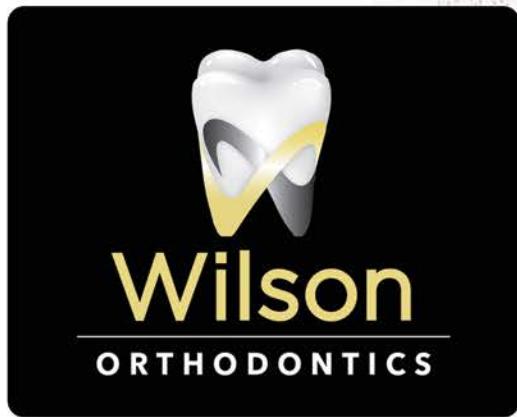


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sports

Reds split week as Warriors clinch region



IRON COUNTY

today



SUN SHINES

as Miss Utah

STORY IN SHOWCASE

SUU alumni star at NFL Super Bowl Experience

by Nikki Koontz

SUU MARKETING COMMUNICATION

Southern Utah University (SUU) prides itself on producing talented individuals who excel in various fields. This year, six remarkable alumni of SUU found themselves at the heart of the NFL Super Bowl Experience in Las Vegas, Nevada. Their journey from the picturesque campus of SUU to the grand stage of the NFL Super Bowl Experience showcases not only their personal achievements but also the quality of education and opportunities provided by SUU.

Lane Wood ('06), Kenten Pope ('17 & '19), Emma Ray ('22), Leah Madden ('22), Paige Crossley ('23) and Tessa Devey ('23) have taken their educa-

“We have had the amazing opportunity to work alongside event professionals to operate Super Bowl LVIII Opening night at Allegiant Stadium and the Super Bowl Experience at Mandalay Bay.”

Leah Madden



COURTESY SUU

(L to R) Kenten Pope, Paige Crossley, Leah Madden, Emma Ray, Tessa Devey and Lane Wood

tion from SUU and are each working in different avenues of the event industry. Over the last week, they have used their talents to manage events leading up to and around Super Bowl LVIII.

“We have had the amazing opportunity to work alongside event professionals to operate Super Bowl LVIII Opening night at Allegiant Stadium and the Super Bowl Experience at Mandalay Bay,” said Madden who is in her second

year of serving at these events.

The Super Bowl Experience is held at the Mandalay Bay and is the most exciting continuous event surrounding Super Bowl LVIII. Set up as an interactive amusement park, the event offers games, youth clinics, and interactive experiences with NFL athletes, cheer teams and mascots. It also allows you to test your skills against the pros with activities like the 40-yard dash, field goal kick


and Combine obstacle course. The centerpiece of the event is a photo opp with the coveted Vince Lombardi Trophy.

In addition to our alumni, a group of 15 T-Bird students are gaining hands-on event experience by working as teammates and learning from event professionals at the NFL Super Bowl Experience. These students have taken courses within SUU's event management minor which have given them the basic skills needed to excel in their careers after graduation.

“It has been rewarding to see our students put their education to practical use as they operate games for the thousands of football fans who will pass through the gates of the Super Bowl Experience this week,” said Pope who serves as an Executive Events Manager for SUU. “We pride ourselves on the experiential learning opportunities offered through events on campus and it is a terrific opportunity to enhance those skills through an event on a national stage.”

The presence of these talented SUU alumni & students at the NFL Super Bowl Experience in Las Vegas is a testament to the university's commitment to academic excellence and professional development. Their diverse roles and contributions exemplify the breadth of opportunities available to SUU graduates in the world of sports and event management. As SUU empowers future leaders for many years to come, it is evident that its alumni will continue to make their mark on the world stage, leaving a lasting legacy of excellence and achievement.

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Enhanced legislation aimed at protecting Utah's youth from harms of social media

from Aundrea Peterson

UTAH SENATE

SALT LAKE CITY — Sen. Mike Mckell, Sen. Kirk Cullimore, Rep. Jordan Teuscher and Rep. Jay Cobb announced enhanced legislation to protect youth from the harms of social media and empower families with resources to keep children safe. Utah is leading the nation with landmark legislation that helps safeguard kids and teens from the growing mental health crisis tied to the rise in social media addiction.

“Social media companies know the harm they are inflicting on our youth’s mental health – and we’re not going to look away.”

Sen. Mike Mckell

In Utah, 88% of parents believe social media has a detrimental impact on children and youth, and nearly half of teens nationwide, ages 13 to 17, said using social media makes them feel worse. A staggering 53% of teen girls in Utah have persistent feelings of sadness or hopelessness, a 61% increase since the invention of social media. Additionally, there is a strong relationship between screen time, lack of sleep, thoughts of suicide and substance use.

S.B. 194 Social Media Regulation Amendments focuses on platform safety for and parental engagement with minors by:

» Enacting a strict age verification process in order to create a safer experience for minors.

- » Disabling certain addictive product features for minor accounts.
- » Requiring default robust privacy settings for minors.
- » Prohibiting social media companies from sharing or selling minor’s data without parental consent.
- » Providing parents or legal guardians with supervision tools for minors’ accounts.

“We won’t stand by while social media companies continue to exploit kids,” said Sen. Mckell. “Social media companies know the harm they are inflicting on our youth’s mental health – and we’re not going to look away. Utah will continue to lead out on protecting youth and providing parents with tools and resources. This is an unprecedented issue we’re dealing with, and it requires novel legislation.”

H.B. 464 Social Media Regulation Act Amendments addresses the harmful addictive algorithms that social media companies deploy on children in Utah. The bill:

Gives minors and their parents or legal guardians the ability to hold social media companies liable for the harm addictive algorithms have caused children through a private right of action.

Allows social media companies to legally overcome the assumption that their products cause harm if they:

- » Obtain parental consent for a minor’s use of the platform.
- » Remove addictive features and display content chronologically.
- » Limit a minor’s time on the platform.

“Our number one goal is to protect minors from the harmful impacts of social media,” said Rep. Teuscher. “H.B. 464 and S.B. 194 put important safeguards in place to protect Utah’s children and gives social media companies time to comply. Utah will continue to lead the nation in finding innovative solutions to complex challenges.”

Social media companies designed their platforms to addict users – including children – to increase prof-



SHUTTERSTOCK

its. This is a national, bipartisan issue, and Utah has led the way. Congress recently held hearings to question social media CEOs. While they are at step one in the process, Utah is leaps and bounds ahead – already working toward solutions and establishing guardrails to protect minors.

“As a father of six children, I have seen social media’s negative impact on kids firsthand,” said Sen. Cullimore. “We’ve shown time and time again that Utah deeply cares about youth mental health. We’re committed to getting this right and finding ways to protect our youth from dangerous algorithms, data

collection and the overall detrimental effects of social media.”

The Legislature has worked with the Utah Department of Commerce, the Attorney General’s Office, the Office of Families and stakeholders to review and enhance the Utah Social Media Regulation Act. S.B. 194 and H.B. 464 are important continuations of the state’s efforts.

“Social media has caused extreme harm to youth,” said Rep. Jay Cobb. “We are going to take every step necessary to curb those negative impacts and ensure social media companies stop taking advantage of Utah’s children.”



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opinion

FROM THE EDITOR

In sickness and health

You know those times when you accidentally swallow a pinecone? And I'm not talking about a closed one, but a fully open, ready to ruin your day kind. No? I'm the only one that's ever had that experience? Okay, I haven't really swallowed a pinecone, but that's how my sore throat felt when I recently got sick. I'm better now, but getting sick is no fun.

With that in mind, last week I talked about some of the best parts of being the Managing Editor of the Iron County Today. If you asked me what some of the worst (challenging) parts are of being the Managing Editor are, one of only a few, thankfully, is when I get sick. Not only logistically and lozenge-ally (Zicam is the best), but literally.



COREY BAUMGARTNER
MANAGING EDITOR

Because there are no back-up editors to step in and step up when I need to step out. Which means, that no matter how many sore-throats, aches, pains, and unpredictable predicaments, I still have a job to do for my team and our community.

If you've read my columns, and/or know me in person, you know where my strength and inspiration comes from. You know I'm a completer, not a complainer. So, speaking of illness and absence, it's been 253 (and counting) newspapers without an official sick-day or vacation.

see **SICKNESS** » 10

WORD OF THE WEEK

FLOTSAM & JETSAM

Flotsam is the cargo knocked overboard during a storm. Jetsam is cargo cast overboard deliberately to lighten a vessel to improve its stability in an emergency.

As 2024 continues, protect your precious cargo from the storms and throw anything overboard that's weighing you down.



QUOTE OF THE WEEK

"The most important trip you may take in life is meeting people halfway."

Henry Boye

Overcoming, preventing a potentially perilous past

BLACK HISTORY MONTH – PART 3

by *Edy Meredith*

FOR IRON COUNTY TODAY

One way to prevent future failings is to acknowledge our personal attitudes towards and recognizing the many and diverse accomplishments of African Americans all year-round and especially in February during Black History Month.

Since 1928 February has been set aside to celebrate these accomplishments with 86 different themes beginning with "Civilization: A World Achievement" in 1928. Please find the total list of 96 themes at: Parade.com/living/black-history-month-themes. "Over the years, the themes have reflected changes in how people of African descent in the United States have viewed themselves, the influence of social movements on racial

ideologies, and the aspirations of the black community" according to ASALH during all 96 years of celebrations and acknowledgement of achievements.

Martin Luther King Jr. recognized people's ability to change when he said, "I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality...I believe that unarmed truth and unconditional love will have the final word." While the

theme for this year's Black History Month is African Americans and the Arts, African Americans have also achieved "to the high heavens" with their scientific achievements in the Space Program. NASA has published a list honoring African Americans in Space from the

OP/ED

see **OVERCOMING** » 10

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opinion

“Dirty Dozen” disasters in so-called “border deal”

from Senator Mike Lee

FOR IRON COUNTY TODAY

The proposed border deal will not secure our border. Passing it into law would worsen the border crisis. Here's why:

» **Codifies Catch And Release**

Gives the Secretary of Homeland Security unchecked authority to release an alien into the United States under ineffective “alternatives to detention.” The illegals only have to express “credible fear” of persecution or the intent to apply for “protection determination” (SEC. 235B)

» **Allows Up To 1.8 Million Illegal Aliens To Enter Before Temporarily Closing Parts Of The Border**

The Secretary of Homeland Security is only required to shut down the border if there are 5,000 average illegal crossings over a consecutive seven-day period or 8,500 in a single day. The Secretary may shut down the border if crossings are at 4,000 daily average over a consecutive seven-day period. Even during a border emergency,

this bill requires the administration to process a minimum of 1,400 illegal immigrants a day. This is 400 more per day than Obama's DHS Secretary Jeh Johnson said constituted a crisis in 2019. (SEC. 244B)

» **Presidential Discretion**

Allows the president to reopen the border any time it is in the “national interest to temporarily suspend the border emergency authority” for up to 45 days.

