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Dexter Twitchell

I love living in Cedar City. I love all the activities that I can do here like riding my dirt bike, my mountain bike, all the different sports, and I love going to school at North Elementary.

My dad grew up riding anything with wheels around here. I get to do the same. One of my favorite summertime activities is riding my dirt bike on the back road to Silver Silo Bakery with my friends for ice cream.

Another reason I love living here is because of the SUU TBIRDS! I love going to basketball and football games. I hope to go to school there someday. Pretty much, Cedar City is cool and I love it here.

The Oh Family

We came all the way from South Korea and St. George to attend school at SUU, and returned because Cedar City is a wonderful place to raise a family. We love learning and the exciting opportunities the University brings our family. We love the access to the arts, the National Parks, and endless hiking trails.

We love living in a small community where we can give back and contribute to the positive things happening around us. Summertime in Cedar City feels like magic, with the Summer Games, the Shakespeare Festival, and exploring Cedar Mountain. We have big city cousins who love to visit us here because things are always festive in Festival City, USA!



Rob and Judi O'Brien

Our love affair with Cedar City started when we visited for the first time in November of 2019. We were seeking our retirement community and wanted to move to one of the mountain states from Chicago. We came for an afternoon, wound up spending 3 days, and bought a house before we left.

What usually strikes visitors is the majestic splendor of the outdoors, mountains, National Parks, and recreational opportunities. While that is true and we agree it is beautiful, what really struck us was the character of the community and the exceptional people. The loving, friendly, service-oriented attitude of virtually everyone we have met has reassured us that this is like heaven on earth. Our commitment to the community is to volunteer, support, and participate in all things good to help keep Cedar City the "Gem of the West."



Share your Story!



#CedarCityLove
#CedarCityConnect

Visit our **LOVE** letter photo set-up located in Cedar City's Mayor's Square, on the corner of Center and Main Street, and be a part of spreading the love all month long! Don't forget to tag us! @cedarcityevents



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CV's Crane honored by Utah Sports Hall of Fame



IRON COUNTY



HOUSE ROCKED



COREY BAUMGARTNER

STORY IN SHOWCASE

IRON COUNTY TODAY NEWSPAPER SAYING FAREWELL

Dear Iron County Today Readers,

It is with a heavy heart that I share with you that February 22nd will be the last issue of your community newspaper, *Iron County Today*. For nearly two decades this newspaper has been committed to being both a source of journalism and joy in this community and we have enjoyed being a part of your lives.

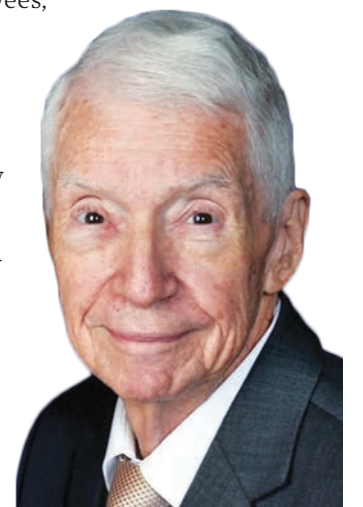
Journalism and newspapers have been in my blood and in my heart for more than 85 years, and I have never taken this responsibility lightly. Newspapers have always been in my life, with my grandfather, John Stahle Sr. establishing the *Davis County Clipper* in 1891. That passion was passed from generation to generation, as I had the privilege from a young age working alongside my grandfather and father to help provide our community news from the press directly to the porch.

While it is heartbreaking to cease the print publication of *Iron County Today*, given the increased cost of print and distribution along with continuing evolution of digital media, I hope that we have imprinted on the hearts of our readers our unwavering commitment to deliver news and unite the community we serve.

It has been our honor to be a part of your lives these many years and I will always cherish the relationships built with our employees, advertisers and the community, which I call home. Thank you for your trust and loyalty in helping me create, live and leave this legacy of literature.

Sincerely yours,

R. Gail Stahle
Owner &
Publisher, Iron
County Today



If you have any comments or feedback regarding the closure of the publication, we would appreciate hearing from you. Please direct all feedback to Lorie Matern (General Manager) at lmatern@ironcountytoday.com.



Honored Veterans (L to R) Lloyd Benson, Kyle Boardman, Joe McCullough, Lloyd Mortenson, Gene Mortenson, Kenny Stones, Jim Burton, Renato Matheson, Floyd McWilliams, Tony Dalton and Steve Smith.

Local Veterans honored with Quilts of Valor

by Nancy Dalton

FOR IRON COUNTY TODAY

PAROWAN — Eleven veterans from Parowan and Paragonah were honored Saturday for their military service by the Quilts of Valor Foundation, a non-profit national organization, with a hand-made quilt made by volunteers who create and craft thousands of quilts in appreciation for the selfless service these veterans have given.

As each veteran was wrapped in a quilt, they shared a brief overview of their military service. Each had a different story to share ranging from eating snakes to defending and training local villagers during overseas assignments. The most poignant story was that of a Navy Veteran whose duties on a Navy cargo ship was hauling supplies to the military in Vietnam and returning to the US with the body bags.

Those honored served in the Army,

Navy, National Guard, Airborne, and Special Forces; with most serving 20 to over 30 years.

Honorees were Steve Smith, Tony Dalton, Floyd McWilliam, Renato Matheson, Jim Burton, Kenny Stones, Gene Mortenson, Lloyd Matheson, Joe McCullough, Kyle Boardman and Lloyd Benson.

The Quilts of Valor organization was started by a mother of a son serving in Iraq who had a dream about how an afflicted serviceman could be

comforted by the simple gesture of a quilt wrapped around their shoulders. With the help of her friends, they made quilts for her son and his unit. From this grass root effort, the Quilts of Valor Foundation's mission is to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor. The hand-made quilt is wrapped around the Veteran to signify a hug and appreciation for their service from a grateful Nation. www.VOQF.org.

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Utah employers invited to Career Fair at SUU

by **Kenzie Lundberg**

FOR IRON COUNTY TODAY

Southern Utah University's Career and Professional Development Center invites all Utah employers to attend the upcoming Career and Internship Fair + Public Lands Employment Day on February 22, 2023. The event will take place in the Sharwan Smith Student Center Ballroom from 9:30 a.m. to 2 p.m.

"SUU has so many talented students who are looking to expand their career goals through internships and employment opportunities," said Jerry Ross, assistant director of employer relations for the Career Center. "We invite all employers looking to fill entry-level, degree-seeking positions and internships, to participate in our upcoming event."



This career fair will provide excellent opportunities for those seeking entry-level and degree-seeking positions and internships.

COURTESY SUU

Romney, Van Hollen introduce bill to end China's unfair advantages

WASHINGTON — U.S. Senators Mitt Romney (R-UT) and Chris Van Hollen (D-MD) today introduced the Ending China's Developing Nation Status Act, bipartisan legislation to prevent the granting of "developing nation" status to China in future treaties and international organizations. This bill also directs the Secretary of State to pursue changing the status of China to "developed nation" in treaties or organizations where a mechanism for change exists. Romney first introduced this legislation at the end of last Congress.

"China has the second largest economy in the world and is on track to surpass the U.S. economically," Senator Romney said. "It's absurd that, given their defense expenditures and massive amount of outbound and inbound foreign investment, China continues to be treated as a developing nation on the global stage. The U.S. should not enter into treaties or international organizations where China is given an unfair advantage, whether it be accommodations or financial assistance, under such false pretenses."

"China's vast investments in its own economy, its military, its advanced technologies, and in countries around the world do not reflect the characteristics of a 'developing nation.' Given that fact, the government of China should not be able to enjoy the favorable terms and benefits that international agreements provide truly developing countries. This bipartisan bill I'm introducing with Senator Romney will update U.S. policy to meet the realities of today and to ensure the U.S. gets a fair deal when negotiating multilateral agreements involving China," said Senator Van Hollen.

Background:

China—which continues to claim developing nation status in many international organizations—has the second largest economy in the world with massive outbound and inbound foreign direct investment and enormous defense expenditures. Depending on the treaty or international organization, developing country status can lead to special privileges and flexibilities within an institution that provide longer timelines for implementation

see **CHINA** » 5

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Contact a member of the Cedar Livestock & Heritage Festival committee
or stop by Bruce Hughes CPA office - 630 w. 200 n.

opinion

FROM THE EDITOR

STOP THE PRESSES!

Yes, the rumor from the front page is true. The time has come to say goodbye to your community newspaper. There's no easy way to say it, or words worthy enough to completely convey this disappointing news. The timing is no doubt a shock to you. It was and is to each of us, too. Even with some very lengthy, agonizing meetings and sleepless nights trying to figure out the way to



COREY BAUMGARTNER
MANAGING EDITOR

solve our financial conundrum, the owner decided last week that next week, February 22, 2023, the Iron County Today will become the Iron County Yesterday.

What fueled the decision for the closure? It's mostly

because the modern age has finally caught up with us. Printing costs continue to increase as the need for printing decreases. Thus, the ink well is drying up and we can no longer afford to continue. Raises in rent/utilities have also added to the crisis. Accompanying our adversity, advertisers are discovering they can't afford to put ads in the newspaper as cost-effectively as online. While we've done our best to endure and have been sailing on hope with winds of faith in our sails, the financial doldrums can no longer be delayed or detoured.

I read a powerful promise that says, "We are saved by grace, after all we can do." That's where we're at...we've done all we can do. Does that mean there's a miracle making its way towards us? I don't know. There may not be time, but one can hope, right? Nevertheless, I and our ICT family have loved serving this community in our own 32-pages way.

That being said, for over ten years I have dedicated my time, talents and life (literally) to make sure your community newspaper is informing and inspiring. Before I became the managing editor

see **STOP THE PRESSES** » 8



QUOTE OF THE WEEK

"Before you marry a person you should first make them use a computer with slow internet to see who they really are."

Will Ferrell

WORD OF THE WEEK

GARNER

Get, gather, collect, acquire, earn.

To garner the garnish of life, remove any rubbish to make room.

Food for thought – reservations only

Bryan Gray is a syndicated contributor, not an employee. His opinions are solely his own and not those of the Publisher, Editor, Staff or Iron County Today.

A reader mentioned that several of her favorite restaurants – more spendy, fancy eateries – are becoming less customer-friendly.

"It's almost like they are establishing ground rules for me to even enter the place," she said. "From reservation times to menu options to final payment, it appears that the most popular ones are somewhat snooty."

Some of this, I said, began prior to the pandemic when high-ticket restaurants demanded customers wanting reservations to provide a credit card number; in case of a "no-show", the credit card would be billed with a "reservation fee." My reader said restaurant mandates have expanded since then and she wondered where it would all end.

Here's a scenario:

"Welcome to the Cyclops Dining Salon and Bistro. To ensure this evening goes smoothly, with no

misunderstandings, here are a few of our policies.

"Please be aware that we offer no parking. We assume you will arrive either by Uber, Lyft, or taxi – and frankly, if you can't afford a ride service you probably shouldn't be eating here anyway. If you choose to drive, there are a few freelance parking attendants outside our restaurant.

However, since we have to pay a 3% transaction fee to accept them, you will be billed an additional 15% to cover the cost. We are a cashless restaurant, meaning we do not give any change. For instance, if your meal, tax, and tip comes to \$108, you can give us two one-hundred dollar bills for payment; the remaining \$92 will be kept by management to help offset the cost of our next egg delivery.

"Incidentally, if you want to split the check with another guest, don't even think about it. We are environmentally friendly and only offer one guest check per table; part of our charitable effort to protect the redwood

forests.

"It is also our policy to ensure the health of our guests and staff. For this reason, we strongly encourage all guests entering our restaurant to don COVID masks, have a ready supply of Kleenex, and, upon request, show that you have had a colonoscopy within the last two years.

"We do not offer a vegan menu.

see **RESERVATIONS** » 9

cyclops
Bryan Gray
bgray@aphagraphics.com

We call these attendants 'thugs' and while you'll probably get your car returned, we won't guarantee it will still have a catalytic converter attached.

"Our dress standards are quite liberal. Jeans are accepted, but only if they have been purchased at Nordstrom and you can show a sales receipt for at least \$150 per pair.

"When it comes to payment, we accept all major credit cards.



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opinion

TO THE EDITOR

OSU's powerful performance was truly rock gold!

Thank you, to the Orchestra of Southern Utah for a fabulous night of entertainment worthy of any big city! The Symphonic Rock Concert, Rock Gold, led by the amazing Conductor, Carylee Zwang, was met with an enthusiastic multigenerational audience—clapping and cheering after each song and a lengthy well deserved standing ovation. The solo performers and SUU choirs were amazing as well as the smoke, lighting and the theater invasion of Zombies that came alive dancing to Michael Jackson's Thriller made for an exciting night. The Heritage Center was filled to capacity and you felt you had the Golden Ticket. Intermission saw everyone smiling and talking about how professional and outstanding this program was. There is a lot of dedicated talent in Cedar City! We are ready for Rock Gold III!

Mary Payne

CHINA

« CONTINUED FROM PAGE 3

of objectives or even financial assistance.

The Ending China's Developing Nation Status Act:

Articulates that it should be the policy of the U.S. to oppose the labeling or treatment of the People's Republic of China (PRC) as a developing nation in current and future treaty negotiations, and to pursue a change in China's treatment as a developing nation.

Requires reports by the Secretary of State to Congress on any treaties under consideration by the Administration which would confer different standards based on developing nation status with China being considered as a member of the treaty and on development status of member states in existing organizations and treaties.

Requires the Secretary of State to pursue changing China's status as a developing nation in international organizations where a mechanism for changing such status exists, or to propose the development of such a status where none exists.

public & health

Community asked to weigh in on transportation concerns in Cedar

CEDAR CITY — Cedar City, the Utah Department of Transportation (UDOT), and Iron County are working on addressing current and future transportation concerns and request your input on how we can enhance the streetscape and reduce congestion on Main Street, 200 North, and through Downtown.

Take the official survey administered by Avenue Consultants by February 28th to weigh in on future transportation improvements that will make getting around our city safe and convenient.

Those who complete the survey will be entered to win a \$50 Amazon gift card. The survey is available at <https://bit.ly/CCSDsurvey2023> and project information is available at www.CedarCitySD.com.

Gabrielle Costello, Cedar City PIO

AARP offers Smart Driving class

The American Association of Retired Persons is sponsoring a series of safe driving classes designed specifically for older drivers. The classes cover the many changes that occur within ourselves, in roadway design and in the vehicles we drive. They also cover rules of the road, sharing the road with others and what to do when you can no longer drive.

Classes are four hours long and are led by local volunteers using materials specially prepared by AARP and other professionals. They cost \$20 for AARP members and \$25 for non-members.

These lessons are designed to make drivers safer and more confident behind the wheel. They can help you save on your car insurance because many insurance companies offer discounts to individuals who have taken the course. These discounts last for three years from the date of the class.

The next event will be held on March 6, at the Iron County Visitors Center. It will be led by Roland Gow 435-865-5825. Please call to make a reservation.

Roland Gow

Fighting off the winter blues

It's that time of year again. Snow is on the ground, the air is crisp, and going outside seems more like a chore than a reward. You might find yourself feeling unmotivated, tired, sad, eating more or less than you normally do, having trouble focusing, and feeling hopeless. If you are experiencing these emotions, rest assured that you are not alone. Starting in late fall and going through winter, many people across the nation experience what is known as Seasonal Affective Disorder (SAD), also known as seasonal depression.

Statistically speaking, people who experience SAD typically have the hardest time in January and February. These are the months with the shortest days and with the least amount of sunlight. Along with this, all of the festivities that people have been prepping for and looking forward to are past, leaving them with nothing but the cold winter months ahead. In recent studies, they have found that about 5% of the population experience SAD, but it is more common amongst woman than men.

SAD typically resolves itself as the days get longer and the weather gets warmer. However, if you are experiencing SAD, know that you do not need to suffer. There are a variety of treatments for SAD, including light therapy, talk therapy, antidepressant medication, or a combination of all three. It is important to talk to your physician about what treatment is right for you.

