1, 3, and 4, N1/2NE1/4, SW1/4NE1/4, NW1/4,
- and SW1/4, excepting M.S. No. 6283, M.S. No. 6422, M.S. No. 6557, and M.S. No. 6768;  
sec. 18, NE1/4, SE1/4NW1/4, E1/2SW1/4, and SE1/4 excepting M.S. No. 6283;  
sec. 19, excepting M.S. No. 6493, M.S. No. 6557, M.S. No. 6768, and M.S. No. 6698;  
sec. 20, excepting patented M.S. No. 6557, M.S. No. 6768, M.S. No. 6422, M.S. No. 6283, M.S. No. 6454;  
sec. 21, excepting patented M.S. No. 6283;  
sec. 22;  
sec. 23, W1/2SW1/4;  
sec. 26, NW1/4NW1/4;  
sec. 27, N1/2NE1/4 and N1/2NW1/4;  
sec. 28, N1/2NE1/4 and N1/2NW1/4;  
sec. 29, N1/2, N1/2SW1/4, and N1/2SE1/4;  
sec. 30, lots 1 thru 4, NE1/4, E1/2NW1/4, E1/2SW1/4, N1/2SE1/4, and SW1/4SE1/4;  
sec. 31, lot 1, NW1/4NE1/4, and NE1/4NW1/4.
- T. 40 S., R. 18 W.,  
sec. 19, lots 3, 4, and SE1/4SW1/4;  
sec. 29, SW1/4;  
sec. 30, NW1/4NE1/4, S1/2NE1/4, NE1/4NW1/4, and NE1/4SE1/4;  
sec. 33, SW1/4 and SW1/4SE1/4.
- T. 41 S., R. 18 W.,  
sec. 1, lots 3 thru 5;  
sec. 3, lots 4 thru 7, lots 9 thru 11, and NE1/4SE1/4;  
sec. 4, lots 1, 2, and 8;  
sec. 11, N1/2NE1/4 and SE1/4NE1/4;  
sec. 12, NW1/4NW1/4, S1/2NW1/4, NE1/4SW1/4, and SE1/4;  
sec. 13, E1/2NE1/4 and E1/2SE1/4;
- T. 1 S., R. 19 W.,  
sec. 8, E1/2NE1/4.
- T. 39 S., R. 19 W.,  
sec. 23, SE1/4NE1/4, NE1/4SE1/4, and S1/2SE1/4;  
sec. 24, S1/2NE1/4, S1/2NW1/4, and S1/2;  
secs. 25 and 26;  
sec. 27, E1/2 and E1/2SW1/4;  
sec. 34, N1/2NE1/4, SE1/4NE1/4, NE1/4NW1/4, and E1/2SE1/4;  
sec. 35;  
sec. 36, N1/2 and N1/2SE1/4.
- T. 40 S., R. 19 W.,  
sec. 1, lots 3 thru 6, S1/2NW1/4, and SW1/4;  
sec. 3, SE1/4SE1/4;  
sec. 10, N1/2NE1/4 and SE1/4SE1/4;  
sec. 11, NW1/4NE1/4, NW1/4, and SW1/4;  
sec. 13, SW1/4SW1/4;  
sec. 14, W1/2 and SE1/4;  
sec. 15;  
sec. 24, NE1/4NE1/4, S1/2NE1/4, N1/2NW1/4, SE1/4NW1/4, and NE1/4SE1/4.
- T. 33 S., R. 20 W.,  
sec. 35, lots 1 thru 4, E1/2NE1/4, and E1/2SE1/4;  
sec. 36, lots 1 and 2.
- T. 34 S., R. 20 W.,  
sec. 1, lots 3 and 4, S1/2NW1/4, and SW1/4.