**OP/
ED**

» **Funds Sanctuary Cities And NGOs Sending Illegals Around The Country**

Includes \$1.4 billion for more FEMA grants to NGOs that provide shelter, transportation, legal advice and other services to illegal aliens and \$2.3 BILLION to HHS for Refugee Entrant And Assistance, a slush fund for services to unaccompanied alien children.

» **Subsidizes Free, Taxpayer-Funded Legal Counsel To Illegal Aliens**

Orders the Secretary of Health and Human Services to ensure that “all unaccompanied alien children who are or have been in the custody of the Secretary of Health and Human Services or the

Secretary of Homeland Security...have counsel to represent them in legal proceedings” and free legal counsel for any illegal alien who a judge determines is mentally “incompetent.”

» **Increases Green Cards By 50,000 Per Year For Five Years**

This includes 32,000 family-based green cards and 18,000 employment-based green cards. Hurts American workers by importing cheap foreign labor. (SEC. 3402)

» **Work Permit For Adult Children Of H-1b Visa Holders**

Hurts American workers by providing indefinite

see **BORDER DEAL** » 10

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rshipp@le.utah.gov

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Carlalbrecht@le.utah.gov

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- 2 Sirloin Steaks

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IRON COUNTY FORECAST

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FRIDAY
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SATURDAY
Chance Showers 48°/35° PRECIP: 20% WINDS: SSW 10-15
SUNDAY
Chance Rain/Snow 46°/36° PRECIP: 40% WINDS: SSW 10-15
MONDAY
Chance Rain/Snow 45°/34° PRECIP: 50% WINDS: S 10-15
TUESDAY
Chance Rain/Snow 42°/32° PRECIP: 60% WINDS: SSW 10-15
WEDNESDAY
Chance Rain/Snow 40°/28° PRECIP: 40% WINDS: SSW 10-15

IRON COUNTY GOVERNMENT RECAPS

Cedar City Council

by Iron County Today Staff

IRON COUNTY TODAY

Center Street overpass sidewalk approved

Public Works Director Jonathan Stathas announced \$22,200 in UDOT funding for a Center Street overpass sidewalk project. He suggested merging it with a nearby roundabout project in spring 2025 for integrated design and efficiency. Mayor Green and the council backed coordinating these efforts with the University.

RAP Tax Distributions

The Council discussed allocating RAP (recreation, arts, parks) tax distributions. They talked about potentially changing the current split from 33% each for recreation, arts, and parks to 60% for recreation and parks and 40% for arts. They also discussed increasing the maintenance set-aside from 10% to 20%. There was debate around the impacts this could have, with arts groups wanting more funding but recreation and parks having high costs as well. Some concerns were raised that this could reduce money available for capital recreation and parks projects. They decided going forward they would take 20% off the top for maintenance, with 10% going to a Heritage Center sinking fund and 10% split between recreation/parks and arts. The remaining 80% would be allocated 60% for recreation/parks and 40% for arts. The intent is to build up funds over time to put towards a future Heritage Center remodel.

Iron County School Board

by Iron County Today Staff

IRON COUNTY TODAY

Discussion continues with how to fund large capital projects after the narrow loss of the 2023 general obligation bond resolution. During the Board of Education's recent regular work meeting, Business Administrator Todd Hess outlined individual projects from the bond and the impact each would have on taxes if lease revenue bonds were considered.

"One thing to remember on this, interest rates between October when we did the bond resolution, were about a percentage point higher than they are now," Hess said. The good news is that means the same projects can be done for a little less than was projected with the bond.

Lease Revenue Bonds

Lease revenue bonds are one way government entities can finance capital facilities. Unlike a general obligation bond, the money is not secured with a specific tax levy. These bonds would be paid off through the normal budgeting process of the district. Because the funding is less secure than general obligation bonds, it carries a higher interest rate.

Outside of bonds, capital projects are paid for through the capital projects fund and capital levy — currently about \$5 million a year. Needs such as roof repairs, heating and air conditioning, carpet replacement, technology infrastructure, etc. are prioritized each year for this funding. The Board of Education would need to consider an increase to its capital levy just to complete one of the proposed bond projects. Hess also advised that using lease revenue bonds for any specific project on the bond list requires a public hearing.

"It's a good way to actually get feedback or input from the public," he said. Specifically, the board could get a good idea whether the public approves or disapproves of the project. A truth-in-taxation hearing is also required to increase the capital levy tax rate.

Cellphone Policies

Board member Jeff Corry requested the Board of Education discuss school cellphone policies following a letter from Utah Gov. Spencer Cox. Secondary Schools Executive Director Roy Mathews said all secondary schools in Iron County School District have cellphone policies currently. Both middle schools do not allow cellphone use, even during class breaks. High schools are a little more lenient with use allowed during lunch and breaks. Many high school classrooms have locations where students place their phone until the end of class. Many board members said a strict no cellphone use policy would put teachers and schools in a battle with parents. Board President Ben Johnson said he didn't believe teachers should have to take on the responsibility of taking away personal property and shoulder the liability if the phone is then stolen or damaged. He said cellphone use should be a responsibility of the parent, while teachers should be allowed to focus on teaching and learning. Board member Megen Ralphs said any policy would need to consider exceptions for medical use. She added that it probably shouldn't be a districtwide policy, and instead allow each school to implement its own policy with guidelines and assistance from the district. The Board asked for a survey to get more input from teachers on a possibly policy.

"Whatever we do implement, there's going to be some burden on the administration, up front, considerably," Ralphs said.

Education Item Approvals

- Selection of a Continuous Improvement Expert at South Elementary. Innovations Ed will work with the school on improvement using a grant the school received. The group will help the school with trainings and building leadership. Executive Director of Elementary Schools Steve Burton said many elementary schools in the district receive extra funding through Title I. South does not qualify for that funding.
- An updated Memorandum of Understanding with Success Academy.
- An addition to the dangerous weapon definition in the Safe Schools Policy to match the state policy.
- Continuing the contract for Business Administrator Todd Hess.
- Updates to the Internet Safety Policy.

Cedar City Planning Commission

by Iron County Today Staff

IRON COUNTY TODAY

During the public hearing, Old Farm subdivision residents turned out to speak against the proposed changes, concerned about increased density and traffic, negative impacts on overcrowded schools, reduction of open spaces, and infringement upon the rural community character that attracted them to purchase homes there. Speakers urged the commission to preserve the area as R1 residential per the zoning code's stated intent to provide a quiet, family friendly area with large lots and abundant landscaping. Others clarified details in response to resident questions regarding zoning transitions, fencing height requirements, and master plan specifics. Several people also voiced concerns about the lack of pedestrian safety given substantially increased traffic congestion and street parking they have witnessed stemming from other nearby high-density housing developments.

Sewer Infrastructure

There was a discussion of proposed engineering standards revisions related to drainage and sewer infrastructure. The commission voted to recommend approving these changes, which aimed to clarify code compliance requirements when developments impact irrigation systems, eliminate certain sewer drops that can cause maintenance issues, and allow drops for pressure sewer lines.

Parowan City Council

by Jennelle Zajac

FOR IRON COUNTY TODAY

Parowan City/Enoch City Chipseal Equipment Interlocal Agreement Approved

An agreement was made with Enoch City to purchase and maintain chipseal equipment. This equipment will allow the cities to perform their own chipseal operations on a regular basis and maintain the city's roads at a reasonable cost.

Active Transportation Plan Adopted

Throughout 2023, Bike Utah worked with Parowan City and its citizens to develop the Active Transportation Plan (ATP) which outlines how to make Parowan a more walkable and bikeable city. Some benefits of additional walking and bike paths include: increased connectivity through family-friendly bike paths. More Parowan residents engaged in daily active transportation. Reduced traffic and air pollution. Improved social connectivity, mental and physical health. Funded by the State of Utah, the ATP identifies several potential funding sources for construction of each of the components of the plan. The Council voted to adopt the Plan, which will be incorporated into the Parowan General Plan. Citizens can view a copy of the ATP at the Parowan City Office. It will also soon be posted on the City's website.

One Million Dollar Grant Approved for Water Recharge Project

Parowan City has received a \$1M Water Infrastructure Grant from the Utah Governor's Office of Economic Opportunity. This grant, in conjunction with funding from Iron County, the Parowan City Water Company, and the Parowan Valley Pumpers Association will fund a project that will divert excess surface runoff water to an alternate recharge pit. The existing concrete diversion structure is located at the mouth of the Parowan Canyon on City property. The concrete structure will be modified slightly to accommodate the diversion of the Parowan Reservoir Company's water into one pipeline and then to divert excess water into a second pipeline. The Utah State Engineer has estimated that the Parowan Valley aquifer is being over-mined by approximately 11,000 acre-feet per year. Reaching a safe yield would require a combination of conservation, artificial

public & health

AARP to offer Smart Driving Classes

from Roland Gow

FOR IRON COUNTY TODAY

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 Monday, March 4, at the Iron County Visitors' Center, at 1:00 pm. This class will be lead by Roland Gow (435-592-0658). Please call to make a reservation. Space is limited.

Utah Summer Games Opens registration

by Nikki Koontz

SUU MARKETING COMMUNICATION

The Larry H. Miller Utah Summer Games officially opened registration for participants for 2024 programming utilizing a new registration system provided by Utah-based software company Arbitrator Sports. The long-standing amateur sports competition will host 34 sanctioned competitions during the 2024 season, with competition starting on March 22 with wrestling. The Larry H. Miller Utah Summer Games Opening Ceremony, presented by State Bank of Southern Utah, is scheduled for

Friday, June 7 at Eccles Coliseum.