If you are experiencing SAD, it is also important to prioritize yourself. Deborah O. Day, a licensed psychologist and mental health counselor said it perfectly.

"Nourishing yourself in the direction you want to go is attainable, and you are worth the effort."

Even if you are experiencing sadness, tiredness, or feeling unmotivated, push through and find time to take care of yourself. Find time to eat good food, go to the gym, and be with friends and family. Find things to look forward to and give yourself hope. Talk to a doctor, and find a treatment that can help you beat SAD. And most importantly, know that you deserve to be happy, and you are worth the effort.

Kylie Leavitt



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WEDNESDAY	AM Snow 25°/5° PRECIP: 40% WINDS: N 15-25	
THURSDAY	Sunny 30°/11° PRECIP: 0% WINDS: WSW 5-10	
FRIDAY	Mostly Sunny 39°/18° PRECIP: 0% WINDS: S 5-10	
SATURDAY	Partly Cloudy 41°/22° PRECIP: 10% WINDS: SW 5-10	
SUNDAY	Partly Cloudy 42°/26° PRECIP: 10% WINDS: SW 5-10	
MONDAY	Slight Chance 43°/24° PRECIP: 20% WINDS: SW 10-15	
TUESDAY	Slight Chance 39°/21° PRECIP: 20% WINDS: W 10-15	

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public & health

Cedar City Hospital celebrates Colon Cancer Awareness Month

This is your opportunity to see what the inside of a colon looks like! It's all to help educate and raise awareness about colorectal cancer.

The interactive experience at Cedar City Hospital is March 2, from 10 a.m. to 2 p.m. near the front entrance at Cedar City Hospital. (Depending on weather and logistics it will be either right outside front entrance, or behind the front information desk.) It's open to all.



The inflatable colon depicts the different stages of colorectal cancer, to educate patients about recommended screenings and raise awareness about how to prevent the disease.

Our Endoscopy Manager Shawn Garfield will be on hand to answer questions, too, and talk more about our hospital's GI Genius, which helps detect colon cancer even earlier.

Colorectal cancer affects 1 million people in the U.S. It is currently the third most common cancer and the third leading cause of cancer-related deaths in American men and women. Approximately 4.4% of men (1 in 23) and 4.1% of women (1 in 25) will be diagnosed with colorectal cancer in their lifetime.

We encourage everyone to come and see for themselves about the importance of getting a colonoscopy!

Becki Bronson, Cedar City Hospital spokesperson

Do 10 percent less... so you can do so much more

In America, we have fallen into "hustle culture," where we have forgotten how to relax. We inevitably fill every spare moment with something. Outside of our regular full-time work week, most of us are pulled in multiple directions, running 100 miles an hour, with little rest and rejuvenation.

According to the American Institute of Stress, "Chronic stress is commonplace at work, with 94% of workers reporting feeling stress at work. Additionally, the current stress level experienced by Americans is 20

percentage points higher than the global average."*

Just like a bottle of water, it can only hold so much before it spills over and becomes ineffective. Just like a chair, it can only hold so much weight before it breaks. Humans are no different. We can only do so much before there's nothing left to give.

There's a lot of power to the saying "Put on your own oxygen mask before assisting others." But the reality of that statement is we are usually the last ones we take care of. As a result of this we experience increased stress, higher levels of job and relationship dissatisfaction, anxiety and depression.

Too much of this without any rest can become extremely debilitating and cause us to isolate and withdraw from others. Dike Drummon, MD, said "Acknowledge that you are human. Recognize that rest is not a sign of weakness and give yourself the ability to recharge."

So, what do we do when it feels like we are bursting at the seams and about ready to explode? I want you to ask yourself: "What can I do 10% less of?"

- » 10% less of an A is an A-, which is still passing.
- » 10% less of \$100 is still \$90, which is still a good amount of money.
- » 10% less of an hour is still 54 minutes, and is still enough time to be productive.

Look at the different areas in your life where you feel that you must give 100% of yourself, 100% of the time. Are there certain areas of your life where you can give 10% less in these areas? I want you to realize that doing less of something does not mean that you are giving less quality or failing. After all, an A- is still an A.



Let's do some simple math. Can you leave the dishes on the sink this evening so you can spend more time with your kids?...10% less.

Can you say no to an extra project at work?...10% less.

Can you decline an invitation to a social gathering you don't have the energy for?...10% less.

If you said yes to any of those things, you potentially just created 30% for something else. The goal with creating more space is to allow you the ability to disconnect from the

see 10% LESS » 9

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UTAH LEGISLATIVE UPDATE

Friends and Neighbors,

The 45-day legislative session is more than halfway over. We have addressed many important pieces of legislation this week, several of which are highlighted below. I consider many factors when looking at legislation, but one of the most important considerations is how it may impact future generations. Our children are the future of our state, and I will continue to do all I can to maintain and improve the state of Utah for future generations.

Protecting Utah's Waterways

S.B. 112 addresses the spread of quagga mussels, a problem for Utah's waterway. Resources and funding have already been allocated to try and mitigate this issue. S.B. 112 places a \$20 per boat fee for in-state boats and \$25 for out-of-state boats. The funds will go towards hiring staff and other resources that will directly help mitigate the spread of mussels throughout more of our water systems. The bill passed out of the Senate and is now being considered by the House.

Providing Scholarship for Law Enforcement Careers and Honoring Sen. Mayne

S.B. 128 Public Safety Officer Scholarship Program creates a public safety officer scholarship program for high school students entering law enforcement careers. Prospective law enforcement officers can only officially join the force at the age of 21, this program helps prepare those interested in public safety careers. It was an honor to support this bill and its renaming to the Karen Mayne Public Safety Officer Scholarship Program. We recognize the essential role performed by those in public safety careers and would like to support the efforts of those pursuing this honorable profession.



SEN. EVAN VICKERS
UTAH SENATE DISTRICT 28

Increasing Postpartum Medicaid Coverage

S.B. 133 Modifications to Postpartum Medicaid Coverage extends Medicaid coverage to women for a full year following the birth of a child. The transition from pregnancy to full recovery is when many women experience unmet health needs. Some of the most dangerous pregnancy-related complications—preeclampsia, blood clots and heart problems such as cardiomyopathy—may not surface until weeks, or months, after delivery. Extending Medicaid coverage for postpartum women will help ensure new moms have continuous, uninterrupted access to healthcare to address their ongoing health needs. S.B. 133 unanimously passed the Senate and will now be considered in the House.

Preserving Utahns' Right to Bear Arms

Our most important duty as legislators is to preserve freedoms, including the freedom to bear arms without unnecessary government interference. A few bills have been proposed to encourage safe, responsible and accessible firearm ownership for those wishing to exercise this constitutional right. One of the bills is H.B. 107 Concealed Weapons Permit Fee Amendments. H.B. 107 waives the fee for a school employee, educator or staff member to obtain a concealed weapons permit in certain circumstances. To be eligible, employees must work on school grounds for at least 50% of the days when school is in session. The following bills have passed the House and are now in the Senate for our consideration.

Increasing Resources for Pregnant Women

H.B. 256 Carpool Lane Usage Modifications allows expecting mothers to use the carpool lane, counting their unborn child as a second person.

According to the Utah Department of Transportation, the carpool lane is currently under-utilized. This bill will assist in clearing freeway congestion, while simultaneously providing pregnant women with additional options. If an individual receives a citation, H.B. 256 outlines the process to obtain an automatic citation dismissal with a signed doctor's note. The bill passed the House and will now be considered by the Senate.

How to Navigate the Legislative Website

To be involved in the legislative process, it is important to stay informed and know what government resources are available. With this in mind, we have created video tutorials that explain how to best utilize the legislative website (le.utah.gov). We will highlight a new tutorial each week of the session, and we hope that it will be both helpful and instructive. This week's tutorial explains how to use the legislative tracking service.

Honoring A Medal of Honor Recipient

Last Friday, we honored Staff Sergeant Clint Romesha, Green Beret John Wayne Walding, former NFL linebacker Donnie Edwards, and Utah-native Mike Siaperas. Staff Sergeant Romesha and Green Beret Walding were recognized on the Senate Floor for their dedicated and heroic service to our country and our freedoms.

Staff Sergeant Romesha was awarded a Congressional Medal of Honor for his leadership on the battlefield in February 2013. Of the 20 years of conflict in Afghanistan and Iraq, there have been only two instances in battles where a Medal of Honor was awarded, and Romesha is one of them. Green Beret Walding was awarded the Silver Star Medal, the Bronze Star Medal and a Purple Heart because of his bravery in battle. John had been deployed to both Iraq and Afghanistan. During the battle of Shok Valley, John lost his right leg to sniper fire. Alongside his brothers, he continued to fight while wounded for four more hours.

Our two other guests, Donnie Edwards and Mike Siapera, did not serve in the military, but serve members of the armed forces through their generous work. After retiring from a successful NFL career, Donnie and his wife Katherine formed the Best Defense Foundation, and have made it their mission to give back to those who gave us our freedoms. Mike Siapera has donated his time, effort and ranch in Utah to be a permanent place for America's warriors to find peace, brotherhood, and fun. He has helped veterans heal and find connections and jobs after their return. It was an honor to have these four gentlemen at the Capitol.

State Flag Update

S.B. 31 State Flag Amendments proposes a new state flag design. Although there are similarities in design and symbolism between the new and current flag, we know the importance the current flag holds for many. To honor our state's history, S.B. 31 designates the current flag as the state's official ceremonial flag. As the state ceremonial flag, it will still be seen regularly at the Utah State Capitol. It can also be used by any constituent for personal use. An amended version of S.B. 31 was passed by the Senate and will soon be heard in the House.

Very important work is happening at the Legislature, and I want to know your thoughts, feedback and ideas on the issues we're discussing. Please reach out if you have any questions or comments about our work through my legislative email or cell. Thank you for your continuing strong support through this Legislative session. It is an honor to serve as your senator.

Sincerely, Evan

STOP THE PRESSES

« CONTINUED FROM PAGE 4

four years ago, I delivered the newspaper, wrote stories and have taken thousands of pictures of our families, athletes, artists and performers in our community.

After all I've experienced, I can confidently say that I don't love my job, I love the people I have served and worked with. I don't love the words I write, I love the people that read them. I hope I've done some good for the hearts and hearths of Iron County. I've done my best to make sure the pages were filled with information and inspiration. Everything I've written wasn't about boosting the bottom line, but providing a bountiful boost to you, your heart and home. No matter what section(s) you read, I hope they made a difference in your life.

I am grateful for each of you, for your encouragement, forgiveness, prayers and support over these past years. I will always cherish the adventures and stories we created and shared together. Yes, there are still many more chapters, choices and challenges to write and share. As such, I hope we will each keep living, writing and fighting the good fight!

As part of our farewell and final issue, if you have a favorite story, memory or just want to share your thoughts with us one last time, please email them to me news@ironcountytoday.com. And of course, please keep in touch. Especially if you've got available jobs (wink, wink) for a writer, photographer, designer and salesperson.

Sincerely, your managing editor and more importantly, your friend.

Corey Baumgartner
coreybaumgartner@hotmail.com



MEAT PACKAGES

<p>STARTER PACKAGE \$35</p> <ul style="list-style-type: none"> 2 Sirloin Steaks 2 Pork Chops 1-lb Bacon 1-lb Ground Beef 1-lb Pork Sausage <p>15-LB BASIC PACKAGE \$80</p> <ul style="list-style-type: none"> 5-lbs Bacon 5-lbs Ground Beef 5-lbs Pork Sausage <p>25-LBS GROUND BEEF \$130</p> <p>25-LB BEEF VARIETY PACKAGE \$215</p> <ul style="list-style-type: none"> 2 Chuck Roasts 2 T-Bone Steaks 4 Rib Eye Steaks 4 New York Strip Steaks 4 Sirloin Steaks 7-10 lbs Ground Beef 	<p>\$100 MEAT PACKAGES</p> <p>CROCK POT PACKAGE</p> <ul style="list-style-type: none"> 2 Chuck Roasts 2 Tri-Tips 2-lb Beef Stew Cubes 2-lb Ground Beef <p>BEEF & PORK PACKAGE</p> <ul style="list-style-type: none"> 3-lbs Bacon 3-lbs Ground Beef 4 Pork Chops 2 Rib Eye Steaks 2 New York Strip Steaks 2 Sirloin Steaks <p>25-LB PORK VARIETY PACKAGE</p> <ul style="list-style-type: none"> 2 Pork Roasts 5-lbs Bacon 6 Pork Chops 20 Pre-Cooked Sausage Links 7-10 lbs Pork Sausage <p>BEEF STEAKS PACKAGE</p> <ul style="list-style-type: none"> 4 Filets 2 Rib Eye Steaks 2 New York Steaks 2 Sirloin Steaks
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Southern Utah University

APEX Presents: An Hour with Thurgood Marshall

by Christina Schweiss

FOR IRON COUNTY TODAY

Derek Livingston, the Utah Shakespeare Festival's interim artistic director, reenacted an hour-long adaptation of the play "Thurgood" for the APEX hour on February 9. This was the first type of APEX event like this. Ryan Paul, the APEX director and SUU history professor, introduced Livingston. Paul gave the audience the warning that there would be "salty language" used.

February is Black History Month. The play "Thurgood" honored a dominant figure in black history and civil rights, Thurgood Marshall.

Thurgood Marshall was an American civil rights lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1967 until 1991. He was the Supreme Court's first African-American justice.

Livingston embodied Thurgood Marshall and all the different characters in his life. Charles Houston was a prominent African-American lawyer, Dean of Howard University Law School, NAACP first special counsel,



Derek Livingston embodies Thurgood Marshall in the APEX hour, 'An Hour with Thurgood Marshall' on February 9.

CHRISTINA SCHWEISS

and a friend of Thurgood. Livingston as Charles Houston declared, "Law is a weapon if you know how to use it."

The play was somber and serious, as it told Thurgood Marshall's life story but there were comedic moments thrown in to keep the audience on their toes. Livingston as Charles Houston joked that "The difference between doctors and

lawyers is that a doctor can bury his mistakes."

The play "Thurgood" took very serious topics and issues and tried to lighten the mood by placing witty lines amongst the heavier content. In one of these witty lines, Livingston as Thurgood said, "We negroes have a sixth sense about which whites are for or against us"

"The difference between doctors and lawyers is that a doctor can bury his mistakes."

Livingston as Charles Houston

Thurgood Marshall's dad ingrained in his son that "There is no difference between white and black snakes – they both bite." Thurgood Marshall lived by that and helped lead the United States to becoming an integrated and equal country.

Leaving the audience with some words of wisdom, Livingston as Thurgood Marshall declared that "One person can make a difference."

The next APEX event will occur on February 16 at 11:30 in the SUU Great Hall. The guest speaker will be Javon Johnson. To learn more, follow @suuapex on Instagram and Facebook.

RESERVATIONS

« CONTINUED FROM PAGE 4

We have an aversion to silly people who won't eat brie and think salmon is as dangerous as cigarettes. We do have a vegetarian item on our menu. If you enjoy aged turnips (in season) sprinkled with truffle butter, you've come to the right place."

"Our 'fresh catch' entrée often changes hourly. We don't want to deplete the oceans, so our listed Mahi-mahi special may not be available. If that is the case, may we suggest fish sticks marinara?"

"Oh, one other thing. After you order your entrée, please don't further bother the wait staff. They are far too busy ordering whiskey sours from the bar to meet your request for extra butter or a clean fork.

"Now that you know our house rules, we can all be on the same page...So enjoy, relax, and please refrain from burping or needlessly using our restrooms."

10% LESS

« CONTINUED FROM PAGE 7

hustle and connect with the things that recharge you. These are the things that intrinsically help keep us going. What are you passionate about? What excites you in life? However you answered those questions, make room for more of that.

*Sources: <https://www.stress.org/>

To learn more about EAP and its vital resources for every caregiver, visit intermountainhealthcare.org/employee-assistance-program.