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- T. 27 S., R. 3 E.,  
sec. 3, lot 1, SE1/4NE1/4, and SE1/4;  
sec. 10, lots 1 thru 4, E1/2NE1/4, E1/2NW1/4, SW1/4, and  
E1/2SE1/4;  
secs. 11 and 14;  
sec. 15, lots 1 and 2, E1/2NE1/4, NE1/4NW1/4,  
S1/2NW1/4, and S1/2.
- T. 3 S., R. 4 E.,  
sec. 3, lots 8, 15, and 18;  
sec. 4, lot 14.
- T. 29 S., R. 4 E.,  
sec. 23, N1/2NE1/4 and SE1/4NE1/4.
- T. 23 S., R. 6 E.,  
secs. 10 and 11.
- T. 19 S., R. 7 E.,  
sec. 13, E1/2NE1/4.
- T. 19 S., R. 8 E.,  
sec. 7, SW1/4SE1/4;  
sec. 17, NW1/4NW1/4 and E1/2SW1/4;  
sec. 18, lots 1, 2, W1/2NE1/4, and E1/2NW1/4.
- T. 11 S., R. 9 E.,  
sec. 28, SW1/4NW1/4 and NW1/4SE1/4.
- T. 11 S., R. 10 E.,  
sec. 29, W1/2NW1/4 and SW1/4;  
sec. 30, NE1/4NE1/4, S1/2NE1/4, and SE1/4;  
sec. 31, N1/2NE1/4 and SW1/4NE1/4;  
sec. 33, N1/2NW1/4 and SW1/4NW1/4.
- T. 14 S., R. 11 E.,  
secs. 20 and 21;  
sec. 28, W1/2NE1/4, NE1/4NW1/4, SE1/4SW1/4, and  
NW1/4SE1/4;  
sec. 29, W1/2NW1/4, SW1/4, and W1/2SE1/4;  
sec. 30, lots 1 and 2, E1/2, and E1/2NW1/4;  
sec. 31, NE1/4 and N1/2SE1/4.
- T. 34 S., R. 11 E.,  
sec. 28, S1/2, unsurveyed;  
sec. 33;  
sec. 34, W1/2, unsurveyed.
- T. 35 S., R. 11 E.,  
sec. 1, lots 1 thru 4, S1/2NE1/4, S1/2NW1/4, SW1/4, and  
W1/2SE1/4;  
sec. 3;  
secs. 4 and 5, secs. 8 thru 11, and sec. 17, unsurveyed;  
sec. 21, N1/2, unsurveyed.
- T. 15 S., R. 12 E.,  
sec. 28;  
sec. 33, N1/2, SW1/4, N1/2SE1/4, and SW1/4SE1/4.
- T. 16 S., R. 12 E.,  
secs. 15, 21, and 22.
- T. 34 S., R. 12 E.,  
sec. 31, lots 1 thru 4, N1/2NE1/4, SW1/4NE1/4,  
E1/2NW1/4, and NE1/4SW1/4.
- T. 38 S., R. 12 E.,  
sec. 35, lots 1 and 2, lots 5 thru 9, E1/2NE1/4, and SE1/4;  
sec. 36.
- T. 39 S., R. 12 E.,  
sec. 1, unsurveyed;  
sec. 3, lots 5 thru 8 and S1/2SE1/4.
- T. 15 S., R. 13 E.,  
sec. 11, SE1/4;  
sec. 12, S1/2NE1/4 and S1/2;  
sec. 13;  
sec. 14, N1/2NE1/4, SE1/4NE1/4, SE1/4SW1/4, and  
S1/2SE1/4;  
sec. 23;  
sec. 24, W1/2.
- T. 19 S., R. 13 E.,  
secs. 1, 12, and 13.
- T. 26 S., R. 13 E.,  
sec. 22.
- T. 39 S., R. 13 E.,  
sec. 6, S1/2NE1/4, NW1/4, and S1/2, unsurveyed.
- T. 13 S., R. 14 E.,  
sec. 26, W1/2 and NW1/4SE1/4;  
sec. 27, N1/2NE1/4, NW1/4, and E1/2SW1/4;  
sec. 33, S1/2NE1/4NE1/4, S1/2NE1/4, S1/2NW1/4,  
NE1/4SW1/4, N1/2SE1/4, and SE1/4SE1/4;  
sec. 34, W1/2NW1/4 and SW1/4.
- T. 14 S., R. 14 E.,  
secs. 11 thru 14;  
sec. 24, NW1/4NE1/4.
- T. 19 S., R. 14 E.,  
secs. 6, 7, and 18.
- T. 21 S., R. 14 E.,  
sec. 15, N1/2, SW1/4, N1/2SE1/4, and SW1/4SE1/4;  
sec. 22, W1/2NE1/4, W1/2, and W1/2SE1/4;  