New additions for the 2024 season include sports such as boys' volleyball, cheer, corn hole, drill/dance, mountain biking, and orienteering. The new events align with the department's goal to continue providing educational access, economic development, and cultivation of community and healthy lifestyles through its programming.

"We are so excited for registration to open for the 2024 Larry H. Miller Utah Summer Games," said Jon Oglesby, executive director of the Larry H. Miller Utah Summer Games Department at SUU. "Our department, in conjunction with many partners and supporters, is elated to welcome the state of Utah and friends from neighboring states to participate and connect at our beloved campus and community. We are thrilled to welcome new friends who will participate in new event offerings."

Last year featured a record 10,566 participants from several states. To register for this year's Larry H. Miller Utah Summer Games, or to learn more about the event, visit utahsummergames.org.

BLM seeks seasonal call-when-needed firefighters

from Rachel Carnahan, BLM

FOR IRON COUNTY TODAY

The Bureau of Land Management (BLM) Arizona Strip District is currently recruiting applicants for seasonal call-when-needed wildland firefighters for the 2024 fire season. Wildland firefighters provide a valuable service, protecting communities and public lands.

To serve on a wildland fire crew, persons must be at least 18 years of age, have a strong work ethic, be able to pass a fitness test and medical exam, maintain good physical fitness, travel out of state for extended periods, and contribute to a team-structured environment.

While most fire duties will be in southern Utah and northern Arizona, some assignments may be out of

state and last 14 consecutive days, plus travel time. Recruits will be classified as Administratively Determined (AD) Emergency Firefighters, hired on a call-when-needed basis, and are only paid during fire and/or work assignments; pay is \$21.08 per hour.

Recruits will receive classroom and field training, and all essential equipment assigned that will enable them to perform wildfire suppression safely and effectively.

Applications will be accepted through Feb.29. Applicants will be notified in March regarding their selection for one of the available firefighter positions and can apply in

the following ways:

Request, and send application forms back, by email, to the email address jmizer@blm.gov or bbdavis@blm.gov, (or) Pick up and drop off application forms at the Arizona Strip District Office 345 E Riverside Dr. St. George, UT 84790.

If you think you have what it takes to be a wildland firefighter, and if you seek meaningful employment for several months, please contact Ty Mizer, 435-414-5481, jmizer@blm.gov, or Brandon Davis, 435-429-4135, bbdavis@blm.gov. To learn more about BLM's fire and aviation program in Arizona, visit: blm.gov/t/fire/az.

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Southern Utah University

Join TEDxSUU for an inspirational evening

by **Nikki Koontz**

SUU MARKETING COMMUNICATION

Southern Utah University will host TEDxSUU on Tuesday, February 20 at 7 p.m. The event will be held in the Great Hall of the Hunter Alumni

said Melissa Funk, TEDxSUU executive committee member and director of the Speech and Presentation Center at SUU. "I look forward to the variety of topics and the enthusiasm of each speaker. Plus, the ideas we leave with stay with us and we can

has chosen "Transcendence" as the theme for this year's event, and five speakers were chosen to share experiences that have produced results that exceeded expectations.

The following speakers and presentations were selected:

- » Holly Biesinger: Finding Belonging Through Family History
- » Brenna Horton: Mental Illness and Self-Efficacy
- » Bret Nelson: Empathy
- » Laura Walker: Transcendence

Through Heartache

- » David Hatch: Interdisciplinary Thinking and the Educated Person

At a TEDx event, speakers give presentations called TEDtalks and work together to spark inspiration, deep discussion and connection. These local, self-organized events are branded TEDx, where x represents an independently organized TED event. Learn more about TEDxSUU at www.suu.edu/tedx.



The TEDx mission is to "Discover and spread ideas that spark imagination, embrace possibility and catalyze impact" making it a great partnership for SUU.

COURTESY SUU

Center. Admission is \$10 for the general public and \$5 for students.

"TEDxSUU invites the audience to visit new and familiar ideas and to think beyond their current agenda,"

pursue new avenues of interest."

Following the TEDx mission to "discover and spread ideas that spark imagination, embrace possibility and catalyze impact" the committee

GOVERNMENT

« CONTINUED FROM PAGE 6

recharge, and curtailment of water rights.

During the Work Meeting portion of the meeting, several items were presented for discussion but no action was taken by the Council:

Should the City paint crosswalks to look like brick, thus making them more visible to pedestrians and vehicles as well as improving their aesthetic quality? The plans for the Parowan Pickleball courts was presented with discussion about current funding and initial construction. The City Manager expressed that no concrete would be poured while it is snowing!

Parowan City electric customer feedback has been particularly strong this month

due to high energy bills. Dan Jessen gave a presentation to the Council and those attending the meeting describing the cause of the high bills. He explained that the City is doing everything it can to keep costs low in the environment of increasing energy costs nationwide. Power customers can call the city office to request an energy audit, which may reveal ways to reduce energy bills.

The ordinance to formally adopt the RAP Tax was discussed and reviewed. Council members were advised to review the details of the ordinance for a vote to adopt the ordinance at a future meeting.

Residents are encouraged to attend city Council Meetings on the first and third Thursday of each month at 6:00 p.m. at the Parowan City Council Chambers. Alternatively, the meetings can be viewed at <https://www.youtube.com/@parowancity2030>

Career-focused programs
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SUU
suu.edu

UTAH LEGISLATIVE UPDATES

Utah Senate

Friends and neighbors,

I am happy to report that we are halfway through the 45-day legislative session, and as the state with the shortest session in the nation, we have a very limited period of time remaining to consider legislation. At this point, we have passed more than 70 bills that address topics from transportation infrastructure to environmental policies. You can see a list of the bills we've passed on the legislative website (le.utah.gov).

Over the last several months, I have been working on bills to ensure they appropriately rectify a few problems facing our state. After working with multiple interested parties, my bill S.B. 27 Behavioral Health System Amendments, moved forward in the legislative process this week.

S.B. 27 creates a behavioral health commission within the Department of Health and Human Services. The commission combines several existing behavioral health entities under a single umbrella, decreasing the number of commissions in the state. By creating a centralized entity, behavioral health organizations will more effectively and efficiently address behavioral health concerns in the state. I appreciate the input I have received on this bill and look forward to continued feedback as the bill moves forward.

I am also pleased with the progress of my bill S.B. 201 Municipal Incorporation Amendments. Last session, we made some adjustments to the process of incorporating a municipality. During the interim, I have continued discussing additional changes to the incorporation process. While S.B. 201 makes several adjustments to Utah code, the only policy change proposed in this bill is regarding the cost of a feasibility study. Under the current code, if a municipality would like to be incorporated, a feasibility study must be performed. The Lieutenant Governor's office, using taxpayer dollars, pays for the feasibility study and seeks reimbursement after incorporation. However, if the reimbursement is not received, the cost of the feasibility study is absorbed by the Lieutenant Governor's office. S.B. 201 changes this process so that a feasibility study will be paid for by incorporation petitioners rather than the Lieutenant Governor's office.

In addition to moving legislation forward, I had the opportunity to meet with several public safety officials this week. I spoke with the Utah Highway Patrol Association and learned about their priorities. I also met with several firemen from Cedar City and heard about their work as first responders in rural Utah. I am grateful for these individuals who willingly put themselves in harm's way to protect our community.

I also welcomed the SUU Iron Leaders Academy to the Senate. The academy provides an intensive 9-month training program for up-and-coming community members, providing opportunities to contribute to our region now and in the future. My son, Robbie, is currently participating in the program; I have enjoyed hearing first-hand about his positive experiences learning from SUU and the Iron Leaders Academy.

I look forward to representing our area during the remaining half of the legislative session. We will continue to get busier as the end of the session approaches, but I hope you will continue to be involved and informed about the important work we do on

Capitol Hill. Please reach out anytime with feedback, questions, and ideas.

— Sen. Evan Vickers

House of Representatives

This week I presented a few bills in Committee, HB 161 and HB 155. HB 161 School Board Amendments, addresses the actions of a school district that may be subject to a referendum. HB 161 allows school board members, who are elected officials, to be held to a higher standard. This bill does not allow a referendum to be run on tax changes and encourages the individual and community to work quickly. It's now moved onto the House Floor.

I presented HB 158, Criminal Defamation, on the House Floor on Monday. It passed through the House and now sits in the Senate Judiciary Committee. I am the floor sponsor for Senator Escamilla's Infertility Treatment Coverage Amendments and presented it on the House floor. This bill removes a scheduled repeal of the expanded infertility treatment coverage pilot program and makes the benefits permanent for assisted reproductive technology for individuals within the state health insurance risk pool.



SEN. EVAN VICKERS
UTAH SENATE DISTRICT 28



REP. REX SHIPP
UTAH HOUSE DISTRICT 71



REP. CARL ALBRECHT
UTAH HOUSE DISTRICT 70

I met with Canyon Creek Services on Wednesday and had an insightful look into District 71. Canyon Creek Services helps individuals who are in abusive or violent situations. They work with victims to help improve their lives and remove themselves from harmful circumstances. Canyon Creek is doing an amazing job, servicing Iron, Beaver, and Garfield Counties. I learned that within these three counties, there has been a 62% uptick in lethality assessment referrals. I found this incredibly upsetting and see the deep need to improve these cases. Talking with Kait Sorensen and others with Canyon Creek Services opened my eyes to current issues in our area. I encouraged them to ask for more support from different resources and promised to work on my end to improve their situation.

I also received the Fred Cox award from my colleague Representative Steve Eliason this week. This award was given to me because I found a small issue with a bill Rep. Eliason was presenting. The former Representative Fred Cox was known within the legislature as a detail-oriented individual. He would find small issues within bills and this was a silly gesture from my colleague.

Overall, the House of Representatives has voted to help reduce Utah's homelessness, by improving homeless services. HB 298 improves the quality of life for those who are un-homed. We also passed HJR 26, which rejects a proposed land exchange of school and institutional trust lands and mineral interest for federal lands and mineral interests. Utah knows what's best for Utah and our lands-not the federal government. We also passed HB 221 which starts a grant program for student teachers who are not currently

paid for their work. This bill allows our future teachers to focus on becoming the best educators they can be easing their financial burdens.