Samantha Koehn, LCSW,
Intermountain EAP Consultant



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showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

CEDAR CITY STRIKES

ROCK GOLD

by Corey Baumgartner

IRON COUNTY TODAY

When one thinks of a rock concert, they may not imagine violins, oboes and cellos, but after Maestro Carylee Zwang and the OSU's performance of classic rock hits last Thursday evening, they may just change their minds forever.

After all, who would not want to attend a concert alongside the likes of Eleanor Rigby and Elvis? And for any concert connoisseurs who felt like a brick in the wall, or like they still haven't found what they're looking for, it was a thriller of a concert experience with some wailing Kashmir encouragement that brought them to life.

The only question to ask oneself is will I survive until the next symphonic sojourn? Don't worry sweet child o' mine. As long as you're livin' on a prayer (not living under a bridge), and don't give love a bad name, you will survive until the music returns!



From classic hits to zombies and soaring guitar and cello solos, it was a night to rock out and remember.

Lovin' time for those sudokus

by *Mary Anne Andersen*

CEDAR CITY ARTS COUNCIL

After 5 months, I am starting to get the hang of it. This business of being retired, I mean. My last SUU semester ended in April, but then I went into summer vacation mode, so things didn't feel different from years past. I made all my yearly doctor appointments, worked in the yard every day, and did a modern woman's version of spring cleaning. Then in September it was a strange feeling to not be going back into the classroom. Not sad, as I feared, just different.

But then, I didn't really retire from teaching altogether. I took some more private students to raise my total to 16 and instigated some very productive individual practice sessions with them on a one-to-one basis. I kept up with deep cleaning tasks, started to gather fabrics for a long-delayed quilting project, and tried to allow myself to read during the day, instead of just at the end of the day.

The thing I have fought with is feeling like I have to be busy every minute. I am very results motivated. I love to see the physical product of time well spent. And this being home has allowed me to be more likely to see things easily over-looked when I leave home every morning. My gosh, look at that gunk in the seam of my backsplash in the kitchen! How long has it been since I looked in that bag on the floor next to my bed? I should see what books I could get rid of.

And then my good friend came home from a church mission—her fifth as an adult!—and immediately started looking for a worthy “purpose” for her newly-free days. It made me think about my own new life. It is okay to feel smug purging emails that are months old? I felt great satisfaction about that. I made some recipes I haven't made for months, and enjoyed the doing and the eating. LeGrand and I run errands together sometimes.

But maybe I need a more eternal perspective. I have started a monthly “Andersen Advocate” newsletter which I email to my grandchildren with the intent of maintaining their relationships with their cousins. Although there have been some tricky issues—don't talk about one young adult any less than the others or he notices—and then of course there is the work I do for the Cedar City Arts Council.

Make no mistake; deciding what to write about for this column every week transcends the dusty-windowsills category. I hope it matters to somebody. And of course, there is the hugely-satisfying business of facilitating CCAC mini-grants to our local artists every 6 months. While it seems to me that everyone must know about them by now, I know that some of you don't know that you could receive up to \$500.00 to further your art projects. We have awarded 215 grants in 24 categories since 2008. If you could use a windfall, go to our website by February 28th and make me feel that my life has a worthwhile “purpose.”

Southern Utah Watercolor Society membership open to all artists

from *Michael Clark*

FOR IRON COUNTY TODAY

The Southern Utah Watercolor Society is dedicated to advance the opportunities of all artists in Southern Utah. Though the name indicates watercolor medium, the club based in Cedar City is open to all artists including those who paint watercolors, oils, acrylics, and those who draw or sketch with pencil, charcoal, or pastels. Some members have also produced works on metal or fused glass.

The Southern Utah Watercolor Society

holds monthly meetings where members share ideas, see demonstrations, or paint. The group also has periodic exhibits at the Cedar City Library in the Park, the Mayor's Gallery at the City Council Chambers, Kolob Gallery, Frontier Homestead State Park, and at Main Street Books in Cedar City. Members are encouraged to participate in these exhibits and monthly meetings.

Members also offer help to beginners and those interested in learning to paint. The group

see **WATERCOLOR** » 13

THE TABERNACLE EXPERIENCE



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Mona Woolsey featured in abstract art exhibition at Groovacious

from Emily Ronquillo

FOR IRON COUNTY TODAY

Local artist Mona Woolsey will showcase her latest artwork adventures at the Groovacious Art Gallery.



COURTESY MONA WOOLSEY

Groovacious Records continues to showcase local visual artists through its latest exhibition, For Rest: Mona Woolsey Abstract Works, on display starting February 16.

The exhibition features a collection of Woolsey's recent exploration with collage, using mixed media to create vibrant and whimsical abstract scenes. Each piece starts with a watercolor painting at the base and a combination of oil and soft pastels, alcohol inks, liquid watercolors and water soluble oils to add different textures and colors.

"For many years I painted only landscapes and figures," said Woolsey. "I loved abstract work and tried different styles, but none of the pieces I did felt right. After taking a workshop in abstract collage painting, I couldn't wait to work with the different types of papers. Over the years I have collected an assortment of ephemera and at last I could put that stuff to good use."

The community is invited to see the works and meet Mona during the opening reception on Thursday, February 16 from 5-7 p.m. Works will continue to be on display through April.

Seeing many other nontraditional art galleries pop up in Cedar City, Groovacious Records started exhibiting visual art in 2018. Groovacious is committed to sharing art with visitors who may not be expecting to find art in a record store. Past artists exhibited include Steve Swift, Whitney Staheli, and Jackie Hodges.

HEART TO ART



Congratulations to Jofe Jessop, whose beautifully colored heart was the winning entry in Iron County Today's 2023 Valentine's Coloring Contest.



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This event is free and open to the public.



CONTEST WINNERS

Infowest

AGES 3-12

1st: Sadie (9)
2nd: Ryeesa (12)
3rd: Cambrielle (9)

Iron County Today

AGES 18+

Jofe Jessop

TDS

AGES 0-6

Harvey, 5

AGES 7-11

Chandra Lia Jothson, 11

AGES 12-18

Arraia Jessop -- 17

Wahweap Group

We were still accepting coloring pages. Please check us out on Facebook to see the winners: Wahweap Insurance and Financial

Webster Orthodontics

GRAND PRIZE

Avalon Jessop

AGES 2-9

Keziah

AGES 10-16

Sophia Ramirez

AGES 17-90

Janna Christ

Introducing...Commercial Music: A Pop Concert

by Kol A. Gibson

FOR IRON COUNTY TODAY

Southern Utah University's Department of Music presents Introducing...Commercial Music: A Pop Concert featuring the SUU Commercial Music Ensemble Alternate Currents on Thursday, February 16, 2023, at 7:00 p.m. at the Heritage Center Theater. The concert is free and open to the public.

Introducing...Commercial Music: A Pop Concert will be the program's first-ever community concert since the program's inception in the fall of last year, but that does not mean that Alternate Currents is lacking in stage experience. In the five months that the group has been performing together, they already have an SUU Battle of the Bands win under their belt, as well as performances at the BumbleBerry Inn stage in Springdale, Utah.

"I have been looking forward to this concert for

song by Dr. Tebbs called "Jessica's Star" and will end the evening with Michael Jackson's "Man in the Mirror" and "Right Now" by Van Halen.

Savannah Billeter, a sophomore Commercial Music Tech major is most looking forward to performing her original song "Failed Tears." She says, "I have been writing music ever since I was 12 years old, and it is a dream to be able to finally do something with it. I feel like I am finally learning skills that will help me to develop my career as an artist and songwriter."

In addition to Savannah, three other Alternate Currents band members will be sharing their original works. Pénélope Campion, a freshman vocalist and pianist all the way from Grenoble, France shares, "I am so looking forward to performing my original song 'Standing Out' for the first time ever in concert. It is amazing that I can finally get to study what I love and learn new ways to write, produce, and



COURTESY SUU COLLEGE OF PERFORMING & VISUAL ARTS

In the five months that the group has been performing together, they already have an SUU Battle of the Bands win under their belt, as well as performances at the BumbleBerry Inn stage in Springdale, Utah.

WATERCOLOR

« CONTINUED FROM PAGE 11

also sponsors workshops at a nominal cost to bring outstanding professionals and teachers to Cedar City. These workshops give members and the community opportunities to improve skills and gain insight into art.

More Information can be obtained by contacting Southern Utah Watercolor Society President Michael Clark at mmilliganclark@yahoo.com or by calling 661 860-2485.

The next meeting of the Southern Utah Watercolor Society will be February 21 at 5:30 pm at the Library West Room. Regular meetings are the 3rd Monday of the month unless the Monday is a holiday in which the meetings are the Tuesday following the holiday. Meetings begin at 5:30 at the Cedar City Library in the Park (303 N 100 E).

over a year now, as it's the first concert at SUU to feature Commercial Music students," shares the program's director, Dr. McKay Tebbs. "These students have worked hard to learn the music and prepare for success, and it will be wonderful to see it all come to life on the big stage in the Heritage Center Theater. I love working with these students and helping them to realize their potential."

The concert will kick off with a performance by The Brady Poor Group, which was organized as a creative outlet by Commercial Music student and saxophonist Brady Poor. Alternate Currents will then take the stage to perform covers of popular artists such as The Beatles, Adele, and Natasha Bedingfield, as well as original songs written by members of the group. To finish the show, the SUU Combined Choirs, directed by SUU alumnus Dr. Andrew Briggs, will join Alternate Currents in showcasing an original

record songs. I am so grateful for the opportunities that have come from performing in the band and with other groups at SUU."

"I feel incredibly lucky to have this wonderful chance to study music, write songs, and discover all of the cool things that this new program has to offer alongside my classmates," says Ellie Zierse, a freshman vocalist and guitarist from Las Vegas, Nevada. "I am very, very excited to perform my own song and perform in a concert with such variety and range of emotion."

Don't miss out on the chance to see SUU's newest music program in action at Introducing... Commercial Music: A Pop Concert on Thursday, February 16 at 7:00 p.m. in the Heritage Center Theater. It is guaranteed to be a night full of fun for all ages. To learn more about SUU arts events, please visit www.suu.edu/arts.



AMYANNE RIGBY

CVHS Drill Team earns second straight State Championship

by Amyanne Rigby

FOR IRON COUNTY TODAY

On Friday, February 3, 2023 the CVHS Talons Drill Team made Canyon View History by bringing home its second 3A State Championship Title, making them back-to-back State Champions. The Talons competed at Utah Valley University with its 36 member team. Juab High School placed second and Summit placed third overall.

Led by senior captains, Cali Hinton, Mckinlee Urie, and Regan

“Nothing feels better than winning a State Championship Title with 35 of your best friends...We deserved this and I could not be more proud.”

Averi Pace

Miller, the Talons swept all three categories, winning first in Military, Dance, and Show. The team is under the direction of coaches Harley

Jackson, Nicole Mikkelson, Alex Stahlei and Shambree Pace.

Junior, Averi Pace had this to say of the team's 2nd championship win,

"Nothing feels better than winning a State Championship Title with 35 of your best friends. So much hard work, dedication, and most importantly love and friendship was put into our season this year. We deserved this and I could not be more proud."

The Talons will definitely be the team to beat in next year's 2024 competition. Besides losing its three captains, Hinton, Urie, and Miller, the talons say goodbye to seniors Presley Miller, Camden Olenlager, Shelby Zobell, Faith Short, and Madi Dastrup.

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family

When momming gets messy

I was recently awakened by my five-year-old at 4:30 in the morning. She asked if I would "like to visit" her room because her older brother had just puked in it.

Talk about a way to start the day! I immediately followed her back to the kids' room where she proved herself correct by pointing out the unfortunate display of my seven-year-old's dinner from the night before. All over his bed.

With three out of four kids now fully awake and a mess to clean up, I set about selecting the longest children's show we own and rolling up my sleeves.

After making it through the rest

with a method that gets me through the process.

Weslie's Recipe for Vomit Removal

INGREDIENTS

- » Baking soda
- » Vinegar

Step one: sprinkle baking soda liberally all over every contaminated inch. This may sound messy, but consider the original task. This at least helps to mask the horrendous odor as it goes to work immediately absorbing the stench as well as drying out the offending fluid.

Step two: After giving the baking soda a few minutes to do its job (while you take care of the sick child, clothing and/or your own hair in some instances) return to the scene of the crime for operation removal.

Due to the nature of the baking soda, clean up becomes slightly more bearable. Remove as much of the original nastiness as possible by shaking out, wiping off or whatever method you deem necessary depending on the surface.

If you're unfortunate enough to have a cloth couch, mattress or rug as the target of this attack, proceed to step three.

Step three: For proper odor removal, spray, sponge or soak the affected area with undiluted vinegar and, again, sprinkle with baking soda. Allow this underappreciated combination to work its magic as it goes to town neutralizing and lifting the putrid odor out of your furniture.

If the incident occurs in a location that you can't keep from the children (which is pretty much anywhere) it is OK to lay a towel over the new mess until the baking soda has dried.

Step four: vacuum the baking soda once it has dried completely. Give the area a tentative sniff test. If you're still not happy with the result then repeat steps three and four one last time.

I guarantee that this method will eliminate any mess created by sick kids. Tested and trusted by myself for seven years running. Happy cleaning!

mom's
CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



of the day running on too little sleep we were all ready for bedtime that evening. The three early birds settled down without hesitation and even the baby, who enjoyed a few more hours of sleep than the rest of us, was happy to call it a day after a nice bottle of milk. Kids in bed, I was finally presented with the opportunity to sit quietly and enjoy a show with my husband.

It was at this moment that our one-year-old baby wandered sleepy eyed out of his room, covered in curdled milk that had been in his stomach 30 minutes before. Although adorable and gesturing for hugs and kisses, I resisted his affection just long enough to strip him down and bathe him while my husband gathered fresh pajama replacements.

However, as you might suspect, his vomit was not restricted to his pajamas. Another bed mess to clean up at the opposite end of the day!

These incidents are not unique! Anyone who has ever had a child has experienced something similar. Although I have been changing dirty diapers for seven years, the smell of throw up and the actual removal of said material is nearly enough to make me add to the mess.

Since hiring a biohazard cleanup crew is not an option I have come up

"The smell of throw up and the actual removal of said material is nearly enough to make me add to the mess."



On February 9th, members of the Cedar Chest Quilt Guild awarded Quilts of Courage to two military veterans. The first veteran is Coast Guard Veteran E5 Scott Swan (bottom). He served from 1975 until 1981 as a Telephone Technician. The second veteran is E4 Jerry Doyon (top) who served in the Army from 1981-1987 as a nuclear, biological and chemical warfare specialist.



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Code: 67682

calendar

WED, FEB 15

SINGLE AWARENESS DAY

CEDAR CITY SMALL BUSINESS NETWORK (9:30am) @ Pastry Pub (86 W University Blvd, Cedar City). FREE. No long-term commitment. Come connect, interact, build relationships. INFO: cedarcitysmallbusinessnetwork.com.

WONDER WEDNESDAY – (4-6PM) @ SUU S.T.E.M. Center @ Geoscience Bldg. Room #323 (351 W University Blvd., Cedar). FREE for all students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities self-guided programming. INFO: (435) 586-7812.

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, FEB 16

INOVATION DAY

GROOVACIOUS GALLERY: MONA WOOLSEY (Opening Reception 7-7pm, Display W-SAT 11am-6:30pm.) @ Groovacious Records (195 W 650 S #2, Cedar). Admission is FREE.

GRAND OPENING – INTERMOUNTAIN Performing Arts Conservatory (4-8pm) @ 389 N 100 W, Suite 7, Cedar. Come meet us, learn about lessons and upcoming classes, and take a look at our new digs. We'll have treats from Ganache-d Brownies, gifts, and we'll answer all of your questions! www.im-pac.com. 435-572-0072.

WAYS OF SEEING: LANDSCAPE IN PAINTING & POETRY (6pm) @ Artisans Art Gallery (94 W Center St, Cedar). Admission is FREE. The reading and discussion will feature artist Diane Walsh and poets Nancy Takacs and Danielle Beazer Dubrasky as the moderator. Refreshments provided by The Pub Craft Kitchen.