sec. 27, W1/2NE1/4, W1/2, and W1/2SE1/4.
- T. 25 S., R. 14 E.,  
secs. 22 and 27.
- T. 27 S., R. 14 E.,  
sec. 5.
- T. 21 S., R. 15 E.,  
secs. 1, 3, and 4;  
sec. 5, lots 1 thru 19, NW1/4SW1/4, S1/2SW1/4, and  
NE1/4SE1/4;  
sec. 10, NW1/4NE1/4, N1/2NW1/4, and SW1/4SW1/4;  
sec. 11, N1/2NE1/4 and NE1/4NW1/4;  
sec. 12, lots 1 thru 4, W1/2NE1/4, N1/2NW1/4, and  
NW1/4SE1/4;  
sec. 13, lots 1 thru 4, SW1/4NE1/4, NW1/4NW1/4,  
S1/2NW1/4, NE1/4SW1/4, S1/2SW1/4, and W1/2SE1/4;  
sec. 14, S1/2NE1/4, S1/2NW1/4, and S1/2;  
sec. 22, SE1/4NE1/4 and S1/2;  
sec. 27, N1/2NE1/4 and N1/2NW1/4.
- T. 21 S., R. 16 E.,  
sec. 5, NW1/4SW1/4;  
sec. 6, lots 5 and 6, lots 11 thru 13, and lots 19 thru 22,  
NE1/4SW1/4, and N1/2SE1/4;  
sec. 7, lots 3 and 4, S1/2NE1/4, SE1/4NW1/4, E1/2SW1/4,  
and NE1/4SE1/4;  
sec. 8, SW1/4NW1/4.
- T. 21 S., R. 17 E.,  
sec. 17, SW1/4 and N1/2SE1/4;  
sec. 18; lots 3 and 4, E1/2SW1/4, and SE1/4;  
sec. 19, lot 1, N1/2NE1/4, and NE1/4NW1/4;  
sec. 20, E1/2 and NW1/4;  
sec. 21;  
sec. 22, N1/2NE1/4, SW1/4NW1/4, NW1/4SW1/4,  
S1/2SW1/4, and S1/2SE1/4;  
secs. 26 and 27;  
sec. 28, NE1/4.
- T. 22 S., R. 17 E.,  
secs. 21, 22, and 35.
- T. 23 S., R. 17 E.,  
secs. 3 thru 5, and sec. 8;  
sec. 9, lots 1 thru 4, N1/2, W1/2SW1/4, and N1/2SE1/4;  
sec. 10, lots 1 thru 4, N1/2, N1/2SW1/4, and N1/2SE1/4;  
sec. 15, lots 1 thru 5, SE1/4NW1/4, and S1/2;  
secs. 17 and 18.
- T. 25 S., R. 19 E.,  
sec. 35.
- T. 26 S., R. 19 E.,  
sec. 1, unsurveyed.
- T. 26 S., R. 20 E.,  
sec. 20, W1/2NE1/4, W1/2, and W1/2SE1/4.
- T. 40 S., R. 21 E.,  
sec. 25, lot 6.
- T. 26 S., R. 22 E.,  
sec. 6, lot 3.
- T. 29 S., R. 22 E.,  
sec. 21, N1/2NE1/4, NW1/4, and S1/2;  
sec. 28.
- T. 36 S., R. 22 E.,  
sec. 12, lots 4 and 5, and NW1/4SW1/4;  
sec. 13, lots 1 thru 9, E1/2NE1/4, and E1/2SE1/4;  
sec. 21, lots 1 thru 4, E1/2NW1/4, and NW1/4NW1/4;  
sec. 24;  
sec. 25, N1/2 and NE1/4SE1/4;  
sec. 28, SW1/4NW1/4, NW1/4SW1/4, and S1/2SW1/4;  
sec. 33, N1/2, SW1/4, and W1/2SE1/4.
- T. 37 S., R. 22 E.,  
sec. 3, lot 4;  
sec. 4, lots 1 thru 4, SW1/4NE1/4, S1/2NW1/4, SW1/4,  
W1/2NW1/4SE1/4, and W1/2SW1/4SE1/4;  
secs. 7 and 8;  
sec. 17, N1/2;  
sec. 18.
- T. 40 S., R. 22 E.,  
sec. 29, lots 9 thru 13, and NW1/4NW1/4;  
sec. 30, lot 9, lots 12 thru 15, N1/2NE1/4NE1/4,  
N1/2SW1/4NE1/4NE1/4, SE1/4SW1/4NE1/4NE1/4,  
SE1/4NE1/4NE1/4, N1/2NW1/4NE1/4,  
N1/2SW1/4NW1/4NE1/4, and N1/2SE1/4NW1/4NE1/4;  
sec. 31, lot 3.
- T. 24 S., R. 23 E.,  
sec. 20, lot 13;  
sec. 29, N1/2NW1/4.