We're more than halfway through our 45-day Legislative session! Week 4 has been productive, fast-paced, and meaningful for Utah. I'm thrilled to continue this impactful work for our state and community.

— Rep. Rex Shipp

Working For Utah

We are now more than halfway into the 2024 Legislative Session. The Appropriations Subcommittees have finished their work and submitted their suggestions to the Executive Appropriations Committee for the final budget approval. The regular business for the House is ramping up and we will begin meeting more regularly on the Floor to hear and debate bills. Make sure you follow along with the process over the next 3 weeks! I would love to see you at the Capitol, but you can also participate online at le.utah.gov.

Legislative Updates

Here is a brief look at my legislative progress this year. H.B. 54 Coal Miner Certification Panel Amendments and H.B. 61 Water Measuring and Accounting Amendments have passed both chambers and have been sent to the Governor for signature. H.B. 31 Agritourism Amendments was held in committee. H.B. 124 Energy Infrastructure Amendments should be heard in the House sometime early next week. H.B. 239 State Employee Cybersecurity Training Requirements, H.B. 384 Utah Geological Survey Data Submission Amendments, H.B. 241 Clean Energy Amendments, H.B. 363 Livestock Grazing Amendments, and H.C.R. 8 Concurrent Resolution Creating the Butch Cassidy State Monument all passed through Senate committee and have moved on for their final consideration in the Senate body. I chair the House Public Utilities, Energy, and Technology Committee as well as sit on the House Business and Labor Committee, and I am working diligently with my colleagues to ensure every bill that comes before us is properly vetted and prepared to become law.

With Appropriations work being finished, I'm happy to say that we have made progress regarding many of my Request for Appropriations, or RFAs. These RFAs allow us to request funding for specific projects and departments throughout the state, and I look forward to working with the Executive Appropriations Committee to ensure that funding makes its way to Rural Utah to support our communities and economies.

On Thursday Utah State University hosted Extension Day in the Rotunda. It was great to see the work that they are doing to assist rural communities, especially their remote work program which I am proud to say I had a hand in creating. The program provides great resources for those in our communities who want to develop and expand their skills to benefit their personal or business goals.

I hope that all my constituents reach out regarding any concerns and I again invite you to do so. My intern is Gage Duffin, a graduate of Utah State University. His email address is gduffin@le.utah.gov. His telephone number is (385) 420-3079. I will continue updating you throughout the Session on the important issues that influence your local communities. I always look forward to representing all the needs and interests of Rural Utah. Please contact me directly by email at carlalbrecht@le.utah.gov. You can also text or call me at (435) 979-6578.

— Rep. Carl Albrecht

Legislation reintroduced to require Congress to budget for natural disasters

WASHINGTON — U.S. Senators Mitt Romney (R-UT) and Mike Braun (R-IN) today reintroduced the Budgeting for Disasters Act, legislation which would require Congress to better prepare for natural emergencies by making future disaster funding fall within statutory budget limits. Text of the legislation can be found here.

“For too long, Congress has failed to account for natural disasters when crafting the budget, which results in billions of dollars being borrowed and added to the national debt each year,” Senator Romney said. “By building disaster spending into the annual budget process, our bill will help ensure that funding is readily available to communities for disaster relief during these emergencies, while also saving taxpayers billions of dollars in avoidable spending.”

“In the private sector we budget for rainy days or offset unexpected expenditures with spending cuts and the same principles should apply to Congress. By incorporating disaster spending into the annual budget we can help Americans with disaster assistance without the process becoming a pathway for runaway

spending on unrelated projects,” Senator Braun said.

The Budget Control Act of 2011 (BCA) placed caps on discretionary spending for 10 years, which many at the time saw as an important way to discipline federal spending. However, the BCA also allowed Congress to use special statutory “adjustments” to increase spending outside the caps for disasters. The Fiscal Responsibility Act of 2023 reinstated caps on discretionary spending for fiscal years 2024 and 2025, while still allowing for disaster spending outside the statutory caps. The three mechanisms by which these caps can be adjusted

are for emergency, disaster relief, and wildfire suppression.

Between 2012 and 2021, Congress spent more than \$400 billion outside discretionary spending caps on emergency and disaster relief. Disasters will continue to strike each year, and Congress should plan for them in advance. Bringing disaster and wildfire spending inside the budget caps is a practical first step as Congress explores way to reform its emergency spending.

Specifically, the Budgeting for Disasters Act would:

- » Remove the disaster relief and wildfire suppression upward adjustments to discretionary spending caps;
- » Raise the threshold to waive a point of order that an emergency designation is outside the budget caps from 60 votes to 67 votes in the Senate;
- » Require a GAO study to review the relationship between emergency and disaster relief spending, including recommendations to reform qualifications for emergency spending; and
- » Take effect in 2025, allowing Congress ample time to implement changes.

“...our bill will help ensure that funding is readily available to communities for disaster relief...”

Senator Mitt Romney

OVERCOMING

« CONTINUED FROM PAGE 4

Johnson Space Center which includes African American men and women. Next week, we will delve more into how NASA has honored African Americans in Space and is recruiting young African Americans into scientific fields of study. Dr. Mae Jemison, the first African American female astronaut, said, “Never be limited by other people’s limited imaginations.”

Who are other African American heroes who have exhibited innovation, endurance, and creativity? Make sure to know the following individuals: George Washington Carver, Shirley Chisholm, Bessie Coleman, Benjamin O. Davis Jr., Frederick Douglass, Katherine Johnson, John

Lewis, Thurgood Marshall, Rosa Parks, Sojourner Truth, Harriet Tubman, Booker T. Washington, Ida B. Wells, Dorothy Johnson Vaughan (known as the human computer for her mathematical mind), Mark E. Dean (computer engineer), Mae C. Jemison (first female African American space traveler), Percy L. Julian (chemist who earned more than 130 chemical patents and many professional awards), Sarah Breedlove Walker (inventor and business-woman). Please go to the following website to make certain you are up to date and can educate not just yourself but also your children and grandchildren: kids.nationalgeographic.com/science/article/black-inventors-and-pioneers-of-science.

Thurgood Marshall, the first African American U.S. Supreme Court member, said, “In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.”

SICKNESS

« CONTINUED FROM PAGE 4

Oh, I’ve been sick and taken “vacations” with the inconvenient caveat of needing Wi-Fi, my laptop, a desk, or kitchen table so I can still work, while trying to enjoy time with family and friends. Again, not complaining, only explaining some of the challenges that come with this chosen chair.

My point? This hasn’t just been my job, but my life. I’ve made sacrifices, and it hasn’t all been Pulitzer Prize content, but it’s been worth it. Because back when I started out as the freelance photographer and newspaper delivery person, and all the events I’ve covered over the last decade, and all the great people I’ve met on my journalistic journey, I can say gratefully and gladly—in sickness and in health—this has been the best “job” and best team I’ve ever worked with. It’s also the best community I’ve ever lived in, and that has made it all worth it!

BORDER DEAL

« CONTINUED FROM PAGE 5

work permits to an estimated 250,000 adult children of H-1B nonimmigrant visa holders who will be competing for jobs with recent college graduates. (SEC. 3403)

» Immediate Work Permits To Every Illegal Released From Custody After They Pass An Initial Screening

Current law requires a 6 month waiting period after filing an asylum claim before you can apply for a work permit. Under this bill, applicants are granted an immediate work permit if they pass the initial asylum credible fear screening. (SEC. 235C)

» Nothing To Deport Illegals

Does not require the President or Secretary of Homeland Security to deport anyone.

» Afghan Adjustment Act

Creates a pathway to citizenship for over 60,000 poorly vetted Afghans who were brought to the country due to President Biden’s disastrous withdrawal from Afghanistan. (SEC. 331)

» Weakens Asylum Screening By Codifying Biden Policy

Codifies the Biden asylum officer regulation and empowers USCIS asylum officers to grant asylum, withholding of removal, and protection under the Convention Against Torture without review by an Immigration Judge, ensuring significantly higher approval rates. (SEC. 3141)

» No Immediate Funding For The Wall

The bill claims to give \$650 million for “building the border wall.” This is a budgeting gimmick without any new money. The bill would simply rescind current money and then put it back in with a later date (FY2028) so that President Biden and Sec. Mayorkas don’t have to build any wall and can delay spending money on the border wall. (SEC. 205)

The Making of Miss Utah

MEET SARAH SUN

by *May Hunter*

FOR IRON COUNTY TODAY

Sarah Sun was crowned Miss Utah 2023 on June 10, 2023. She is from Cedar City, Utah, and is a junior at Brigham Young University studying music and business. Her community services initiative is entitled, "Changed for Good: Reducing Recidivism, Strengthening Communities."

As Miss Utah, she initiated a partnership with the Lt. Governor of Utah, the Utah Department

of Human Resource Management, and the Utah Department of Corrections to spearhead a recidivism committee that meets monthly. She has also introduced music education into the Utah State Correctional Facility and has spoken to over 50,000 people across the state of Utah.

In Chinese culture, educational contributions to the community are highly valued. Sarah would like to pay tribute to the many people in Cedar City who have helped her shape

her character and develop her talents. It takes a village to raise a child, and Cedar City has been that village for Sarah. She personally attributes her success to the examples she had in the Iron County community of kindness, neighborly love, and hard work. Some of her major influences are listed as follows:

Sarah first learned about the pageant from Rochelle Lunt, who was crowned Miss Utah in 1998. Growing up, she studied piano from Joann Jones when she was 4 years old. Later, Joann brought her to learn from Anna and Kirill Gliadkovsky and introduced her to BYU piano professor Dr. Irene Peery-Fox. During her studies, she also had lessons with Current SUU piano professor Dr. Christian Bohnenstengel.

She learned violin from Sara Penny since she was 5 years old and appreciates Sara Penny's tireless support of the music community in Southern Utah. Sara has spent countless hours selfishly supporting the talent of community members, and Sara's influence on this town cannot be overstated.