SUU GUIDED EXPERIENCES: SHAKESPEARE FESTIVAL PROP SHOP (7pm) @ USF Production Studio (1635 N Bulldog Rd, Cedar). Tour lasts approximately one hour. Admission is FREE. Ben Hohman, props director, Marielle Boneau, asst. props director, and Richard Girtain, production manager/interim scenery director will guide the tour.



FRI, FEB 17

CAREGIVERS DAY

OFF THE CUFF COMEDY IMPROV (8PM) @ OTC Theater (913 S Main, Cedar). Tickets \$10 and advance tickets available at otccomedy.com. OTC entertains your funny bone with hilarious, notorious, uproarious performance styles.

SAT, FEB 18

FFA WEEK

CEDAR CITY FARMERS MARKET (10AM-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 (10AM-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.

RANGER LED SNOWSHOE HIKES – EACH SAT & SUN – Two walks offered @ Cedar Breaks National Monument. Also FRI afternoon walk @ junction of Hwy 143 and Hwy 148 (weather permitting). \$10 per person. Snowshoes, poles provided. 1 mile walks (about 90 mins.) Reservations required. Email CedarBreaksInfo@nps.gov or call (435) 986-7120. Programs may be canceled due to weather. Bring Water, Snacks, Warm, layered clothing, Sun protection.



SUN, FEB 19

PREVENT PLAGIARISM

YOU WILL FACE MANY DEFEATS IN LIFE, BUT never let yourself be defeated. Maya Angelou

MON, FEB 20

FAMILY 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.

ART CLASS – "CREATIVITY THROUGH Elements of Art" (Mons 1-3pm, thru April 24). Geared towards homeschool students (12-17yrs.) \$30 per class. \$99 monthly. \$375 upfront. All supplies included. Instructor: Andrea Anderton. INFO: thecreativefocusstudio@gmail.com.

LINCOLN DAY DINNER (6PM) @ CEDAR CITY Elks Lodge #1556 (111 E 200 N, Cedar). Tickets \$30. Sold at Bruce Hughes CPA Office (630 W 200 N) or contact a member of the Cedar Livestock and Heritage Festival Board. Everyone is invited to join for an evening of auction, raffle, delicious food, and great company!

SUU INTERNATIONAL FILM FEST (6PM, 6TH thru 23rd) @ SUU Sharwan Smith Center Theater (351 W University Blvd, Cedar). All Films are subtitled, FREE, and open to the public. Come enjoy the best of international cinema. Schedule of all eight movies @ <https://www.suu.edu/hss/languages/film-festivals/>



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.

OFF THE CUFF COMEDY – CHRIS TURNER (8-10pm) @ Off the Cuff (913 S Main, Cedar). Freestyle Rapper & Comedian. Tickets \$10 per person. Available online at otccomedy.com.

SUMA: EXHIBIT – JIMMIE JONES: MY Passion, My Odyssey (Mon-Sat 11am – 6pm, thru March 4) @ SUMA (13 S 300 W, Cedar). Jimmie Jones was a skilled portrait painter, but he believed his true calling was that of a landscapist. Admission FREE. INFO: suu.edu/suma.

TUES, FEB 21

PANCAKE DAY

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

SW UTAH REGIONAL HIGH SCHOOL ART Show (M-F 9-5pm, Through March 3) @ Heritage Center – Top Floor (105 N 100 E, Cedar). Admission is FREE



AIRPORT BINGO FAMILY FUN NIGHT (6-9PM) @ Cedar City Regional Airport (2560 Aviation Way). Doors open (6pm). Bingo (7pm). \$5 per person at door. Includes one bingo card. Additional cards \$3 per card. All proceeds go to benefit Iron County Care & Share.

ARTIST OPEN HOUSE (6:30-8:00PM) @ Library in the Park (303 N 100 E). Meet talented artist, DiAnne Berry, whose paintings are hanging in the Cedar City Library this month. She has a wonderfully whimsical and vibrant approach to her work.



WED, FEB 22

ASH WEDNESDAY

WONDER WEDNESDAY – (4-6PM) @ S.U.M.A. (13 S 300 W, Cedar). FREE for all students K-5. Children, accompanied by an adult, can join for adventure and fun make-and-take activities self-guided programming. INFO: (435) 586-5432.

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, FEB 23

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

SAT, FEB 25

LABYRINTH WALK (NOON-2PM) @ ST. JUDE'S Episcopal Church (70 N 200 W, Cedar City). Come walk a beautiful tiled medieval style labyrinth within the church. Based on the labyrinth in Chartres Cathedral, France. This meditative practice has been used for centuries to calm the mind and open the soul. FREE (approx. 30 Mins.) INFO/Reservations please call Anne (702) 539-3400, Rev. Lee (435) 586-3623.

WED, MARCH 8, 15

SQUARE DANCE BEGINNER CLASS (MARCH 8 & 15, 6-7:30pm) @ Cedar City Aquatic Center (2090 W Royal Hunte Drive). \$6 Per Person, No experience necessary. Ages 8 (w/adult) and up. Couples and singles welcome. Questions Text/Call Neil @ 909-477-9795.

Want your event on our calendar?

There is no charge for calendar items. Your submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 389 N 100 W, #12, Cedar City, Utah 84721. The deadline is Friday at noon. The calendar is not to be used for advertising. Items will be printed at our discretion.

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

Bikers Against Child Abuse

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

DAR – Bald Eagle Chapter

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

Elks Lodge #1556

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

Lion's Club

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

Marine Corps League

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

Rotary Club

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

SUPPORT GROUPS

AA—Alcoholics Anonymous

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

KKCB 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

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

Celebrate Recovery

(Christian 12-Step) Wed 6:30 pm • True Life Center, 2111 N Main, Cedar. Through Christ we can be victorious over any hurts, habits, hang-ups (Phil. 4:13) • Jeff J 801-638-1800, Gary D. 702-303-5662.

Helproom

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

Multiple Sclerosis

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

Narcotics Anonymous

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

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

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

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

Women Only • Sun, 11 am

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

Nicotine Anon (12-Step)

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

Porn Addiction Recovery for Men

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

Pregnancy, Infant Loss

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

Senior Blind/Visually Impaired

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

Southwest Parkinson's Alliance

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

Widows Support Group

2nd Sat, 11-1pm • Sonrise Church. These Free meetings begin January 8th. Questions? 435-586-3640 or Sonrisechurch.net.

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Book Club

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

Boy Scout Troop 1848

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

Cedar Breaks Model A/Vintage Car Club

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

Cedar Chest Quilters' Guild

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

Cedar City ESL

Wed, 6 pm • Free tutoring for English as 2nd Language. Cedar City Library (303 N 100 E).

Cedar City Toastmasters

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

Cedar Professionals

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

Cedar Radio Control Club

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

Color Country Winds

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

Cub Scout Pack 1848

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

Explorer Bible Club

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

Folk Dancing Class

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

Hey Cedars Square Dance Club

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

International Folk Dancing

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

Iron County Moms For America

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

Motivational Mondays

Mon, 6:30-7 pm • Cedar Yoga Space (736 N Main. Add a positive mindset and experience Cognomovement. Leave feeling more balanced, energized, and motivated. No mat needed. \$12 drop in/first time to studio is Free. 541-291-7856.

Parowan Pickleball

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

Rock Club

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

Senior Yoga Classes

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

Sagebrush Fiber Artisans Guild

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

Sewing Group

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

Southern Utah Woodturners

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

StrongBoard Classes

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

Tae Kwon Do Class

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

Tai Chi For Health

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

Take Action for Freedom

Wed, 7 pm • 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/country/state Legislature

Top Bar Hive Bee Keeping

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

TOPS – Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

Wed Noon-1 pm • Create Better Health. 200M Mtg ID: 841 6308 8990, PW: health, info: Kristi Sharp (435) 986-2564, ksharp@swuhealth.org

finances

What counts for Social Security's earnings limit?

ASK RUSTY: SOCIAL SECURITY MATTERS

from The Association of Mature American Citizens

FOR IRON COUNTY TODAY

Dear Rusty: I retired on February 1st of last year (2022). I collect a pension from my employer plus a union pension, as well as Social Security, all of which started in February 2022. I am married and I'm 65 years old. I only worked 4 weeks in 2022 before retiring, but my income ended up being far more than expected. I got 5 weeks' vacation pay and a retroactive check from an overdue labor contract. I also got hazard pay and a small check for a class action lawsuit my union filed years ago. All of that brings my 2022 income to about \$35,000 which means I have exceeded what I can make as far as Social Security goes. My question is, should I contribute some money to my IRA to offset my earned income? And is it even possible for me to do that?

Signed: Retired but Concerned



RUSSELL GLOOR
SOCIAL SECURITY
ADVISOR

Dear Retired: Generally, income earned before starting your Social Security benefits (such as accumulated vacation pay) doesn't count toward Social Security's earnings limit for those who have not yet reached their full retirement age (FRA), nor do your earnings from working in the 4 weeks of 2022 before your SS benefits started. Similarly, the check for retroactive labor contract benefits, hazard pay for past work, and income from the class action suit do not count toward Social Security's earnings limit. The only thing that counts towards the limit is earnings from working after your Social Security benefits started, which you apparently did not do. Thus, from what you've shared, you should not be subject to any impact to your monthly SS benefits as a result of your total 2022 income. Note, you may still get an inquiry from Social Security next year about your 2022 earnings, but only earnings from actually working after your Social Security benefits started (which you did not) would count toward Social Security's earnings limit.

You may, however, wish to consult with a qualified tax advisor because some

schools



COURTESY GATEWAY ACADEMY

The students were empowered through activities and games about how to care for themselves when they are struggling.

Hope Week celebrated at Gateway

from Amy Thorpe

FOR IRON COUNTY TODAY

Middle School students at Gateway Preparatory Academy were reminded this week of strategies to care for themselves when they are struggling. Each day the Hope Squad, a Gateway student leadership and service organization, led games and activities at lunchtime followed by prize drawings. Students identified music, outdoor activities, having someone they can talk to and sensory soothing objects as ways to help themselves with anxiety, stress and sadness.

Students had a dance party on Monday, played the basketball game "Speed" or "Fry 'em" on Tuesday, the communication game "Telephone" on Wednesday, and participated in the interactive play, "Every Brilliant Thing" brought to Utah schools by the Utah Shakespeare Festival on Thursday.

Students enjoyed the week-long activities. A sixth grader shared, "I think the best prizes were the food and the fidgets, but mostly the food. I also thought the best activity was

the dancing." A seventh grade student shared, "I really liked the positive energy in the air. I also really loved the whole concept of the prizes, and the play as well." Students loved the performance by the Shakespeare group. A sixth grade student shared, "What I liked about the play was how to help people who are going through some stuff and feel like they need to talk to someone, experiences like that can be scary." The play was an engaging performance with students playing minor roles in the story of a young person as they navigate a parent's struggles with mental health and then their own as they become a young adult.

From PBS Utah, "The play blends the topic of mental health with the tragedy & comedy of theatre, creating a safe space for teens to talk ...and build on the strength of one another."

For more information about Hope Squad, a Utah based organization visit hopesquad.com and to request a performance at your school this year of Every Brilliant Thing, visit bard.org/brillianttour/. For more information about events at Gateway visit gpacharter.org.

be wise to contribute to an IRA. But, in any case, contributing to an IRA will not affect your monthly Social Security benefit.

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) or email us at ssadviser@amacfoundation.org.

EARNINGS

« CONTINUED FROM PAGE 17

of your Social Security benefits received in 2022 will be subject to income tax on your 2022 tax return. Assuming you file your tax return as "married/jointly," if your combined income from all sources exceeded \$32,000 then 50% of the SS benefits you received during the tax year will become part of your overall taxable income; and if your 2022 combined income from all sources (including your wife's income) exceeded \$44,000, then up to 85% of your SS benefits received in 2022 will become taxable income. A tax advisor can give you more information on that, and also help you decide if it would

ICSD NEWS NUGGETS

from LeAnn Woolstenhulme

IRON COUNTY SCHOOL DISTRICT

Three Peaks Elementary

Three Peaks Elementary welcomed the Canyon View Middle School band and orchestra teachers and students on Thursday, January 26, 2023. They talked to the fifth-grade students about music classes available to them when they register for 6th grade, did a live demonstration of the instruments, and let the students try out the different instruments. Students were able to play at least one instrument from each instrument family and mark their favorite one on a provided rubric.

Thank you to the music directors, Teresa Redd and Lauralyn Anderson, for providing this opportunity for our students and introducing them to opportunities that they may take advantage of as they move on to middle school. We appreciate the time and planning it took for the teachers and students to visit Three Peaks Elementary.



We are looking forward to the 5th grade Patriot Program on February 16, 2023. Call Three Peaks Elementary for details of program performances.

Fiddlers Canon Elementary

We are in the middle of our Share the Love food drive. Thank you to everyone who has donated, and we are still taking donations until Friday. Iron County Care and Share has said they especially need items high in protein, such as peanut butter, canned meat or fish, chili, stew, and soups, but they are grateful for any non-perishable items you can donate (no glass jars, please). We can't wait to see which grade donates the most!

No school February 20 for President's Day. We will be selling Spirit Sticks on Wednesday, February 22 at lunch recess.

Get ready for Dr. Seuss Week February 27-March 3! There will be themed dress-up days, so make sure to watch your child's homework folder and the Fiddlers Canyon Elementary PTA for reminders and updates. We are also excited to host Utah author Gary Hogg on March 2. He will be presenting writing workshops to 1st-5th grades and will be giving an assembly. On Friday we will have a read-a-thon and snacks for sale. We are really looking forward to celebrating reading with your students all week!

East Elementary

At East, we strive to SOAR like the eagles! We'd like to congratulate the following students who have shown exemplary citizenship and received recognition at our monthly SOAR assembly: Jayci Burger, Link Vogel, Eva Arellano, Helen Bolus, Cole Smith, Oaklynn Jensen, Brinkley Clark, and Christian Hecker. Way to go!

Parents, please remember that all exterior doors are locked during the day, except for the doors closest to the office. Please check in with Mrs. Cornelius in the office and get a visitor's badge if you will be in the building for any length of time. We appreciate your help as we keep our students and staff safe.

South Elementary

During SEP week South Elementary 4th and 5th graders were invited to an arts night. They created masks and learned some history along the way. Art was also displayed in the hallways of South for all to enjoy. Thank you, Mr. Raham for sharing your talents with us.



Keep Sailing

the rut
LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



No matter where you are called to lead and serve, true leadership is about more than just keeping the ship headed in the right direction. It's about more than timely training and morale boosting. Those are all important factors on any vessel.

However, the true test of any leader is not their position, but the opposition they encounter. It's easy to be confident and competent when the skies are blue and a steady wind fills the sails. But when there's a storm ahead, or hell at the helm, a leader's (and crew's) true mettle is tested.

Nevertheless, storms are excellent (and necessary) catalysts to help good leaders become great leaders, if they're willing to learn how to keep their wits about them and not give up on themselves, their crew, their ship and their destination. Leaders who learn to not only endure opposition, but to also overcome and rise above it, will become better leaders.

Still, no matter how good and great of a leader you are, or how loyal our crew, there will always be storms ahead on the horizon. No matter your capacity and capability, you will face fierce opposition in every position of your life. Some days will be sunny and

LEADERSHIP 101.6

bright, other days will be filled with tempests and rogue waves. You cannot predict or even prepare for every storm. But don't let that keep you from confidently setting sail and enjoying the journey.

That being said, what do you do when a storm hits, or rather, before the storm hits? What do you do when an unexpected rogue wave hits your ship, home or business? These maelstrom moments are different for each vessel, but one of the most important things to do is to rely on each other. This is where leaders earn the trust of their crew and vice-versa.

And to use an old nautical term, when you do see a storm approaching from the horizon, you batten down the hatches. In other words, prepare the crew and ship to endure that storm by closing and securing the hatches—anyplace where water can leak in and eventually sink the ship from the inside out. This includes doing an inventory of resources, expenses, allowances and any other costs (financial, emotional and even spiritual) to make sure your investments are protected and used even more wisely to help you survive until the storm(s) passes.