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- T. 27 S., R. 23 E.,  
sec. 20, NE1/4, E1/2NW1/4, and W1/2SW1/4;  
sec. 21, N1/2;  
sec. 22, W1/2NE1/4, W1/2, NW1/4SE1/4, and S1/2SE1/4;  
sec. 29, W1/2NW1/4.
- T. 30 S., R. 23 E.,  
sec. 1;  
sec. 10;  
sec. 11, lots 1 thru 4, W1/2NE1/4, N1/2NW1/4,  
SE1/4NW1/4, SW1/4, and W1/2SE1/4;  
sec. 12, N1/2, SW1/4, N1/2SE1/4, and SE1/4SE1/4;  
sec. 13, N1/2, NE1/4SW1/4, and SE1/4;  
secs. 14 and 15, secs. 22 thru 29, and secs. 33 thru 35.
- T. 31 S., R. 23 E.,  
sec. 3, lots 1 thru 4, S1/2NE1/4, S1/2NW1/4, SW1/4,  
N1/2SE1/4, and SW1/4SE1/4;  
secs. 4, 9, and 10.
- T. 32 S., R. 23 E.,  
sec. 11;  
sec. 12, lots 1 and 2, W1/2NE1/4, W1/2, and W1/2SE1/4;  
sec. 17;  
sec. 18, SE1/4NE1/4 and SE1/4.
- T. 36 S., R. 23 E.,  
sec. 5, lot 4;  
sec. 6, lots 1 thru 3, SE1/4SW1/4, and SW1/4SE1/4;  
sec. 7, W1/2NE1/4 and SE1/4NE1/4;  
sec. 8, NW1/4NW1/4.
- T. 22 S., R. 24 E.,  
sec. 3, lots 4 and 5, and SW1/4NW1/4;  
sec. 4, lots 1 thru 3.
- T. 28 S., R. 24 E.,  
sec. 34, N1/2NE1/4, SW1/4NE1/4, NW1/4, N1/2SW1/4,  
and SW1/4SW1/4;  
sec. 35, E1/2, E1/2NW1/4, E1/2SW1/4, and NW1/4SW1/4.
- T. 29 S., R. 24 E.,  
sec. 1;  
sec. 3, lots 3 and 4, SW1/4NE1/4, and S1/2NW1/4;  
sec. 25.
- T. 30 S., R. 24 E.,  
sec. 10, excepting patented mining claims;  
sec. 11, NW1/4NW1/4, W1/2NE1/4NW1/4, S1/2NW1/4,  
SW1/4, and W1/2SW1/4SE1/4, excepting patented  
mining claims.  
secs. 25 thru 31, and secs. 33 and 34;  
sec. 35, NE1/4, W1/2NW1/4, and S1/2.
- T. 32 S., R. 24 E.,  
sec. 1;