When she was in East Elementary, she played viola in the orchestra program directed by Hillary Stavros Ives. When she was in middle school, she was shaped tremendously by Mr. Alan Lee and Mr. David Palmer, who encouraged her in her pursuit of learning as many instruments as she could. She played percussion, flute, and trombone in the CMS Band and had lessons with Dr. Adam and Michelle Lambert, eventually Sarah picked up the euphonium and trumpet under the influence of Mr. Lee and Mr.

Sarah Sun became the first Asian American to be crowned Miss Utah, her commitment is to create positive change.



PHOTOS COURTESY SARAH SUN

SUU event features video game artist

by Christina Schweiss

FOR IRON COUNTY TODAY

The Ask. Ponder. Educate. [X]. event on Feb. 8 featured video game artist Josh Singh. His presentation was called “From Used Car Salesman to Marvel Entertainment: Building a Career That’s All Yours.”

Singh began his presentation by explaining that he was always that kid who would draw in class and fail to focus on the lesson. However, the passion he had for art helped him create the career he loves today – being a video game artist. According to Singh, to be a video game artist you have to work hard and take on some side jobs. In the video game field, rejection is common.

“A creative path is a lonely path, you will constantly be rejected,” said Singh.

Singh also briefly brought up the concept of A.I. generated art, asserting that A.I. creations lack the individualism of art that is created by a human. Singh said, “Learn to develop your own artistic voice. When you cultivate your own style, that’s yours.”

When starting from the bottom, toxic companies can be very common. Singh moved all around the country for different jobs because of the priority he placed on positive culture. Singh knew when companies were about to implode based on the habits displayed by leadership. “Company culture always comes from the top,” explained Singh.

Networking is extremely important when beginning a career in the video game field. Singh emphasized the need to actively work to build relationships. “When you are first starting, you have to be scrappy and make friends,” said Singh.

Just like the way movie characters come together and cross paths, Singh said that networking will be the key that brings people together. “[If you] network well, people will all come together in your own life.”

Singh went after many jobs, ignoring the fear of rejection. He quoted advice he received from his father, saying, “Just ask. The worst thing they can do is say, ‘No.’”

Singh started at the bottom working for small companies and worked his way to working for Marvel Entertainment. At the end of the presentation, Singh said, “When times are tough, keep creating. Don’t stop. That’s who you are. Eventually you will be worth more.”

The next A.P.E.X. event will take place on Feb. 15. The guest speaker will be Lisa Diamond and her presentation is called “Social Safety and Human Thriving Across the Spectrum of Sexual and Gender Diversity.”

Could you use a financial boost for your latest artistic project?

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

It was Sara Penny who pointed out to me that I had inverted my numbers when I said that the Arts Council had awarded \$48,000.00 in mini-grants since 2008. The actual figure is \$84,000.00! As the Council has acquired more members from the community and received some grants and other donations, we have been able to increase both the number of grantees and the amounts to each. In August 2008, we divided \$1,000.00 among 5 awardees, giving each recipient \$200.00. In our last term, September 2023, we gave a total of \$4,500, divided among seven recipients. We awarded a so-called “president’s award” of \$1,000.00 to Karen Brown-Jordan and Jill Spatafore to use in their work with a specialized adult population attending classes at the Johnson Center.

I have seen some photos of adults with various cognitive and physical impairments enjoy music and art activities. Privacy issues prevent me from sharing a photo, but I tell you, those faces were ones of people having fun!

I’m sure many of you attended the community production of “The Nutcracker” a couple of months ago. That was another feel-good moment for us, as the Arts Council joined with other supporters to provide opportunity for many of our local dancers to be flowers, snowflakes, etc.

“Creative stuff between generations; what could be more worthy of support?”

I have other photos of some students in Roy Raham’s 4th- and 5th-grade classes holding up the masks they made one evening in an art night they had at school with parents. Creative stuff between generations; what could be more worthy of support?

But you don’t have to be involved in a large project with lots of participants. The Council is just as pleased to help the artistic individual. We helped an artist replace her easel that had blown over the edge of a cliff. We helped a creator of handmade books purchase a heavy duty paper cutter. And there was the SUU student who had saved half the price of a set of bagpipes and applied for a grant to get the rest of the cost.

To find an application, I went online to www.cedarcityartscouncil.org.

There is a “mini-grant application” category that led me right to a fillable application. Some of the questions, besides contact information, are “Description of Your Project”. After some things to check, there is space for specific details about your plans. Following that is a place to estimate how much and what the requested funds will be used for: supplies, equipment, venue, etc. with space to elaborate.

The most important thing for you to supply is how you think your project would strengthen your connection to the artistic community of Iron County. As different from the hobbyist whose efforts stay within the home, we want to know how you will make our already artistic environment even better with your input—through display, performance, teaching, etc.

An application for this spring term is due February 29th. It must be in our email or in our post office box postmarked by that date. You could soon be on our list of grantees!



BASIN & GRANGE

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FREE WORKSHOP
3PM - LOBBY

Two new productions approved to begin filming in Utah

from Utah Film Commission

FOR IRON COUNTY TODAY

SALT LAKE CITY — The Utah Film Commission announced the Governor's Office of Economic Opportunity Board approval of two new productions for state film incentives, generating an estimated economic impact of \$5.3 million and over 875 new jobs.

Director Jeff Fisher returns to Utah with a new thriller, "The Stranger in My Home" which was approved for the Rural Film Incentive Program. Fisher previously directed "The Image of You" starring Mira Sorvino, Nestor Carbonell and Sasha Pieterse which filmed in Utah in 2023. "I have been grateful to discover talented local crew, actors, and beautiful locations," said Fisher. "Utah would be the ideal place to help tell this story."

Local filmmakers Maclain Nelson and David Wulf ("Haul Out the Holly") team up again for "Branching Out" a new Hallmark Channel feature film approved for the Motion Picture

"These new productions will provide much needed jobs for Utah crews and business for vendors across the state."

Virginia Pearce, Utah Film Commission Director

Incentive Program and scheduled to begin filming this month.

"We are encouraged to see Utah's film industry rebounding after the prolonged WGA and SAG-AFTRA strikes that halted over a dozen productions in Utah throughout 2023," said Virginia Pearce, Utah Film Commission Director. "These new productions will provide much needed jobs for Utah crews and business for vendors across the state."

About the Utah Film Commission

As part of the Governor's Office of Economic Opportunity, the Utah Film Commission markets the entire state as a destination for film, television, and commercial production by promoting the use of professional local crew and talent, support services, Utah locations, and the Motion Picture Incentive Program. The office also serves as a liaison to the film industry, facilitating production needs across the state. Formed in 1974, the Utah Film Commission celebrates its 50th anniversary, as well as 100 years of Utah Film & Television in 2024. Thousands of productions have been filmed in Utah, including "Butch Cassidy and The Sundance Kid," "Thelma & Louise," and "Forrest Gump," to name only a few. Many episodic series have also been filmed in Utah, such as "Yellowstone," "High School Musical: The Musical: The Series," and "Westworld."

SARAH SUN

« CONTINUED FROM PAGE 11

Palmer. Some other teachers from CMS who had a profound influence on her include Wayne Decker, Jennifer Rowland, Ryan Durfee, and Melanie Durfee.

Sarah also loved the Utah Shakespeare Festival Playmakers program under the direction of Michael Bahr, LeGrande Anderson, and Josh Stavros. Time spent with Dr. Randy Allen was also very influential in helping her see how music can bring people together. She studied voice from Carol Ann Modest and Jackie Jackson.

At Cedar High, she participated in the debate program and wants to thank Erin Hensel, Jonathan Chidester, and Mary Christensen for cultivating her love of rhetoric and language. She was also involved in Band and Choir and would like to thank Steve Shirts and Mark Ganowsky. All the Cedar City's amazing teachers and educational programs helped her find her voice and her passions.

Sarah said, "I am but a mosaic of every person

I have ever met. I am eternally indebted to every person in Cedar City who has ever believed in me. They were the ones who taught me to see my potential, who showed me what a community can truly be."

With such an extensive musical background, she has placed in three international piano competitions, one of which led to the opportunity to perform as a soloist at Carnegie Hall. As a pianist, she has soloed with the Utah Symphony and with several professional ensembles across U.S. and China. As a graduate of the International Baccalaureate Diploma Program, Sarah is an AP Scholar with Distinction, scored in the 99th percentile on the ACT, and has placed in international business case competitions through DECA and Future Business Leaders of America.

As young women look up to Sarah, she hopes they take away a powerful message: the importance of knowing who you are and standing up for what is just and true. She encourages others to find strength within themselves, and see their potential in making a difference, "One person at a time."

THROUGH FEBRUARY

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BRUNO'S
ITALIAN

'Ambitious Undertaking'