These "hatches" can include spending more quality time with your family, purchasing proper equipment (technology, software upgrades, etc.) and providing adequate compensations and training for your employees. Yes, some water will still leak in, but not enough to sink your ship and your preparation and unity will help you and your crew not only endure the storms of life, but be even better sailors when the storm is over.

Today, no matter where you're sailing, don't fear the storms ahead, brace yourself and embrace them.

Have a leadership question? Send me a message here at coreybaumgartner@hotmail.com.

obituaries

Dana Colett Whittaker Adams Bradley



Dana Colett Whittaker Adams Bradley, at the age of 85, passed away peacefully, surrounded by her family on Friday February 3, 2023 in Cedar City, Utah. She was born on August 2, 1937, in Richfield, Utah. She was the daughter of Rollo and Nola Whittaker. Dana was raised in Circleville, Utah and graduated from Piute High School in 1955. She married Bert J. Adams in 1955. They moved to Las Vegas, Nevada where they raised four

daughters, Candace and Carolee (twins) and Holly and Stacey. Dana and Bert divorced in 1974.

Dana later married Forrest Dale Bradley and added two more children to the family, Richard and Lisa. Dana went to cosmetology school in Las Vegas. She worked in various gift shops on the Las Vegas Strip.

She worked behind the makeup counter in Woolworth's in the Boulevard Mall. She was a happy person with a smile for everyone and had a countless number of friends because of her happy disposition. She belonged to the Red Hat Club, a Bunko Club, Daughters of the Utah Pioneers, and the Bluegrass Association where she played the banjo. She could also play the piano.

She served in many callings for the Church of Jesus Christ of Latter-day Saints, which included Primary chorister and different positions in the Relief Society. She was dedicated to her family, friends and the church.

She is survived by her sister Janice Hanson, daughters Candace Fischer (Michael), Carolee Nelson (Chick), Holly Riechman (Charles), Stacey Remer (Toby), and Lisa O'Banion, 12 grandchildren and 23 great-grandchildren. She was preceded in death by Forrest Dale Bradley (husband), Richard Bradley (son), and Curtis Fischer (grandson).

Dana has made an everlasting imprint on our hearts and will never be forgotten. She will be greatly missed by everyone who knew her. A viewing in her honor will be held on Friday February 24th at Bunker's Funeral Home, located at 925 N Las Vegas Blvd. from 6:00 to 8:00 pm. A private Interment will be at the Southern Nevada Veterans Memorial Cemetery in Boulder City, Nevada. Online condolences can be sent to www.affordablefuneralservices.com.

Jerome "Jerry" Harold Reed



Jerome "Jerry" Harold Reed, age 81, passed away after a courageous battle with cancer on January 16, 2023, at Cedar Health and Rehabilitation, in Cedar City, Utah. He was born on October 10, 1941, in Fargo, North Dakota to Harold G and Elsie H (Anderson) Reed.

Jerry was raised in Fargo, North Dakota. He loved fast cars. He and his family went to the races in Fargo on Sunday nights, and he often spoke fondly of the times he got to attend the Indianapolis 500. He loved to

watch football, his favorite team was the Green Bay Packers. In his youth he drove a motorcycle.

Jerry liked to bowl, and bowled in a bowling league. He graduated from West Fargo High School. He attended North Dakota State University. He later married Carol Foss. They had 2 children, Michael Jerome and Marti Jo. The family moved to Northfield Minnesota, where he had a successful dry cleaning business. Jerry and Carol later divorced. On Feb. 14, 1986, Jerry married Lenda Kay (Richards) Edwards. The couple, along with her 3 children, Eric, Shon, and Natalie (Edwards), moved to Northfield, Minnesota. Many years later, Jerry and Kay moved to Southern Utah where they made their home in Summit, Utah. It was here he became a faithful member of the Church of Jesus Christ of Latter-day Saints.

Jerry was preceded in death by Harold G Reed, and Elsie H Reed (parents), and Michael Reed (son). He is survived by Lenda Kay Reed (Wife), Marti (Scott) Stone (daughter), Eric (Kristine) Edwards (step-son), Shon (Melanie) Edwards (step-son), and Natalie Edwards (step-daughter), Joyce (Chuck) Newberry (sister), and Ann Elkins (sister); 11 grandchildren and 5 great-grandchildren. He will be missed by many other relatives and friends.

The family wishes to thank the doctors and nurses who cared for Jerry during the past several months, especially the staff at Cedar Health and Rehabilitation and Suntime Home Health and Hospice. We also appreciate those who have extended friendship and given of their time and resources.

Funeral Services will be held on Saturday, February 18, 2023, at the Summit Ward Church at 11:00 AM. Family visitation will be from 10:00 AM to 11:00 AM. Interment will be at the Summit Cemetery. Online condolences can be sent to www.affordablefuneralservices.com.

faith

2nd East – Memoirs of a Mormon girl raised in Dog Town

I grew up in the original part of town. Some call it Dog Town. I call it home. 2nd East caught the breeze of autumn on the north and the echoes of summer's baseball diamonds on the south. Our little red brick house grew my stories. In fact, my story began with the official announcement of my birth on August 2, 1974.

Thrilled to finally have a baby sister after four brothers, big sister Wendy knocked on every single door of our neighbors' homes announcing my arrival. From that moment, my stories seemed to follow; they grabbed hold of 2nd East and soaked up the memories, and I saved them for later.

Family. The nine of us under one roof and in one pew on Sundays. Kim, Cleve, Chris, Wendy, Michael, Amyanne, and Heather.

We called him Jake. He was our dad. He worked as a social worker for the State of Utah and at least two to three other jobs to keep food on the table and to pay the bills. Mom stayed

home with us. She baked bread, mashed potatoes, overcooked grandpa's beef, and loved us. Dad loved a good church meeting; mom would rather stay home and read the newspaper. Like a magnet dad was drawn to God, faith and service. He did the temple work for his kindred dead, fanatically.

Mom would holler as he left the house, "You go take care of the dead. I'll stay here and care for the living." Known as "Aunt Janet" by many she cooked big meals, filled every seat at her table and listened endlessly.

We grew up on Sunday Sermons, Bill Kringlen baseball, delivering newspapers, and camping at the "S" curve campground.

The seasons came and went and we grew and out grew our memories and our hand-me-downs. But we never out grew 2nd East.

The Street. The seventies were a great time to be a kid. And the Seventies on 2nd East were sensational.



AMYANNE RIGBY
CONTRIBUTOR

faith

'The Tabernacle Experience' to host Community Interfaith Devotional

by Bruce Lee

FOR IRON COUNTY TODAY

CEDAR CITY — In anticipation of a replica of the ancient tabernacle of Moses coming to Cedar City, a Community Interfaith Devotional has been planned for March 5 at 7 p.m. in the Southern Utah University America First Event Center. Faith leaders from Cedar City and St. George will share their beliefs and impressions of the ancient tabernacle and how its spirit and teachings continue to instruct and inspire believers in the modern era.

Tickets are required for the event, but are free at www.tabernacleutah.com. Those unable

to attend may watch a live stream at the same website.

a replica of the ark of the covenant), and more. Participants may then finish with a self-guided tour of the visitors center. More information and free tickets are available at www.tabernacleutah.com.

“Through educational events like the Tabernacle Experience and the Community Interfaith Devotional, community members from different faiths can come together in a spirit of sharing and learning, and develop an appreciation for others' values and traditions,” said Greg Powell, director of the Canyon Country Community Council, The Church of Jesus Christ of Latter-day Saints. “As we learn more about

Interim Pastor, Community Presbyterian Church, Cedar City

» **Shadman Bashir**, Islam Faith Representative. Bashir is an alumnus of the California Western School of Law and is currently the director of the International Students and Scholars Office at Utah Tech University in St. George.

» **Rabbi Mendy Cohen**, Chabad Jewish Center in Southern Utah. Cohen studied at the Rabbinical College of America and was ordained by the Chief Rabbi of Israel. He and his wife, Chaya, also direct the Project Heart Initiative in Southern Utah.

» **Elder Vance Smith**, of the Seventy, The Church of Jesus



Elder Vance K Smith



Pastor Celeste Lasich



PHOTOS COURTESY BRUCE LEE
President Michael Heap



Rabbi Mendy Cohen



Shadman Bashir

to attend may watch a live stream at the same website.

The devotional is part of the Tabernacle Experience, a life-size replica of the ancient tabernacle which will be constructed and available for tours March 11-22 at The Church of Jesus Christ of Latter-day Saints stake center at 61 N. 900 West. The tours consist of an introductory video, then an approximately 35-minute guided tour through the outdoor tabernacle replica, including stops at the altar of sacrifice, the holy place, the holy of holies (including

the spiritual beliefs of others that might be quite different from our own, we typically learn that we have much more in common than most of us realize.”

The devotional will feature the following speakers:

» **President Michael Heap**, Cedar West Stake, The Church of Jesus Christ of Latter-day Saints. Heap was born and raised in Cedar City, and is currently the southern region director of seminaries and institutes.

» **Reverend Celeste Lasich**,

Christ of Latter-day Saints. Smith is a native of Cedar City, and was called as an area seventy in April 2021. He currently works as president of Leavitt Group Enterprises, Inc.

Music will be provided by the Red Rock Singers, a non-denominational choir directed by Dr. Keith Bradshaw.

“Having the ancient tabernacle visit Cedar City will be a real spiritual uplift to our entire community,” said Powell. “As we tour the tabernacle replica and consider the spiritual practices of the ancients, we begin to recognize that our current spiritual aspirations have roots going back thousands of years.”

“We are excited for this devotional and to learn about how members of different faith traditions feel about the tabernacle that the Israelites built in the wilderness,” concluded Rick Holman, who with his wife, Kaye, are the site leaders for the Cedar City experience. “We hope everyone will join us at the devotional and at the tabernacle tours.”

DOG TOWN

« CONTINUED FROM PAGE 19

To some it is just a street – 200 East. It follows the grid pattern. It's between 100 and 300 East. But to me, it housed all of my adventures. Mom and dad moved to Cedar City in the late 60's with two small boys in tote. But following the birth of their third son Chris, they bought their first home on 2nd East and didn't leave for thirty years. It was to this home to which they brought their final four.

I walked to school on this road, rode my bike from its top to its bottom, delivered newspapers to its residents, played cops and robbers, and in fifth grade it became my roller rink. Along the way, I made friends. Some stayed and others left, but the street was the constant. Gravel used to line the black top of 2nd East until one day the big truck came with its black tar and men in neon jackets. A blanket of pavement covered the gravel. To my young eyes, it was a mystery. No more rocks to throw at mean dogs, or big brothers. Thankfully, they did not take the ditch.

We raced our boats all summer in that ditch. The boats came in all shapes, sizes and textures. Most notable and delicious was the popsicle stick which had most recently been sucked and chewed for its flavor. This “boat” provided for the best aerodynamics – smooth and straight. The random tree branch always provided the element of surprise or sheer luck. My personal favorite was the “trash boat.” Which was just that—trash.

The races began in early June and ended in late September when the air changed and the irrigation water quit running. The dirty ditch water mesmerized us as it took our boats through its rapids and spit them out on the other side. A simple game, a competition, a memory.

Our neighbors became our grandparents and that left us with more than our fair share. I can still remember their names, their stories, and if they took the Salt Lake Tribune or the Deseret News. Dad trained us as newspaper deliverers early on in life. The income added a few coins to our family's budget. Our neighbors were the finest people in town. Ike, Betty, Peggy, Cordyn, Ida, George, Daisy, Hugh, Henry, Syd, Alta, and that's just the beginning.

When I ran out of paper money for Cowley Drug, I would make the neighbor rounds “visiting.” They never turned me away, offering apples, cookies and pudding pops. But the best part of my visits were the stories. Their stories became my stories. Their stories became 2nd East.

“The best part of my visits were the stories. Their stories became my stories. Their stories became 2nd East.”

faith

"HIS HAND IN MINE"

"These poems capture who I am. They are written with a prayerful hand, and are inspired from above. It is my hope that all who read them will be edified, find comfort, and feel God's love." — L. Brent Jones

Isolation's Lullaby

by L. Brent Jones

I convince myself that safety lies,
Within my own confines.
When the world is going crazy,
And I read between the lines.

Apprehension plays its melody,
With fear in every beat.
Where the world outside is cordoned
off,
And the words are on repeat.

My windows off up their view,
With people passing by.
While my heart looks for the harmony,
My mind will never try.

For they represent the danger notes,
Where fear play out its song,
And shackles me within my walls,
So, I will sing along.

This lullaby of fearfulness,
Plays constant in my mind,
And promises to keep me safe,
But peace I never find.

In isolation's crippling grip,
I find that I just exist.
As I implode upon myself,
It's that fear I must resist.

For outside there's a brighter day,
Amid those clouds of doom,
That offers up a changing world,
If I'll just leave my room.

For there are new tunes to be played,
And I'm meant to sing along.
And take the time to learn my part,
So I'll contribute to life's song.

Then fear is silenced by new hope,
And that melody is sweet.
When I join the choir and sing along,
Those dark notes I'll defeat.

Then new challenges present
themselves,
And I'm made stronger in their quest,
As I strive to reach out with my voice,
Is my faith up to the test?

So, when the world is singing much too
loud,
The conductor takes control.
For He composed life's symphony,
For He is the Master of my soul.

Is fear monopolizing your life? – (Part 1)

by Edy Meredith

FOR IRON COUNTY TODAY

Two renowned research centers have just released the results of surveys regarding the American public's main concerns and top fears. They are from the 2022 Chapman University Survey of American Fears and the Pew Research Center's Public's Top Priority from 2022 Strengthening the Nation's Economy.

Summarizing these worries are America's top 10 fears in order of priority from Chapman University: 1) Corrupt government officials; 2) Loved ones becoming seriously ill; 3) Russia using nuclear weapons; 4) Loved ones dying; 5) The U.S. becoming involved in another world war; 6) Pollution of drinking water; 7) Not having enough money for the future; 8) Economic/financial collapse; 9) Pollution of oceans, rivers, and lakes; and 10) Biological warfare from living pathogens.

According to this survey, American fears center on five main topics: corrupt government officials (#1); harm to loved ones (#2 & 4); war (#3, 5, & 10); environmental concerns (#6 & 9); and economic concerns (#7 & 8).

The Pew Research Center research focuses on reviving our nation's economic life, reducing health care costs, dealing with viral outbreaks, improving education, securing Social Security, defending against terrorism, improving our political system, reducing crime, improving employment, improving the criminal justice system, dealing with poverty, improving racial relations, addressing climate change, strengthening U.S. military, global trade, and drug addition, in descending order as listed from 71% to 31%.

While these are all realistic fears given the world of doubt and uncertainty we currently live in, what is also surprising to me is that fear of chemical warfare such as fentanyl poisoning is missing from the list. Hopefully later surveys will add this. However, it is difficult to live with fear as a strong and constant emotion caused by the knowledge that something is terribly dangerous in our environment, possibly leading to pain, threat, and even death for ourselves and loved ones. This is a giant fear that is hovering in the background of our lives causing us to think and pray for the safety of our country and loved ones. How can we recognize

these fears and yet walk in victory to overcome fear, worry, doubt, loneliness, and not suffer burnout?

As Thomas Paine said so long ago in 1776: "These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink..." Are you shrinking and getting smaller, hiding, and moving away, forgetting that these times call for courage, prayer, and reliance upon powers greater than our own? Are you participating in the age of decline where even the United States is experiencing a percentage population decline along with 33 other countries.

Yes, it is a time to measure our responses and plan carefully, but not to give up hope, even while being realistic. Even the Christian Bible deals with fear with 457 uses of the word fear in the New King James Bible. Most importantly, there is an antidote for fear, a cure for the desperation fear creates. Next week we will distinguish between fear and respect because the Bible teaches that fear of God is the beginning of wisdom (Job 28:28, Proverbs 1:7). Come back and join us next week as we put on the armor that will enable us to slay the giants that want to oppress us.