sec. 12, N1/2, SW1/4 and NW1/4SE1/4;  
sec. 13, N1/2NW1/4 and SW1/4NW1/4;  
sec. 14, E1/2 and N1/2NW1/4.

T. 29 S., R. 25 E.,  
secs. 6 and 31.

T. 30 S., R. 25 E.,  
sec. 15, SW1/4NW1/4, NW1/4SW1/4, and S1/2SW1/4;  
secs. 17, 18, 20, and 21;  
sec. 22, NW1/4 and S1/2;  
sec. 27;  
sec. 28, N1/2, N1/2SW1/4, N1/2SE1/4, and SE1/4SE1/4;  
sec. 29.

T. 32 S., R. 25 E.,  
sec. 1, SE1/4SW1/4;  
sec. 3, SE1/4;  
sec. 4, lots 3 thru 6, lots 12 and 13, SW1/4, and  
S1/2SE1/4;  
sec. 5, lots 1 thru 16, NE1/4SW1/4, and SE1/4;  
sec. 6, lots 1 thru 14 and lots 16 thru 18;  
sec. 7, lot 4, E1/2SW1/4, and SE1/4;  
sec. 8, E1/2NE1/4, S1/2SW1/4, E1/2SE1/4, and  
SW1/4SE1/4;  
sec. 9;  
sec. 10, N1/2, SW1/4, N1/2SE1/4, and SW1/4SE1/4;  
sec. 12, SW1/4NE1/4;  
sec. 14, SW1/4NW1/4 and SW1/4;  
sec. 15;  
sec. 17, NE1/4, E1/2NW1/4, E1/2SW1/4, N1/2SE1/4, and  
SW1/4SE1/4;  
sec. 21, NE1/4;  
sec. 22, N1/2 and SE1/4;  
sec. 23, NW1/4NE1/4 and N1/2SE1/4;  
sec. 24, S1/2NE1/4;  
sec. 26, W1/2NE1/4, NW1/4, and SW1/4;  
sec. 27, SE1/4NE1/4, N1/2NW1/4, SW1/4NW1/4,  
W1/2SW1/4, and E1/2SE1/4;  
sec. 29, N1/2;  
sec. 34, N1/2;  
sec. 35, N1/2.

T. 21 S., R. 26 E.,  
sec. 31, N1/2NE1/4, N1/2NW1/4, SW1/4NW1/4, and  
SW1/4.

T. 26 S., R. 26 E.,  
sec. 31, lots 1 and 2.

T. 32 S., R. 26 E.,  
sec. 19, N1/2SE1/4.

T. 33 S., R. 26 E.,  
sec. 9, W1/2SW1/4.

The areas described aggregate approximately 170,429 acres.

The Secretary of the Interior has approved the petition to file a withdrawal application. The Secretary's approval constitutes her proposal to withdraw and segregate the subject lands (43 CFR 2310.1-3(e)).

There are no suitable alternative sites, and no water rights will be needed for this proposed withdrawal.

For a period until August 14, 2023, persons who wish to submit comments, suggestions, or objections related to the withdrawal application may present their views in writing to the individual listed in the ADDRESSES section earlier.

Comments will be available for public review by appointment at the BLM, Utah State Office 440 West 200 South, Suite 500, Salt Lake City, Utah 84101-1345, during regular business hours, 8 a.m. to 4 p.m., Monday through Friday, except holidays.

Before including your address, phone number, email address, or other personal identifying information in your comment, you should be aware your entire comment—including personal identifying information—may be made publicly available at any time. You may ask the BLM in your comment to withhold your personal identifying information from public review, but we cannot guarantee we will be able to do so.

For a period until May 15, 2025, subject to valid existing rights, the BLM-administered lands and interests in lands described in this notice will be segregated from all forms of entry, appropriation, and disposal under the public land laws; location and entry under the U.S. mining laws; operation of the mineral and geothermal leasing laws; and disposal under the mineral materials laws, unless the segregative effect is terminated sooner in accordance with 43 CFR 2310.2(a). Licenses, permits, cooperative agreements, or discretionary land use authorizations of a temporary nature that will not jeopardize the potential land exchange and are consistent with the relevant Utah Resource Management Plans, as amended, may be allowed with the approval of the authorized officer during the segregation period.

This proposed withdrawal will be processed in accordance with the regulations set forth in 43 CFR 2300.

**Gregory Sheehan**  
State Director, Utah

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