JOHN WESLEY POWELL'S TRIP DOWN THE GREEN AND COLORADO RIVERS – PART 2

by Jay M. Jones

FOR IRON COUNTY TODAY

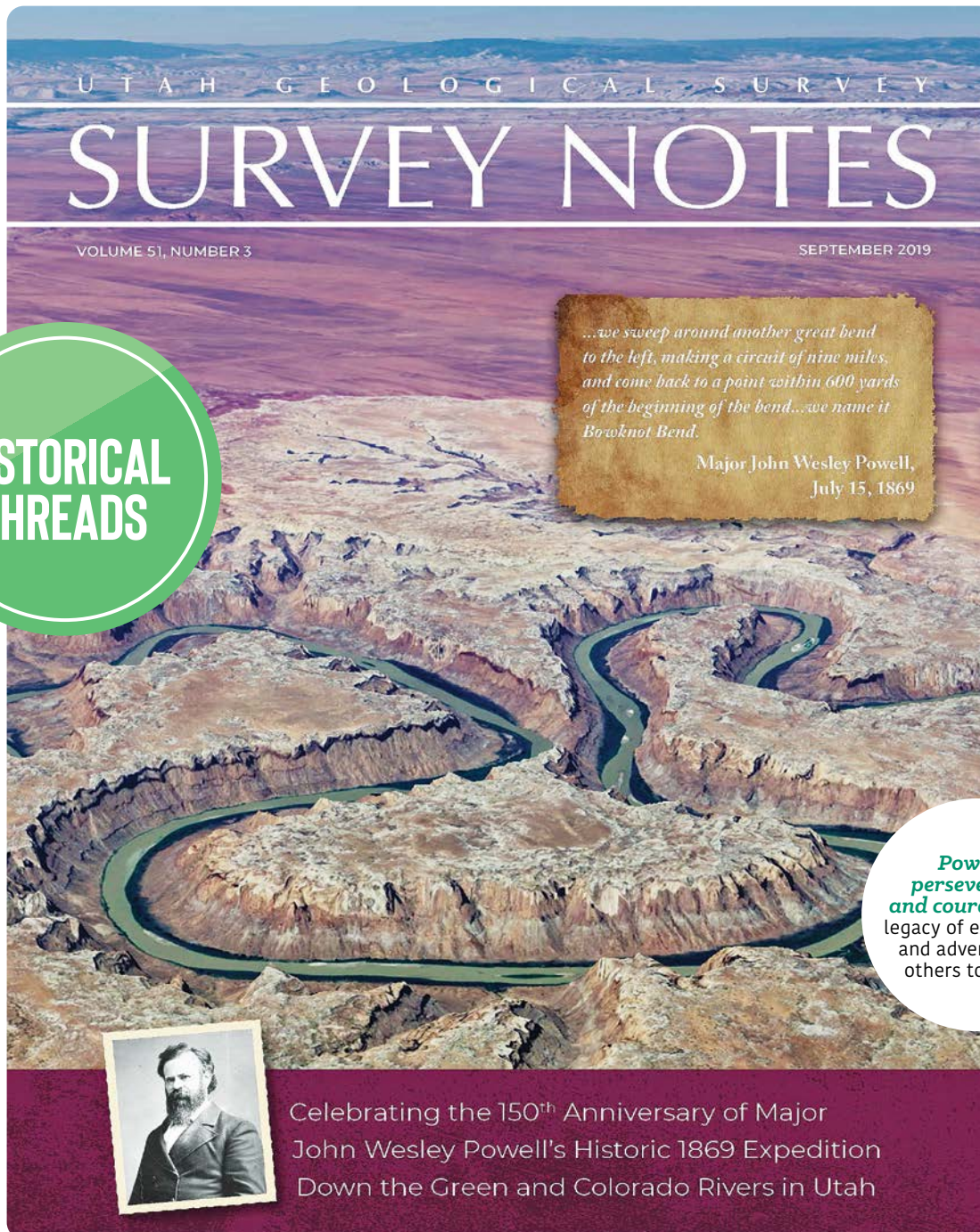
155 years ago, Major John Wesley Powell made an epic voyage down the Green and Colorado Rivers. Starting from Green River, Wyoming on May 24, 1869, with a party of 10 men in 4 boats, Powell reached the Crossing of the Fathers on August 3. This is the second in a series highlighting the legacy of John Wesley Powell.

Major John Wesley Powell gives the following account of the beginning of his historic journey:

"May 24, 1869 – The good people of Green River City turn out to see us start. We raise our little flag, push the boats from shore, and the swift current carries us down. Our boats are four in number. . . We take with us rations deemed sufficient to last ten months . . . we take with us abundant supplies of clothing. We have also a large quantity of ammunition and two or three dozen traps. For the purpose of building cabins, repairing boats, and meeting other exigencies, we are supplied with axes, hammers, saws, augers, and other tools, and a quantity of nails and screws. For scientific work, we have two sextants, four chronometers, a number of barometers, thermometers, compasses, and other instruments."

According to "The Powell

HISTORICAL
THREADS



Celebrating the 150th Anniversary of Major John Wesley Powell's Historic 1869 Expedition Down the Green and Colorado Rivers in Utah

COURTESY UTAH GEOLOGICAL SURVEY

Colorado River Expedition of 1869" published in the 1947 issue of the Utah Historical Quarterly, the "Expedition was under the auspices of the Illinois State Natural History Society. . . None of the members received, or expected to receive, any remuneration. A joint resolution by Congress authorized army posts to issue rations and certain supplies. The Smithsonian Institution, through its secretary, Joseph Henry, loaned various scientific instruments. It was an ambitious undertaking, with limited means but with unlimited courage."

Although the journey started out easy, challenges soon came. Powell and his men applied names to some of the features along the way that have endured over time: Flaming Gorge, Gates of Lodore, Split Mountain Canyon, and many others. As the trip progresses, food and supplies are lost to the river during numerous swampings of the various boats.

Powell's perseverance and courage left a legacy of exploration and adventure for others to follow.

Soon after passing the confluence of the Green and Grand Rivers, (above the confluence, the Colorado River was then known as the Grand) the expedition entered into what was technically, if not effectively, a part of Iron County. At that time Iron County extended across the width of Utah Territory from Nevada to Colorado. Garfield and San Juan Counties did not

see **POWELL** » 22

family

Feeding a Crowd

Last weekend we celebrated a milestone for our oldest son and invited both sides of our family to celebrate with us. It was an exciting time and he was so happy to see everyone!

The downside to hosting a party, however, is the responsibility to feed a crowd. I stressed for weeks about what to serve and how much to prepare. In the end we had a fantastic afternoon and everything went off without a hitch. Our menu was well received by everyone from grandparents to toddler cousins. It was enjoyed so well that I will probably serve the very same thing for similar gatherings in the future!

Our main dish was shredded BBQ chicken sandwiches on steak rolls. I have tried several recipes over the years and have settled on Crock-Pot perfection with one fantastic recipe tweaked to satisfy even the pickiest eaters. For this occasion I doubled the recipe and ended

mom's
CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



up with ample leftovers after sending relatives home with several servings. It makes a lot of food!

My advice on side dishes? Accept help when it's offered. In this case both grandmothers offered to contribute to the meal and I delegated potato and pasta salads that both complemented the sandwiches and a variety of potato chips perfectly. If delegation is not an option, store-bought salads will be equally consumed and will cut down on the amount of preparation you're responsible for. In the spirit of simplicity we served ice water and provided brownies and cookies for dessert. In the end everyone enjoyed the meal and had a good time socializing and congratulating our son on his milestone!

Next time you're responsible for hosting a large gathering and are wondering what to serve, remember this simple and delicious crowd pleaser!

Mom's BBQ Chicken Sandwiches

- » 12 oz bottle Sweet Baby Ray's BBQ sauce
- » 3/4 cup creamy Italian dressing
- » 1/4 cup brown sugar
- » 2-3 lbs. frozen chicken tenders

Mix ingredients and pour over frozen chicken in a crock pot. Cover and cook on high for 4-6 hours or until easily shredded. Remove chicken from pot, shred thoroughly and return to pot. Mix shredded chicken with sauce and serve on sliced steak rolls with pasta and/or potato salad and potato chips.

QUILTS OF VALOR



JAN MCNULTY

On February 6th, the Iron County, Patches for Patriots chapter awarded three Quilts of Valor to local veterans. The first veteran was Staff Sergeant Benjamin Baldonado, USAF (Daughters of the American Revolution quilt recipient). Second, Master Sergeant Ronald D. Vargas, USAF. Third, Captain William Clayton Petty, USN. Master Sergeant Vargas and Captain Petty also received pins honoring their service in Vietnam. On behalf of a grateful nation we thank them for their service. To nominate a veteran go to <https://www.govf.org/nominations-awards>.

celebrations

80TH BIRTHDAY**Christie Jenson**

Happiest Birthday to Christie Jenson who will be turning 80 years old on February 25th. Christie was born and raised in Cedar City and is best known for her over 30 years as a teacher in the Iron County School District. Christie has had an enormous influence for good on hundreds of her students, their parents and her peers. Christie loves to serve others in any way she can, much of the time anonymously. Her 4 children, 10 grandchildren, and 12 great-grandchildren want to express their love and appreciation for her and wish her the happiest of birthdays!

COMMUNITY
PRESBYTERIAN
CHURCH2279 N. Wedgewood Ln., Cedar City
(435) 586-8891 • www.cedarpres.orgEVERYONE IS
WELCOME.
THAT'S RIGHT.
EVERYONE.

TREASURES

PRESBYTERIAN CHURCH COMMUNITY THRIFT STORE

1093 S. MAIN, CEDAR CITY • TH-SAT, 10AM-4PM

You are beautiful

You are beautiful. Yes, I am talking to you. I may not know you, or have or will ever meet you. That doesn't make these words any less valid, or you less valuable. I don't know who I'm writing this for, but someone (everyone) out there needs to be reminded that you are beautiful. Whether you're hearing these words for the first time, or needing a reminder, you are beautiful. I hope you will let your heart feel that truth in these words.

How is beauty defined? According to the mirror, make-up, scale? Is it defined by modern-day mannequins, or scantily clad models on magazine racks and online? What about the pandering prescriptions of "beauty is on the inside?" Of course it is, but it's on the outside too. It's just that the world seems much more focused on the outside and has given a new dimension and skewed definition of beauty and where it comes from. I'm sure you've also heard that beauty is only skin deep. It should be heart deep, also.

Feeling beautiful is a good feeling, but at what price? When you feel ugly inside, you're more likely to stop taking care of yourself outside, which will also affect your inside. If you want to know if someone feels beautiful, look at how they treat

"If you want to know if someone feels beautiful, look at how they treat themselves and the environments they surround themselves with."

themselves and the environments they surround themselves with. Do they improve and prove their beauty, or taint and tarnish it? Your mind and heart are affected by your environment, your friends, and what you allow yourself to watch, listen to, read and eat.

Being beautiful is more than make-up. It's what you make of yourself. Beauty is found in your everyday choices. If you need to get in better shape, go do it. Want to eat healthier, go do it. Want to conquer an addiction, go do it. It's not easy, but you don't have to do it

alone. Start today by doing anything you can, even if it's only believing you are beautiful, right now, wherever and whoever you are. Whether the world sees it or not—whether you see it or not—you are beautiful. Some people choose to be ugly or have resigned to ugliness because they don't believe they can be beautiful anymore.