The Need for Speed

For each of us who get behind the wheel and head out on the highway, Main Streets, or through our neighborhoods, we see familiar speed-limit signs telling us how fast (or slow) to go. They even blink or flash if we're going too fast. Personally speaking, I'd rather have the flashing lights of a sign remind me, than the flashing lights of a police vehicle reprimand me, to slow down.

That being said, when do you feel the need for speed? When you're late for school or work? An appointment, movie, or a date? Do you speed only when you know (hope) there isn't anyone around to remind or reprimand you for putting the pedal to the metal?

No matter how slow or fast you choose to travel through life, and as important as the gas pedal is, the pedal next to it can be equally important, the brake pedal. While it's true that more accidents are caused from speeding, without the brake pedal we wouldn't be able to slow down, let alone stop when we need to—whether it's preventing an accident or parking.

How do these pedals help our mettle as we drive through life? Every day we

are counseled to not be weary in doing good (Galatians 6:9). We also know that no matter what roads, detours and delays await us, we can do all things through Christ (Philippians 4:13). And yet, somehow we still equate success with speediness rather than steadiness.

GOD'S
garage

Corey Baumgartner

news@ironcountytoday.com



"Do you speed only when you know (hope) there isn't anyone around to remind or reprimand you for putting the pedal to the metal?"

Sometimes we even try to rush the Lord to hasten His work that we may see it (Isiah 5:19), rather than be patient, trusting and realize His ways (velocities) are not our ways (Isaiah 55:8-9). That doesn't mean that sometimes we don't need to increase (or decrease) our

speed of life, but rather to be wise as to not let our pace of life ruin our peace of life (Philippians 4:6-7).

Perhaps this is why we are counseled to wait upon the Lord and be of good courage (Psalm 27:14). It takes courage to be patient in an impatient world. This is where the brake pedal comes in handy. Because we will have anxious moments where we feel like life is going too fast and if we don't know how to slow down, or think we can't slow down, let alone stop (hit the brakes) and take a break, we will break down no matter how much good we are trying to do in the world.

But aren't we commanded to let our lights so shine (Matthew 5:16)? And the laborers are already too few (Luke 10:2), so shouldn't we speed up? There's a difference between speeding and going fast. God has different speeds for different needs.

Today, no matter your needs and speeds, remember that even Jesus took breaks. Even if had a driver's license back then He would still have taken time to Retreat (Matthew 14:22-23), Rest (Mark 7:24), Reflect (Luke 6:12-13), Refresh (Mark 6:30-32) and Reinforce (Luke 22:39-44).

sports

SCORES + RECAPS FROM IRON COUNTY COMPETITION

RAMS CLOSE REGULAR SEASON WITH WIN

by Tom Zulewski

IRON COUNTY TODAY

Brock Felder led three players in double figures with 16 points, and the Parowan Rams held on in the fourth quarter to

finish the regular season with a 54-51 home win over South Sevier on Senior Night Feb. 9. The home-standing Rams built a 31-21 halftime lead and withstood a late charge by the visiting Rams.

Waylon Robinson and Cash Mortensen added 10 points apiece as Parowan finished 5-5 in Region 19 and 9-10 overall.

South Sevier fell to 6-4 and 14-7. Emilio Miramontes led South Sevier with 14 points and the

Rams hit nine 3-pointers as a team.

In Parowan's first game of the week, Felder scored 21 points, but the Rams couldn't get over the top in a 50-47 road loss at Enterprise on Feb. 7. Luke Millett added 15 points in the loss for Parowan.

The Rams finished the year as the No. 8 seed and will host Region 19 foe San Juan in the second round of the 2A state playoffs Friday starting at 7 p.m.



Parowan
54



South Sevier
51

South Sevier	10	11	17	13	-	51
Parowan	15	16	13	10	-	54

South Sevier – Miramontes 14, Roberts 13, Tebbs 8, Heath 5, Barney 4, Brindley 3, Bastian 2, Abraham 2. Totals 19 4-6 51. 3-pointers – Miramontes 2, Roberts 3, Tebbs 2, Heath 1, Brindley 1.

Parowan – Felder 16, Robinson 10, Mortensen 10, Hall 9, Millett 6, Townsend 3. Totals 24 4-8 54. 3-pointers – Robinson 1, Townsend 1.



Parowan's Luke Millett (L) and Brock Felder (R) helped the Rams secure the victory on senior night.

Panther boys sink late shot, beat Reds

by Tom Zulewski

IRON COUNTY TODAY

When the Cedar Reds and Pine View Panthers played at the Wolf Den on Jan. 13, Nate Rogers came through with a buzzer-beater layup that gave the Reds a victory. On Feb. 8, the Panthers were able to return the favor in a wild finish.

Griffin Shepherd drove for a layup with 5.2 seconds left, and Pine View made two defensive stops that sealed a 64-63 victory over Cedar at The Pit. The Panthers were able to survive after four lead changes over the final 1:20 of the game as they improved to 3-6 in Region 10 and 4-14 overall.

After Schroeder's basket, the Reds missed two chances at the win when they turned the ball over on each possession. The last chance came after Timothy Long missed a free throw, but the attempted outlet pass landed in the hands of the Panthers, who were able to run off the remaining time.

"We had one thrown away, and we didn't check back to the ball on the other," Cedar head coach Tyler Monks said. "If we step to it, they foul us and we're shooting free throws down one."

Cedar (2-8, 7-12) set the stage for the wild finish when Landon Kreitzer hit a free throw that gave them a 59-58 lead. Kreitzer would add two more baskets in the closing run, the last that put the Reds up for the final time at 63-62 with 12 seconds to play.

"They hit shots and we came back. It was just a hard-fought Region 10 game that both teams wanted to win," Monks said. "Landon's a tough guard for a lot of people, He's a big guard that can post up a lot of smaller ones, and he's fast enough where he can take bigger guards off the dribble."

Ty Bronson led Cedar with 22 points in the loss while Kreitzer and Stockton Albrecht added 17 apiece. Nash Schroeder led all scorers for Pine View with 25 points and Shepherd added 21.

Cedar will return to play tonight with a road game at Dixie before returning home for

the regular-season finale Friday against Hurricane. Both games start at 7 p.m.

BOYS



Pine View

64



Cedar

63

Cedar	11	15	16	21	-	63
Pine View	15	15	19	15	-	64

Cedar - Rogers 2, Albrecht 17, Garrett 5, Bronson 22, Kreitzer 17. Totals 23 12-19 63. 3-pointers - Albrecht 1, Kreitzer 3, Bronson 1.

Pine View - Dickinson 9, Long 6, Schroeder 25, Shepherd 21, Moore 3. Totals 25 6-11 64. 3-pointers - Dickinson 2, Schroeder 5, Shepherd 1.

On the girls side, the Reds overcame a slow start and held on down the stretch for a 48-44 victory over Pine View on Feb. 7. Anna Robison led Cedar (4-6 Region 10, 4-14 overall) with 10 points, and they outscored the Panthers 20-6 in the third quarter to take a 35-19 lead.

The Panthers would rally behind the play of Reese (17 points) and Avery Gustin (10), but couldn't overcome a 16-for-35 shooting effort at the free-throw line.

Cedar hosted Dixie on Tuesday in a game that was too late for press deadline, and they will finish the regular season with a road game at Hurricane on Thursday starting at 7 p.m.



Cedar's Anna Robison beats the Panthers to the basket in a valiant victory for the Reds.



DAVID MINEER SR.

Parowan's Katlynn Matheson's poignant 3-pointer provided the Rams with the victory.

Matheson hits clutch shot in Parowan road win

by Tom Zulewski

IRON COUNTY TODAY

Playing through an injury she suffered moments earlier, Parowan's Katlynn Matheson drained a 3-pointer with 13 seconds to play, and the visiting Rams had to survive a missed free throw on the final possession to come away with a 51-50 victory over South Sevier on Feb. 10. The win helped Parowan finish with a 7-3 record in Region 19, good for a tie for second with Kanab and a No. 6 overall ranking in the final RPI.

Matheson and Bella Robinson led Parowan (12-9 overall) with 15 points apiece in the victory.

GIRLS



Cedar

48



Pine View

44

Pine View	1	12	6	25	-	44
Cedar	5	10	20	13	-	48

Pine View - R. Gustin 17, A. Gustin 10, Norton 7, Horspool 7, Morley 3. Totals 11 16-35 44. 3-pointers - R. Gustin 2, A. Gustin 1, Norton 1, Horspool 1, Morley 1.

Cedar - Robison 10, Hansen 9, Gomez 9, Shimada 6, Davis 6, Warby 3, Bishoff 3, Parson 2. Totals 16 10-16 48. 3-pointers - Gomez 1, Shimada 1, Davis 2, Warby 1, Bishoff 1.



Parowan

51



South Sevier

50

Parowan	10	15	10	16	-	51
South Sevier	13	13	11	13	-	50

Parowan - Robinson 15, Matheson 15, Johnson 12, Hulet 7, Jense 2. Totals 22 4-10 51. 3-pointers - Robinson 2, Matheson 1.

South Sevier - Jensen 17, Patterson 16, Taylor 8, Mills 7, Buchmiller 2. Totals 18 12-22 50. 3-pointers - Patterson 1, Mills 1.

CV girls finish regular season with rout of Red Devils


by Tom Zulewski

IRON COUNTY TODAY

About the only downside from the regular season finale for the Canyon View girls basketball team was giving up the game's first basket to the visiting Grand Red Devils. After the Falcons scored the next 13 points, the team closed with a convincing victory.


Maya Nichols led all scorers with 16 points, and CV cruised to a 60-23 rout over Grand on Feb. 10 to finish the regular season with a 13-8 overall record. Senior Jayda Gleave added 11 points to go with three 3-pointers, and the Falcons earned the No. 7 seed for the 3A state playoffs.

"We realized how big this



Canyon View

60



Grand

23

Grand	5	6	5	7	23
Canyon View	18	11	18	13	60

Grand - Zunich 9, Murphy 3, Groene 1, Kasprick 3, Coleman 3, Bryant 4. Totals 7 7-14 23. 3-pointers - Zunich 1, Kasprick 1.

Canyon View - Barnes 2, Spencer 9, Nichols 16, Brush 7, Potter 2, Miles 4, Davie 4, Brown 3, Gleave 11, Vargas 2. Totals 24 7-14 60. 3-pointers - Spencer 1, Nichols 1, Gleave 3.

game was for some momentum going into next week," Canyon View head coach Jaycee Barnhurst said. "I

literally wrote on the (locker room) board, 'have fun, play hard.' I think the girls took that to heart. Have fun, play hard, celebrate the seniors, and I feel like they did that."

CV led 18-5 after the first quarter, built the margin to 29-11 at halftime, and reached the 35-point threshold to activate the running clock when Gleave hit a 3-pointer two minutes into the fourth quarter. The lead hit a high of 41 after reserve Brooke Barnes hit two free throws for a 60-19 advantage.

In total, 10 different players scored at least two points for CV, and they held Grand to just seven field goals made in the game.

"There were a lot of good things happening as a team. You have to play as a team to win in the postseason," Barnhurst said. "We need to limit turnovers and can't give up offensive rebounds."

In its other game of the week, Canyon View finished the Region 12 portion of the schedule with a 46-28 road loss at Richfield on Feb. 9. The Falcons stayed close through most of the game, but had no answer to slow down Wildcats post player Nicole Willardson, who matched CV's team total by herself with 28 points.

The Falcons trailed 34-26 with 6:22 to play in the game, but No. 2 Richfield closed the game with a 12-2 run as CV didn't score until less than 30 seconds were left to play.

Canyon View earned an opening-round bye for the 3A playoffs and will face No. 10 Manti at home Saturday in a game scheduled to start at 1 p.m.

The boys team played a single game to finish the regular season and won at Grand, 68-51 on Feb. 10 to finish 13-8 overall. CV trailed 30-28 at the half, but rallied behind senior Andrew Barnes, who had one of the best performances of the season with 37 points.

CV's boys team finished No. 8 in the final RPI and will open the 3A playoffs at home Friday with a second-round game against No. 9 American Leadership Academy starting at 7 p.m.



CV's Bethanee Vargas battles for the ball as the Falcons triumph over the Devils.

JR ROBINSON

PREP SCOREBOARD

SCORES

Region 10 Boys Basketball
 2/8 Pine View 64, Cedar 63
 Snow Canyon 58, Dixie 53
 Crimson Cliffs 56, Hurricane 77
 2/10 Dixie 73, Desert Hills 51
 Snow Canyon 50, Hurricane 38
 Pine View 60, Crimson Cliffs 57

Region 12 Boys Basketball
 2/7 Grand 76, Green River 38
 2/8 Emery 65, Carbon 58
 2/10 Canyon View 68, Grand 51
 Richfield 56, Carbon 38

Region 19 Boys Basketball
 2/7 Enterprise 50, Parowan 47
 Kanab 70, Beaver 36
 2/9 Parowan 54, South Sevier 51
 Enterprise 49, Kanab 48
 2/10 San Juan 65, Beaver 64, OT

Region 10 Girls Basketball
 2/7 Cedar 48, Pine View 44
 Snow Canyon 64, Dixie 39
 Hurricane 55, Crim. Cliffs 51, OT
 2/9 Snow Canyon 59, Hurricane 45
 Pine View 62, Crimson Cliffs 60
 Dixie 52, Desert Hills 49

Region 12 Girls Basketball
 2/7 Richfield 74, Draper APA 68
 2/9 Richfield 46, Canyon View 28
 Carbon 79, Emery 76
 2/10 Canyon View 60, Grand 23

Region 19 Girls Basketball
 2/7 South Sevier 89, San Juan 22
 2/8 Parowan 60, Enterprise 37
 Kanab 54, Beaver 48
 2/10 Parowan 51, South Sevier 50
 Beaver 70, San Juan 36
 Kanab 59, Enterprise 42

STANDINGS

RPI RANKINGS IN PARENTHESES

Region 10 Boys Basketball	REGION	OVERALL
Dixie (2)	9-1	19-3
Snow Canyon (4)	9-2	16-7
Crimson Cliffs (7)	7-4	13-7
Desert Hills (5)	5-5	12-8
Pine View (12)	4-6	5-14
Cedar (10)	2-8	7-12
Hurricane (14)	0-10	2-17

Region 12 Boys Basketball	REGION	OVERALL
Emery (3)	7-1	16-4
Richfield (2)	6-2	15-5
Canyon View (8)	5-3	14-8
Carbon (12)	2-6	8-12
Grand (17)	0-8	6-17

Region 19 Boys Basketball	REGION	OVERALL
Enterprise (1)	8-2	16-4
Kanab (3)	7-3	16-5
South Sevier (4)	6-4	14-7
Parowan (8)	5-5	9-10
San Juan (9)	4-6	8-15
Beaver (18)	0-10	3-17

Region 10 Girls Basketball	REGION	OVERALL
Snow Canyon (3)	11-0	16-5
Dixie (5)	7-3	13-7
Desert Hills (8)	6-4	10-10
Hurricane (9)	4-6	5-12
Cedar (11)	4-6	4-14
Pine View (10)	3-7	7-14
Crimson Cliffs (12)	1-10	2-14

Region 12 Girls Basketball	REGION	OVERALL
Richfield (2)	5-1	19-3
Carbon (4)	5-1	15-5
Canyon View (7)	2-4	13-8
Emery (9)	0-6	9-10

Region 19 Girls Basketball	REGION	OVERALL
Beaver (1)	9-1	19-2
Kanab (3)	7-3	18-3
Parowan (6)	7-3	12-9
South Sevier (7)	5-5	12-10
Enterprise (11)	1-9	6-18
San Juan (15)	1-9	6-17

SCHEDULE

Region 10 Boys Basketball
 2/15 Cedar at Dixie
 Snow Canyon at Desert Hills
 Pine View at Hurricane
 2/17 Hurricane at Cedar
 Dixie at Crimson Cliffs
 Desert Hills at Pine View

Region 12 Boys Basketball
 2/14 **3A PLAYOFFS, FIRST ROUND**
 Ben Lomond at North Sanpete
 Delta at Union
 Grand at Providence Hall
 2/17 **3A PLAYOFFS, SECOND ROUND**
 Am. Leadership at Cyn. View
 Grand-Providence Hall winner
 at Manti
 Delta-Union winner at Richfield
 Ben Lomond-N. Sanpete winner
 at Emery
 Ogden at Grantsville
 Carbon at Morgan
 Judge Memorial at Summit Acad.
 South Summit at Juab

Region 19 Boys Basketball
 2/14 **2A PLAYOFFS, FIRST ROUND**
 Freedom Prep at North Sevier
 UMA Hill Field at Rockwell
 Merit Prep at North Summit
 Maeser Prep at Gunnison
 Beaver-Draper APA
 St. Joseph at Waterford
 2/17 **2A PLAYOFFS, SECOND ROUND**
 San Juan at Parowan
 St. Joseph-Waterford winner
 at Enterprise
 Beaver-Draper APA winner
 at Millard
 Maeser Prep-Gunnison winner
 at Kanab
 Merit Prep-North Summit winner
 at South Sevier
 UMA Hill Field-Rockwell winner
 at Am. Heritage
 Freedom Prep-N. Sevier winner
 at APA West Valley

Region 10 Girls Basketball
 2/14 Dixie at Cedar
 Desert Hills at Snow Canyon
 Hurricane at Pine View
 2/16 Cedar at Hurricane
 Crimson Cliffs at Dixie
 Pine View at Desert Hills

Region 12 Girls Basketball
 2/15 **3A PLAYOFFS, FIRST ROUND**
 Providence Hall at Summit Acad.
 Union at Ben Lomond
 South Summit at Juan Diego
 N. Sanpete at Am. Leadership
 2/18 **3A PLAYOFFS, SECOND ROUND**
 Manti at Canyon View
 N. Sanpete-Am. Lead. winner
 at Grantsville
 S. Summit-Juan Diego winner
 at Richfield
 Union-Ben Lomond winner
 at Morgan
 Prov. Hall-Summit Acad. winner
 at Carbon
 Delta at Juab
 Ogden at Layton Christian
 Emery at Judge Memorial

Region 19 Girls Basketball
 2/15 **2A PLAYOFFS, FIRST ROUND**
 Wasatch Academy at Millard
 Freedom Prep at Enterprise
 APA West Valley at Rockwell
 UMA Hill Field at St. Joseph
 Waterford at Merit Prep
 Gunnison at San Juan
 Maeser Prep at Rowland Hall
 2/18 **2A PLAYOFFS, SECOND ROUND**
 Freedom Prep-Enterprise winner
 at Parowan
 Maeser Prep-Rowland Hall winner
 at Beaver
 Gunnison-San Juan winner
 at North Summit
 Waterford-Merit Prep winner
 at Kanab
 UMA Hill Field-St. Joseph winner
 at Draper APA
 APA W. Valley-Rockwell winner
 at North Sevier
 Duchesne at Am. Heritage
 Millard at South Sevier

Murray signs soccer letter to Illinois school

by Tom Zulewski

IRON COUNTY TODAY

In his search for a college, Cedar soccer player Owen Murray found a distinct advantage when he visited Division III Monmouth College of Illinois last October. Not only did the school's soccer program and coaching staff leave a good impression, having family members living nearby helped seal the deal.

A center-midfielder for the Reds, Murray signed his official letter of intent in front of friends, family and teammates at the CHS campus Feb. 8.

"I was told when I come in as a freshman, I'd get playing time. That was one of my objectives in the process, so this is definitely exciting," Murray said. "They had a rough time last year, but I like the coach's vision for the program and where he sees it going."



Cedar midfielder Owen Murray signs his letter of intent to play soccer for Monmouth College of Illinois on Feb. 8.

TOM ZULEWSKI

In addition to his experience with Cedar as a three-year varsity player, Murray has played a full share of club soccer, including time with the Utah Surf. Knowing he'll be among teammates with similar

drive to succeed gave Murray added confidence in the final decision to sign.

"I'm playing with other players who want to play at the college level and also have the same competitive

drive," Murray said. "Having family close by will also help in case I need help with anything."

For his dad, Cedar assistant coach Zach Murray, the transition to varsity that started sophomore year made a big difference.

"Now that it's his senior year, he's grown physically and will be at his peak, hopefully for the high-school years," Zach said. "He was looking for a school that would be a good fit academically, and the academic scholarship made it possible for him to go there."

Head coach Scott Kamachi added his own favorable impression.

"For Owen being as tall as he is, the footwork he has is really impressive," Kamachi said. "He can move the ball quickly and make passes."

Murray and the Reds will begin a new season on the road at Layton Christian on March 7.

CV's Crane honored by Utah Sports Hall of Fame

by Tom Zulewski

IRON COUNTY TODAY

She's been on one side of the sports fence as a coach, but Canyon View physical education teacher Cristy Crane has been on the other side as an official in volleyball and softball. On Jan. 23, Crane was rewarded for 27 years of officiating work with her selection to the Utah Sports Hall of Fame in a ceremony held in Salt Lake City.

A teacher at CV for the last eight years, Crane got started as an official when her college volleyball coach at Nevada made it part of being on the team.

"I started refereeing when I was 17," Crane recalled. "I coached or refereed every year after that unless I was playing. As I did then, I found out it helped me be better on both sides."

"When I transitioned into coaching, it helped me have more compassion for the referees. When I was refereeing, it helped me empathize with the coaches. They have emotions and get excited about the intensity of the game, so rather than turn around and give them a (technical foul) right away, I can give them a little more leeway."

With a shortage of officials happening nationwide, including in Utah, the task of officiating is far from easy, especially when hearing spectators criticizing every call more. Crane uses that to be better herself.

"I've always tried to train, learn and be the best I can on the court or the field, just like I did when I was playing," Crane said. "If you do those things, you have a better chance of not getting yelled at as much."

Crane went on to add that with some inexperienced officials doing the work, the stress and demands of the work haven't helped to improve the situation.

"Some officials are getting thrown out there, and they're put in situations they're not ready for," she said. "They get yelled at, and then they think 'I can't do this. I don't want to do this, and they're not paying me enough to do this.' The longevity isn't there anymore."

Over the last five years, Crane has led a course on officiating for students at Canyon View. Students who completed the course were given summer opportu-

nities to officiate sports for the Cedar City Parks and Recreation Department.

"For teenagers, money motivates them," Crane said. "It's one of the first things I mention in the course. You can't make \$25 an hour in a part-time job

like this anywhere."

Crane's initial nomination for the HOF came from Norma Carr, who served as a long-time coach and administrator at Salt Lake Community College. The nomination came for Crane "about five, six years ago."

"When I came back to Utah after college and decided I wanted to referee again, I took her class on volleyball officiating at the University of Utah," she said. "I took it over three different semesters, so she asked me after the third time, 'why are you here taking this class?' I said, 'Because I want to keep learning and keep doing better.'"

Crane said the critiques offered by Carr helped her land officiating assignments at the junior-college level for volleyball and basketball. The experience helped Crane land Division I assignments for games in the Big West and Big Sky conferences.

When the award was finalized, Crane was one of two recipients who gave a speech to represent the 17 officials who were inducted into the HOF.

"At the induction ceremony, there were over 500 people there, including a lot of my mentors who taught me how to be an official," Crane said. "They deserved to be up there more than I did."

Through all the ups and downs of the officiating life, Crane keeps a simple motto.

"If it's worth doing, it's worth doing well," she said. "If it's worth my time to do it, I'm gonna do it to the very best of my ability. The recognition is amazing, awesome and humbling."

When the decision was made to induct Crane last fall as part of the Class of 2023, she said there was an exception made that added to the surprise.

"When they called me, they said they changed their minds after Norma Carr nominated me," Crane said. "When they called, they asked if I was still working, and I told them 'yes.' Then Fred Thompson said they changed the criteria to honor the officials when they should be honored."

Crane has been an official for 27 years and a head coach for 16. She wouldn't have her life any other way.

"In almost every season between basketball, softball or volleyball, I've been involved in coaching or refereeing. If I wasn't refereeing, I was coaching. If I wasn't coaching, I was refereeing," she said.



TOM ZULEWSKI

Canyon View teacher Cristy Crane was inducted into the officials wing of the Utah Sports Hall of Fame on Jan. 23 in recognition of her 27 years of work between basketball, softball and volleyball.

Frenzied second-half surge not enough against Utah Valley

by Jason Marsteller

SUU ATHLETICS STRATEGIC COMMUNICATION

OREM — The Southern Utah men's basketball squad fell to Utah Valley, 90-83, on Saturday, Feb. 11 as a frenzied second-half surge came up short for the Thunderbirds.

Southern Utah's record moved to 17-9 overall and 9-4 in the Western Athletic Conference, while Utah Valley improved to 20-6 and 11-2 in WAC play.

Sophomore guard Drake Allen and sophomore center Jason Spurgin had strong nights with 17 points each as they led four Thunderbirds in double-digit scoring. Graduate guard Cameron Healy also scored in double figures with 12 points. Senior forward Maizen Fausett led the T-Birds with 11 rebounds. The in-state rivalry was on full display with five players combined fouling out of the contest as a total of 53 fouls were called in the game.

Senior guard Tevian Jones increased his career Thunderbird scoring tally to 1,266 with 15 points. Jones is now just seven points behind Jackson Stevenett's eighth-ranked 1,273 points from 2010-13. Overall, Jones ran his career total to 1,364 including some time at Illinois. Senior forward Maizen Fausett (7) and senior guard Harrison Butler (2) moved a bit closer to Dre Marin's third-ranked career tally of



SUU's Jason Spurgin helped keep the hopes of the Thunderbirds alive with 17 points in the rivalry matchup loss.

1,434 scored from 2017-22.

Utah Valley opened the contest with a quick 4-0 run before Maizen Fausett cracked into the scoring column on the box score with a layup to move SUU to within 4-2 with 17:30 on the clock. Drake Allen

followed with a circus layup to knot the game up at 4-4 with 16:30 to go.

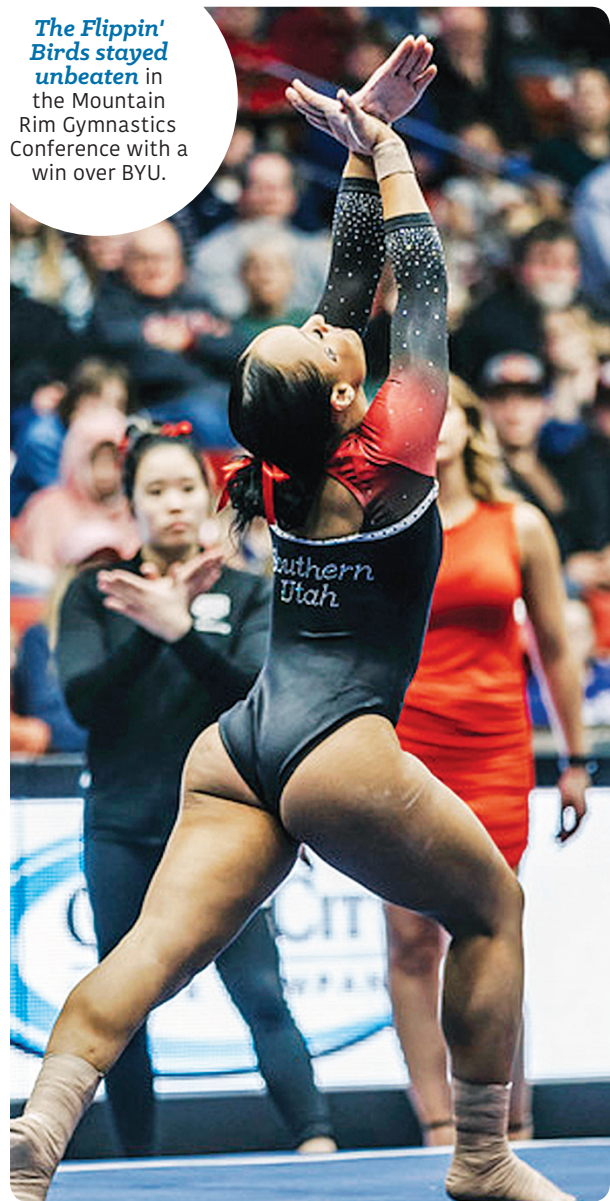
Tevian Jones started the second half quickly with a jumper to cut the advantage to 48-35 with 19:13 to go. Following a UVU layup, Jason Spurgin scored a layup of his own as the 'Birds moved to within 50-37 with 18:40 on the clock.

With UVU up 68-61 thanks to a made free throw, Healy sank a jumper to pull the 'Birds to within 68-63 with 5:16 on the clock. After a UVU jumper, Jones connected on a pair of free throws to cut the gap to 70-65. UVU went on another 5-0 run to extend the lead back to 75-65 with 4:17 to go before Spurgin scored a layup as SUU moved to within 75-67 with 3:51 on the clock. Utah Valley, however, closed the door down the stretch at the line to win, 90-83.

Southern Utah returns home looking to split the season series against Utah Tech on Friday, Feb. 17. Stay up to date during the 2022-23 Southern Utah Men's Basketball season by following @SUUBasketball on Twitter and Instagram and by liking the Southern Utah Basketball page on Facebook. Head on over to our online ticket store (<https://www.ticketreturn.com/prod2new/team.asp?SponsorID=16319>) to purchase season, package and single-game tickets!

SUU soars to program record on the road

The Flippin' Birds stayed unbeaten in the Mountain Rim Gymnastics Conference with a win over BYU.



by Regan Hunsaker

ASSISTANT AD, SUU SPORTS INFO.

The Flippin' Birds stayed unbeaten in the Mountain Rim Gymnastics Conference with an impressive road win tonight against BYU 197.125-196.150. The last time that Southern Utah outscored the Cougars in Provo was in 2019 at the MRGC Championships. The T-Birds started strong with a solid performance on the bars which set the tone for a great meet.

The Thunderbirds set a new road record with 197.125. A record that they set last season at BYU. The score was also the third-best total score in program history. Graduate Student Karley McClain and Junior Aubri Schwartze tied for the top marks on the floor with a score of 9.925. McClain once again claimed the All-Around title with a 39.425.

The Southern Utah floor team tied a season-best 49.500, the #3 all-time mark in program history. SUU's vault score of 49.225 is tied for the third-highest score in school history. The last time that the T-Birds scored that high on the vault was in 2020 against Utah State. The Thunderbirds swept the scoreboard for the meet winning each event.

"I am very proud of these girls and the work that they put

in. They continue to improve and each week they find ways to impress everyone," shared Coach Scott Bauman.

BARS (49.250)

The Flippin' Birds opened the meet on the bars and it was once again a show of consistency. Graduate Student Shylen Murakami took the lead with a 9.925 and the rest of the team followed. Graduate student Mayson Bentley put up a 9.850 to increase the median score. The final three counted scores for the T-Birds were all 9.825 scored by graduate student Caitlin Kho, graduate student Karley McClain, and sophomore Isabella Neff.

VAULT (49.225)

The Thunderbirds moved into the second rotation on the vault. Southern Utah came up with one of its top vault scores of the year with a 49.225. Freshman Kayla Pardue showed off an impressive vault scoring a 9.875. Sophomore Ellie Cacciola and Kho each added a 9.850. McClain and Graduate student Rachel Smith tied for the final score in the event with a 9.825.

FLOOR (49.500)

In the third rotation, the T-Birds moved on to their top 20-ranked floor team. For the second consecutive week, the Thunderbirds showed why

they are the top team in the conference in the event scoring a 49.500. McClain and junior Aubri Schwartze nearly maxed out the board each picking up a score of 9.925. The team continued to impress with a season-high 9.900 from sophomore Taylor Gull. It was a three-way tie for the last two scores in the event with Cacciola, Vultaggio, and Smith each earning 9.875.