Perhaps you feel like you're not worthy of such a special spotlight. Don't worry about being in the limelight as much as becoming a light and letting people see your light within. Not fluorescent facades, but the beautiful, light-up-the-world, YOU. Maybe you've been broken on the inside, causing you to hide beneath worldly approved facades? Don't let the fingerprints of the world dirty your beauty. No matter your age, or where you've been. No matter who has scarred and marred the miracle and beauty of your heart, mind and body; you are still beautiful. Let your heart and mind be the guardians of your beauty, not the mirrors, models and magazines of the world. Be beautiful. Stay beautiful. Because YOU are beautiful.

the rut
LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



calendar

THURS, FEB 15

SINGLES AWARENESS DAY

OSU CONCERT "ENLIGHTENMENT" (7:30pm) @ Heritage Center Theater (105 N 100 E, Cedar). \$12 adults, \$6 for students. Group rates available. Featuring the symphonic brilliance of Mendelssohn's "Reformation Symphony #5," "Also Sprake Zarathustra" by Richard Strauss, "Largo" from Dvorak, and both Jupiter and Mars from "The Planets" by Holst. Lobby music before the concert will be performed by Tanisa Crosby and April Richardson. INFO: www.myosu.org.

FRI, FEB 16

INNOVATION DAY

CEDAR BREAKS SNOWSHOE HIKE (FRI, SAT, SUN, 10-3pm, thru March 31) @ Cedar Breaks. \$10 person. Ranger guided, educational, beginner friendly. Snowshoes, poles provided. Reservations required. 1 mile roundtrip through snowy terrain. No cost. Dress Warm. CedarBreaksInfo@nps.gov or 435-986-7120. Reservations confirmed by Friday prior to scheduled walk.

SAT, FEB 17

TENNIS PRO DAY

CEDAR CITY FARMERS MARKET (10am-1pm) @ IFA (905 S Main St, Cedar). FREE. Farmers, food, artisans. Drawings, bingo, 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.

MIDVALLEY FARMERS MARKET & ARTISAN FAIRE (5-8pm) @ (780 Midvalley Rd. Enoch). Live music, jump house, face painting, and more. Beautiful, unique items. Have dinner, listen to music, let the kids play in the jump house. INFO: Text: 435-704-6916.

SUN, FEB 18

PLUTO DAY

"WHEN I WAS A LITTLE KID, WE ONLY knew about our nine planets. Since then, we've downgraded Pluto but have discovered that other solar systems and stars are common." Buzz Aldrin

MON, FEB 19

FAMILY DAY

PATCHES 4 PATRIOTS (3RD MON, 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.

SUU: DISCOVER STORYTIME (4:30-5:30PM) @ Cedar City Library (303 N 100 E), FREE. Every week has a new theme. INFO: email suudiscover@suu.edu.

LINCOLN DAY DINNER (6-8PM) @ CEDAR City Elks Lodge #1556 (111 E 200 N). Tickets \$30. Sold @ Bruce Hughes CPA Office (630 W 200 N) or contact a member of the Cedar Livestock and Heritage Festival Board. Everyone invited to join for auction, raffle, delicious food, great company!

TUES, FEB 20

LEADERSHIP DAY

100 YEARS OF UTAH FILM & TV EXHIBIT (9-5pm, M-Sat, Thru Feb 20th) @ Frontier Homestead State Park Museum (635 N Main St, Cedar City). FREE. Presented by Utah Film Commission.

WED, FEB 21

LANGUAGE DAY

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, join for fun make-and-take activities. INFO: (435) 586-7812.

CHINESE NEW YEAR EVENT (6:30PM) @ Heritage Center Theater (105 N 100 E, Cedar). Bring the whole family for a FREE cultural celebration with special guest, Sarah Sun, Miss Utah.

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.

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

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

2nd Mon, 6pm, Cedar Library, 303 N 100 E. Learn about Veteran benefits, opportunities, 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 Rm)

DAR – Bald Eagle Chapter

2nd Sat, 10 am • Cedar 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. Michelle Wilson for mtg. info. Everyone welcome! (802) 359-2183

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

So. Utah Veterans Assoc.

1st Thurs, 7pm • Westview Christian Center (2624 West Hwy 56, Cedar). Veterans, First Responders, All are welcome to attend.

SUPPORT GROUPS

AA—Alcoholics Anonymous

(435) 635-3603 • www.utahaa.org. Helpline: John (702) 802-1332, Kara (702) 232-6829 KKCBC Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

Red Road to Sobriety • Mon, 6 pm Paiute

Tribe, 440 N Paiute (435) 586-1112 Ext. 307

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

The Great Fact • T, F, Noon. True Life Center

2111 N. Main. (702) 802-1332 or (702) 533-7856

Red Creek Group • Wed, 7 pm • 685 N 300 E, Parowan • (435) 477-8925

Uncommon Sense • Sat, 10:00 am

My Story • Sat, 8 pm

Thank God Sunday Spiritual • Sun, 11 am

What a Way to Start the Day • Su, W, F

7-8 am • All are welcome

Al-Anon

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

Al-Anon • 1st, 3rd Tues, 7-8 pm • 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

Last Tues, 5:30-6:30 pm • Cedar Library (303 N 100 E). Learn, access resources, connect.

Virtual option available. 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, Rm. 102

– LDS bldg. Back entrance. 435-218-9578

Caregivers

3rd Thurs, 5:45-7 pm • Zion's Way Home Health, 369 N 100 W #1, Cedar. All levels of the caregiver's journey from pre-caregiving to bereavement and rebuilding welcome.

INFO: Kat at 702-292-9911.

Celebrate Recovery 12-Step

Fri, 6:30 pm • Sunrise Christian Church (6843 W 1800 N, Cedar). God can change any hurt, habit or hangup, not just alcohol addiction INFO: 435-586-3640

Embrace Grace

Unmarried, pregnant? You don't have to walk alone! Safe, judgment-free zone. Free baby stuff at a baby shower for you. Text or call 407-719-8595 . Info under Resources tab @ Threshingfloor.life.

Grief Support Group

2nd Tues, 5 pm • Southern Utah Mortuary (190 N 300 W, Cedar). Safe, supportive for those who have lost loved ones. You are not alone. Free. INFO: 435-586-4040

Grief Support - Child Loss

1st Tues, 7 pm • Cedar Library (303 N 100 E). FREE for bereaved parent, sibling or grandparent. Includes any child loss (pre-birth, young, teen, adult). INFO: 435-327-1856

Helproom

Fri, 2-3 pm • Free online support group for survivors of Domestic Violence, Sexual Assault. Safe to communicate, 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 KKCBC Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm

Live and Let Live • Fri, 8 pm

Candle Light Mtg • Sat, 9:30 pm (Sm rm)

Women Only • Sun, 11 am

Dopeless Hope Fiends • Sun, 8 pm • Mtg

Hall, 1067 S Main, Cedar (877) 865-5890

Nicotine Anon (12-Step)

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

Porn Addiction Recovery

Men Only • 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

Southern Utah Veterans Assoc.

1st Thurs, 7 pm • Westview Christian Center, 2624 W Hwy 56, Cedar. INFO: Chuck Waddell 907-252-1365.

Southwest Parkinson's Alliance

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

Widows Ministry

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

Arts for Adults w/ Disabilities

Every other Tues, 1-2pm, starts Nov. 28. • Johnson Arts Center (59 N 100 W Cedar). Fun, engaging activities. Drum/Flute circles, group juggling, fine arts projects, more! All levels/abilities! 702-917-2151.

Bingo & Lunch

Fri, lunch @Noon, Bingo @3 pm. Free for Seniors @ Our House Assisted Living (995 S Regency Rd, Cedar). INFO: 435-867-0055.

Book Club

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

Boy Scout Troop 1848

5th-17 yrs • Thurs 6:30 pm • Old School Library, upstairs, west door. Text Sheila 805-208-4545

Cedar Breaks Model A/ Vintage Car Club

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

Cedar Chest Quilters' Guild

Thurs, 10 am • Cedar Senior Center, 489 E 200 S. Projects for all abilities. Block of the Month. Make friends, improve skills & have fun. Visitors welcome.

Info: Ms. Ronnie Badgett. 435-477-2243. cedarchestquiltersguild.org

Cedar City ESL

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

Cedar City Toastmasters

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

Cedar Professionals

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

Cedar Radio Control Club

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

Color Country Winds

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

Cub Scout Pack 1848

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

Explorer Bible Club

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

International Folk Dancing

Fri, 1-2 pm • Cedar Senior Center (489 E 200 S) FREE; No Partner Needed; teaching! INFO: 626-808-6129

Iron County Moms For America

1st Wed, 7pm • Cedar City Library. Keep liberty alive in your hearts, homes with liberty minded book discussions. INFO: Kami Merrill 435-592-4152 or email: ironcountymoms4america@gmail.com

O.A.R.S. Young Adult Group

Tues. 9, 6-8 pm • Cedar Library (303 N 100 E). Open, Authentic, Relevant, and Spiritual. Dinner group, ages 18-30.

Talk about spirituality, mutual support, curiosity, community service. Text 541-579-1554, pastorschuyler@gmail.com

Parowan Pickleball

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

PB&J Therapy Groups

These two groups teach skills for different areas of life by utilizing recreational activities and engaging in other forms of expressing emotions. INFO: 435-267-4212.

College: forms.gle/SmGytgCfVQ1tS2pB7

Adolescent: forms.gle/BZiepPW63pR6Zd8k9

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

Sagebrush Fiber Artisans Guild

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

Senior Yoga Classes

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

Sewing Group

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

Southern Utah Woodturners

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

StrongBoard Classes

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

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.

Top Bar Hive Bee Keeping

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

TOPS—Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

Youth Group

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

schools

IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

from *Braylie Tullis*

IRON COUNTY SCHOOL DISTRICT

Fiddlers Canyon Elementary

We had a very successful Chinese New Year celebration. Students and their families were able to participate in projects like making Chinese lanterns, writing with calligraphy brushes, and learning about the Chinese zodiac before watching our dual immersion students and teachers from 1st to 7th grade sing and dance. Any parents of current kindergartners or 1st graders can find more information on enrolling their child for next year by going to the Fiddlers school website and clicking on Chinese Dual Immersion. You can also pick up an application in the front office. We are in the middle of our Share the Love food drive. Students can drop off nonperishable food items in their designated grade box by Friday to help people in our community and help their grade win a prize for the most items donated. Mark your calendars for no school on February 19 and for Dr. Seuss Week during the last week of February. Make sure to follow Fiddlers Canyon Elementary PTA on Facebook for all the latest highlights and updates.