BEAM (49.150)

Going to the fourth and final rotation the T-Birds had a significant lead and the beam team brought the meet home scoring a 49.150. It was Smith who would take the top spot for the Flippin' Birds on the beam scoring a 9.900. Hailey Vultaggio finished just behind her with a 9.875. McClain was next with a 9.850 and Shylen Murakami came in with a 9.800. Cacciola rounded out the team score on the beam with a 9.725.

The Flippin' Birds will continue conference play next Friday when they travel to Logan to once again take on the Aggies. The meet will start at 7:00 p.m. MT at the Spectrum.

For all the latest on Southern Utah gymnastics, follow @SUUGym on Twitter, @SUUGymnastics on Instagram, and like the Southern Utah Gymnastics Facebook page.

TOM'S SPORTS TRIVIA

With the Super Bowl officially over, our thoughts turn to spring training and the start of the 2023 Major League Baseball season. This week's dozen goes around the horn for notable news nuggets of the offseason and earlier, so please remember...no wagering!

1. Which third baseman who played for four different teams and was a lifetime .281 hitter, was the only player voted into the Class of 2023 for the Baseball Hall of Fame?

- A. Alex Rodriguez
- B. Scott Rolen
- C. David Friese
- D. Jeff Kent

2. Who won his first World Series ring as a manager when the Houston Astros beat the Philadelphia Phillies in six games at the 2022 World Series?

- A. Joe Girardi
- B. David Ross
- C. Dusty Baker
- D. Gabe Kapler

3. The San Diego Padres made waves last season when they eliminated the 111-win Los Angeles Dodgers in the National League Division Series. Which pitcher did the team reward with a six-year contract extension last week?

- A. Joe Musgrove
- B. Sean Manaea
- C. Blake Snell
- D. Yu Darvish

4. He won the American League Most Valuable Player award in 2022, hit 62 home runs, and nearly left in free agency before re-signing with the New York Yankees. Who is he?

- A. Anthony Rizzo
- B. Aaron Hicks
- C. Aaron Judge
- D. Giancarlo Stanton

5. There are three major rule changes coming to MLB in the 2023 season. Which one does NOT belong on this list?

- A. Bigger bases
- B. Pitch timer
- C. Defensive shift limits
- D. 3-hour game time limit

6. Which third baseman won the 2022 National League Gold Glove Award for the 10th straight time, the longest active streak in the majors?

- A. Nolan Arenado
- B. Kolton Wong
- C. Paul Goldschmidt
- D. Harrison Bader

7. In the American League, two Cleveland Guardians players won Gold Glove honors in 2022 for their outfield work on a team that overcame a slow start and won the

Central Division title. Myles Straw is one. Who is the other?

- A. Oscar Gonzalez
- B. Steven Kwan
- C. Franmil Reyes
- D. Jose Ramirez

8. Which AL West team broke a 21-year playoff drought last season?

- A. Houston Astros
- B. Seattle Mariners
- C. Oakland Athletics
- D. Texas Rangers

9. Which former first baseman dubbed "Crime Dog" was added to the 2023 Hall of Fame class by the veterans committee?

- A. Matt Stairs
- B. Todd Helton
- C. Fred McGriff
- D. Jim Thome

10. Worth noting with the bigger bases coming to MLB, but the only player to steal more than 40 bases was Jon Berti, who had 41 and plays for which NL East team?

- A. New York Mets
- B. Atlanta Braves
- C. Miami Marlins
- D. Philadelphia Phillies

11. Jorge Mateo and Cedric Mullins proved to be a solid 1-2 speed punch as they led the American League in stolen bases in 2022. Which AL East team does the duo play for?

- A. Boston Red Sox
- B. Baltimore Orioles
- C. Toronto Blue Jays
- D. Tampa Bay Rays

12. Which New York Yankees pitcher led all of MLB in strikeouts with 257 in the 2022 season?

- A. Gerrit Cole
- B. Luis Severino
- C. Clay Holmes
- D. Aroldis Chapman

LAST WEEK'S ANSWERS

1. A: The CW. The CW can be found on Channel 30 (KUCW) locally.
2. C: Las Vegas. The Pro Bowl Games were played at Allegiant Stadium.
3. B: Kyrie Irving. Irving was eventually traded to the Dallas Mavericks last week.
4. D: Tom Brady.
5. C: Three. In addition to Pebble Beach, the AT&T is played at Spyglass Hill and Monterey Peninsula golf courses.
6. B: Dillon Brooks.
7. D: Detroit Pistons.
8. A: YouTube TV
9. The actual correct answer was not listed in the choices. LeBron James set the new standard as the NBA's all-time leading scorer Feb. 7 when he hit a short jumper in the closing seconds of the third quarter of the Lakers' 133-130 loss to the Oklahoma City Thunder.
10. C: Kansas City.
11. D: Mookie Betts. Betts finished 98th in a field of 108 bowlers who qualified. The Dodger outfielder averaged 186 over the course of 24 games.
12. C: \$7 million.

Reds swim teams finish second at 4A state meet

With the boys team winning both freestyle relay events, the Cedar swim teams each finished second overall at the 4A state meet held Feb. 10 and 11 at the BYU swim complex in Provo. The Reds boys just missed taking the top spot on the podium, finishing with 343 points, only 12 behind team champion Crimson Cliffs. Cedar's team of Emery Cook, Justin Granado, James Smith and Andrew Sagers won the 200-meter free relay in 1 minute, 31.24 seconds, beating out runner-up Sky View's 1:31.68. Tanner Dodds joined Granado, Smith and Sagers to complete the double by winning the 400 in 3:18.63, more than five seconds in front of Mountain Crest.

Sagers also won an individual title for Cedar, taking the 100-meter butterfly in 53.91, ahead of Mackey Cook's 54.16 for Crimson Cliffs.

Cedar's girls team finished second with 217 points at the 4A meet, seven in front of the Mustangs, but well behind champion Ridgeline and its total of 449 points. Here are the Reds swimmers who finished in the top three at the 4A meet.

- » **Girls 500 freestyle:** Aspen Simper, second (5:30.84); Sarah Olsen, third (5:31.56).
- » **Girls 200 free relay:** Third, 1:48.76.
- » **Boys 200 medley relay:** Third, 1:42.84 (beat Desert Hills by .02 seconds).
- » **Boys 200 freestyle:** Sagers, second (1:48.52).
- » **Boys 50 free:** Smith, second, 22.46 (.01 behind winner Peter Gibbons of Sky View).
- » **Boys 100 free:** Smith, third, 49.69.
- » **Boys 500 free:** Dodds, third, 5:02.27.
- » **Boys 100 breaststroke:** Ashten Krans, third, 1:02.76.

In the 3A meet at BYU, the Canyon View boys team finished second as a team with 242 points, while Judge Memorial claimed the championship trophy. Jacob Grimshaw was the only individual winner as he stood atop the award podium for winning the 500 freestyle in a time of 5:14.19, just ahead of Millard's Ethan Bishop (5:14.45).

Here are CV's other top-three finishers from the 3A state meet.

- » **Boys 200 medley relay:** Second, 1:43.93.
- » **Boys 200 free:** Kurt Morgan, second, 1:48.39.
- » **Boys 100 free:** Morgan, second, 48.27.
- » **Boys 400 free relay:** Second, 3:29.63.

The Canyon View girls didn't finish in the top eight of the team standings, but Soleil Grimshaw was the best individual finisher, coming in fourth in the 200 individual

medley with a time of 2:30.41.

In a promotional announcement for CBS primetime programming during PGA Tour coverage Sunday, Jim Nantz mentioned three episodes of "The Equalizer" would be shown. He said, somewhat tongue-in-cheek, "What else would you rather watch?"

I don't know...there was a little thing called the Super Bowl competing alongside for viewing attention. Let's give them an A for an honest effort in what's clearly a no-win situation.

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



RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY

RAMS HOOPS

« CONTINUED FROM PAGE 23

After Matheson hit the go-ahead basket, a foul was called on Parowan with 3.7 seconds left. Kinley Jenson hit the first free throw, but missed the second. A South Sevier player controlled the rebound, but a last shot was missed at the buzzer, allowing Parowan to hold on for its fourth straight win.

In its opening game of the week, Parowan used a 22-7 third-quarter surge to pull away to a 60-37 rout over the Enterprise Wolves at home Feb. 8. Brooklyn Hulet set the pace for the Rams with 20 points and Matheson added 15 in the victory.

Parowan will open the second round of the 2A state playoffs on Saturday against the winner of the Enterprise-Freedom Prep matchup scheduled for a 1 p.m. start.

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STRONG YARD WORKERS (MINIMUM 16 YEARS OLD). FOR short term project in Enoch. \$15.00 per Hour. Call 435-590-0596. Please leave a message.

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February 24 & 25

DELTA SNOW GOOSE FESTIVAL 2023

CRAFT FAIR
 75 W Main St.
 Fri: 12 pm - 7 pm
 Sat: 10 am - 4 pm

GOOSE OBSERVATION W/ DNR
 Sherwood Shores (East Boat Ramp)

WILD GOOSE CHASE 5K
 25th @ 10 am
 Starts at Public Beach
 Sign up at runnercard.com

QUILT SHOW & CLASSES
 Millard County Fair Building
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WWW.DELTAUTAHCHAMBER.COM



- Food Trucks
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 - Painting
 - Cake Decorating
 - Pillowcase
 - Crafts

* Links to sign up on USU Extension-Millard County Facebook or Delta Snow Goose Social Media

[@snowgoosefestivaldeltaut](https://www.facebook.com/snowgoosefestivaldeltaut) [@deltasnogoosefestival](https://www.instagram.com/deltasnogoosefestival)

legal notices

PUBLIC NOTICE

The State of Utah School and Industrial Trust Land Administration (SITLA) has received an application to lease the surface of the following described acreage in Iron County: Township 35 South, Range 15 West, Section 19 Lots 1-4, E2, E2W2 (All), Section 29 W2, Section 30 Lots 1-4, SE4SW4, NE4NE4, SE4SE4, Section 31 N2, SW4, W2SE4, NE4SE4; containing approximately 1,839.44 acres. Any individual wishing to submit a competing application to lease this property, a portion thereof, or a parcel including any of the above-described acreage, should also file an application and the appropriate application fee(s). SITLA will accept competing applications until 5:00 P.M. Friday, March 3rd. For more information about the parcel and about the leasing process, please feel free to contact Mike Healy, 675 East 500 South Suite 500, Salt Lake City, Utah 84102, (801) 538-5159, Reference No.: SULA 2007

Published February 8, 15 & 22, 2023
 Iron County Today • ICT #0511

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UTAH ARTIST FELLOWSHIPS

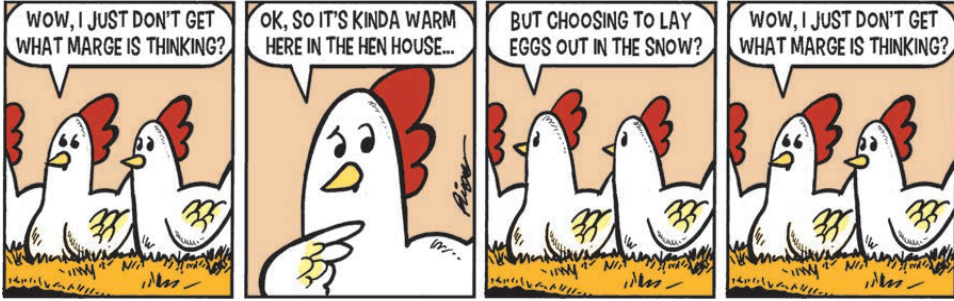
Submit by March 3

artsandmuseums.utah.gov



Amber Waves

by Dave T. Phipps



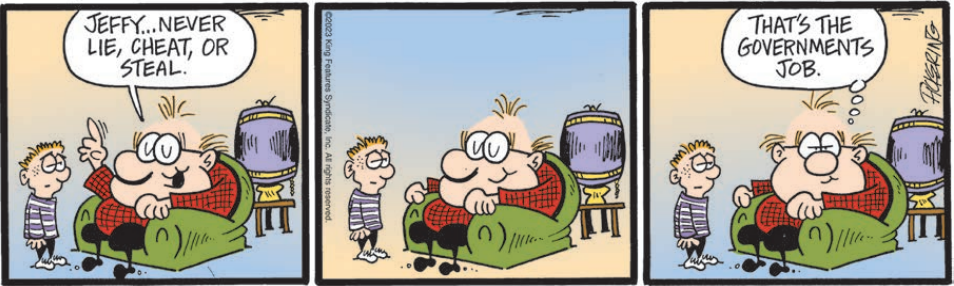
TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

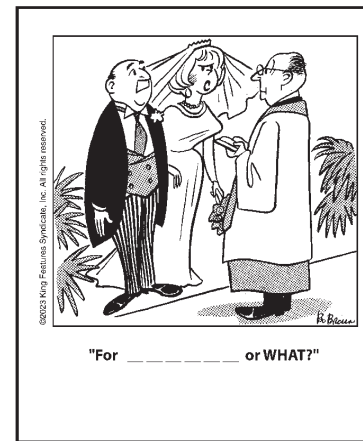
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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Snowball stack is smaller. 2. Sign is missing. 3. Cap differs. 4. Snowball stack is missing. 5. Picture is missing. 6. Pendant is missing.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Blade PRARIE

Player CATOR

Fraud TEACHER

Refine TRIFLE

TODAY'S WORD

February 13, 2023 Posting Date King Crossword

- ACROSS**
- Sailing vessel
 - Clear the deck?
 - Kitten's cry
 - A Marx brother
 - Low digit
 - "Xanadu" band
 - Baby hooter
 - Florida city
 - Handsome guy
 - Convent dwellers
 - Brooch
 - Tool set
 - March honoree, for short
 - Fed. food inspector

1	2	3	4	5		6	7	8		9	10	11
12						13				14		
15						16				17		
		18				19				20		
21	22			23				24				
25			26		27		28					
29				30			31			32	33	34
			35			36			37			
38	39	40				41		42		43		
44					45				46			
47				48				49			50	51
52				53				54				
55				56				57				

- "Humbug!"
- Keaton of "Annie Hall"
- Lair
- Bikini top
- Old anesthetic
- HBO competitor
- Attorney's field
- Florida city
- Pundit's piece
- "The Chosen" author Chaim
- Cuban rum cocktail
- Burden
- Zing
- Convened
- Justice Kagan
- In the — way (very much)
- Preambles
- Spock port-trayer
- Young seal
- Leb. neighbor
- Paulo
- President Jackson
- Carter of "Wonder Woman"
- Overly
- Florida city
- Vintage
- Approves
- Sultry singer Kitt
- Queried
- Soft leather
- Check the fit of
- Dodge
- Russian ruler
- Send forth
- Flow out
- Away from SSW
- Aachen article

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Trivia test

by Fifi Rodriguez

- TELEVISION: What was the name of the saloon in the 1960s series "Gunsmoke"?
- GENERAL KNOWLEDGE: To date, how many people have walked on the moon?
- GEOGRAPHY: What is the capital of the Canadian province Nova Scotia?
- MOVIES: How many "Police Academy" movies have been produced?
- U.S. STATES: Why is Indiana known as "The Hoosier State"?
- FOOD & DRINK: What percentage of a cucumber is water?
- HISTORY: Which company published its first mail-order catalog in 1872?
- ANIMAL KINGDOM: What does the armadillo's name mean in English?
- LITERATURE: What is author Mark Twain's real name?
- CELEBRITIES: What is one of singer/actor Frank Sinatra's famous nicknames, based on a physical attribute?

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

Answer

Weekly SUDOKU

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

Solution time: 26 mins.

Answers

King Crossword

SCRAMBLERS

solution

- Rapier
- Actor
- Chester
- Filter

RICHER
Today's Word

- Madrid, Spain
- Brazil
- Time flies
- Obelus
- 10 minutes, according to Dylan
- About 50 times
- "Home Alone"
- "The Lion, The Witch and the Wardrobe"
- "How you doin'?"
- Outer ear

PRESIDENTS DAY EVENT

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