East Elementary

Kindergarten Registration is underway! Parents are strongly encouraged to register their incoming kindergarten students online now at <https://ironutc.scribborder.com/family>. Children who will be 5 years old one or before September 1, 2024, may register. On Monday, March 11th, incoming kindergarten students and their parents/guardians are invited to the school from 12:30 to 3:00 for vision screenings, a short kindergarten readiness assessment, and information on bus routes, immunization requirements, and lunch forms. Spanish translation will be available. East is also currently accepting Spanish Dual Language Immersion applications for next year's first grade class! Students throughout Iron County are eligible to apply! Priority consideration will be given to students whose first

language is Spanish, followed by students who have siblings already in the Dual Immersion program. If there are more applicants than spots available, a lottery system will be used to fill the spots, with the remaining students being placed on a waiting list. The deadline is March 1st. Please visit our school website at east.ironk12.org for more information. Finally, East would like to publicly thank all of the phenomenal emergency personnel who came to ensure the safety of our students, faculty, and staff on Wednesday, February 7th. Our school was evacuated when an odor of smoke was detected in the gym. The Cedar City Fire Department, Gold Cross Ambulance, Iron County Sheriff Department, and the Cedar City Police Department responded rapidly and in force. We are so grateful.

Escalante Valley

1st & 2nd grade classes teamed up to learn about dental hygiene, as taught through our school nurse, Cathie Callison. Students learned the importance of daily brushing, flossing, eating healthy, and why they have two sets of teeth (baby & permanent). They enjoyed brushing Mr. Frog's teeth with a large toothbrush, and flossing their partner's fingers using a string. We are grateful for the opportunity to educate students about daily oral hygiene.



Three Peaks Elementary

Founded in 1904, Utah Food Bank has operated under various names but has always remained true to their mission of Fighting Hunger Statewide. The Utah Food Bank delivers food to Three Peaks Elementary on the second Thursday of

each month. Mobile School Pantry deliveries are only available to the students of Three Peaks and are completely free for families in need. We would like to thank our student leadership team for their willingness to help distribute these food sacks to classrooms throughout the school. Other Iron County schools may have different pick up dates for their students. If you are interested in this fantastic opportunity, please contact your child's teacher. We would like to thank the Utah Food Bank for this service to our students and families. If you would like to serve on our wonderful PTA board for the 2024-25 school year, please contact the PTA at 3peakspta@gmail.com. We are looking forward to the 5th grade Patriot Program on February 15, 2024. Please call Three Peaks Elementary for details of program performances.



Enoch Elementary

Enoch Elementary's 5th graders built a miniature city at the Southern Utah Museum of Art. The exhibits featured Brutalist architecture of Washington DC. The students observed re-imaginings of these historical buildings. They also explored the Frehner Museum of Natural History, where they learned about animal adaptations. In the SUU Greenhouse they

guessed which habitat each room represented. They discussed plant adaptations for each environment.



South Elementary

To help our fifth graders get excited about registering for middle school, South Elementary students had the opportunity for the CMS Band and CMS Orchestra, visit our school. We loved the songs performed from the energetic band! Students were also tutored by peers to help in playing a string instrument, some for the very first time in their classrooms. We appreciate the value of music in our students' lives. Thank you for coming!

schools

Cedar High students celebrate with Sweethearts Dance

NEWS FROM THE DEN

by *Tsadakah Wilberg*

FOR IRON COUNTY TODAY

Every year, Cedar High has a dance in February for the Valentine's season. Often, this dance will have a Valentine's theme with lots of reds and pinks. It is called Sweethearts and this most recent Sweethearts was the 10th of February. Sweethearts is a girls-ask dance and each year the way they ask a boy is different. This year, girls asked with a box of conversation heart candy.

Another Sweethearts tradition is Most Preferred. Similar to Homecoming or Prom Court, Most Preferred is a fun nomination that comes with many traditions that have been done over the years. Only for boys, Most Preferred gives students a chance to support friends in a good-natured competition. Ten boys are nominated and put in the running for the title. To gain votes, the boys will perform skits of their creation in an assembly hosted by Mohey

tradition. The school rallies together to provide service and money for others. For example, Crushes (Crush soda) are sold, which can be delivered to another student of your choice. The money earned from the Crush sales is donated to the Make-a-Wish Foundation.

The dance itself was incredible, decorated with cherry blossoms and pink balloons. White, fluttering streamers went from wall-to-wall and hung from the ceiling. Tables with other dainty decorations provided some students with places to sit and talk. Sweets from cookies to brownies decorated one table offered to the students. Several cases of water bottles were available as well. The whole dance was lit by color-changing lights. It was at the dance where Koden Lunt was announced as Most Preferred.

Ruban Togisala was the DJ for the dance. He played songs from the 2000's and 2010's, which many students recognized. Students sang along as loudly as they could. With many shrieks of delight and plenty of dancing to accompany it, the music was sure to be memorable.

Many students were looking forward to the



AMERICORPS TEAM AT GATEWAY

Gateway students provide generous service on Martin Luther King Jr. Day

from AmeriCorps team at Gateway

FOR IRON COUNTY TODAY

Gateway Preparatory Academy and the awesome AmeriCorps members that help at the school teamed up to provide a service project for Martin Luther King Jr. Day. The Goal of our "Sock Project" was to collect and donate care kits to the Iron County Care and Share.

The donations were brought in by the students over the week of MLK Day and collected in the classrooms. Students that work with the AmeriCorps members colored cards to include in the kit as well. When the week was over the AmeriCorps members at the school collected the supplies and sorted them. Over the next week the members and several students assembled the care kits. The care kits included: A new pair of socks, a card from the students, shampoo and conditioner, soap, hand sanitizer, a toothbrush and toothpaste, and other care items.

We were able to donate 40 full care kits, 12 soap and shampoo kits, and a box of full size items to the Iron County Care and Share. The AmeriCorps team at Gateway are grateful to those who donated their time and items to make this a successful service project!



TSADAKAH WILBERG

These radical Cedar High students got the cool cowabunga cake during the auction by the devoted dudes at the dance.

Tawa. The skits are often very humorous and are very entertaining to watch. Often they help students get to know those in the running to help them vote.

After the skits, the boys bring out cakes that they made which are then auctioned off to students and faculty. All the money they earn goes to charity—which is another Sweethearts week

Sweethearts and it was flawlessly pulled off by all involved. Parents, teachers, and students worked together to create a fun night for everyone and Cedar students are grateful for all the work they put into it. There were many wonderful things about this year's Sweethearts. The dance was one that the students will remember fondly.

Greetings, dear readers!

Today, we bring you the heartwarming tale of the Courtyard Club at Cedar High School, where a group of budding enthusiasts is turning their school's middle courtyard space into a blooming sanctuary.

The Courtyard Club has a mission that goes beyond textbooks and exams. Their goal is to transform the small courtyard in the middle of the school into a haven of natural beauty, transcending the traditional classroom environment.

Last fall, the green-thumbed members of the Courtyard Club gathered for a monumental workday. Armed with shovels, hoses, and a plethora of pizza, they sowed the seeds of change by planting an array of vibrant flowers and plants. Lady Bug Nursery played a crucial role by providing an abundance of good soil, ensuring that the roots of their efforts would run deep.

In the spirit of community and growth, Mike Green emerged as a benevolent benefactor, generously donating funds for essential supplies and a variety of plants. The Courtyard Club expresses heartfelt gratitude to everyone who lent a hand in this blooming endeavor.

However, as the frost of winter gives way to the warmth of spring, the Courtyard

Club faces a new challenge: the impending planting season. With the vision of turning the courtyard into a kaleidoscope of colors, they are reaching out to the families and friends of the community for support.

"As spring tiptoes closer, we're gearing up to bring even more life to our little haven. But we can't do it alone." says Katelyn Green, the president of the Courtyard Club.

The Courtyard Club is inviting the community to join hands (and green thumbs) in their mission. Whether it's contributing financially, sharing gardening expertise, offering precious time, or unearthing forgotten garden supplies from the depths of the shed, every contribution will be embraced with open arms and grateful hearts.

"We believe in the power of unity and growth," adds Katelyn. "Your support will help us blossom into something truly extraordinary."



So, dear readers, let's rally around the Courtyard Club and nurture this beautiful initiative. Whether you're a seasoned gardener or just a casual admirer of flowers, there's a place for you in this botanical adventure. Let's make Cedar High's courtyard the talk of the town—a floral haven where the seeds of community, generosity, and laughter bloom into a garden full of joy.

If you want to contact and help us grow our dream please scan these QR codes and get involved! Thank you for all the support!

- The Courtyard Club



BEFORE

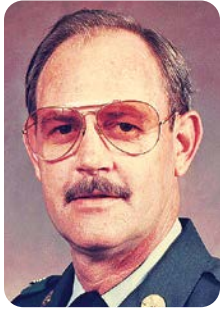


AFTER



obituaries

Don Ray Alger



Don Ray Alger passed away on January 30, 2024, in Cedar City, Utah at age 77. His many friends and family will miss him greatly but take comfort in knowing he lived a full life and is now released from the suffering he endured toward the end of his life.

Don Ray was born in Cedar City on January 3, 1947, to Jay Don Alger and Lillis Elaine Rodabough. He grew up in Cedar City when it was still

a small town, and became familiar with all the places young boys liked to play in town and in the surrounding foothills. Don Ray was well liked and cultivated countless friendships, many of which lasted a lifetime.

After graduating from Cedar High School in 1965, Don Ray worked as a coal miner, a sheet metal worker, and a postal worker. Don Ray was an active member of the Iron County Search & Rescue for many years. But it was with the Utah National Guard that Don Ray found the vocation he loved most. Don Ray had always respected his father's military service in World War II and he chose to follow in his footsteps. He began as a part-time Supply Specialist in the Guard then soon found full-time work as an Administration and Supply Technician for the "Triple Deuce" Field Artillery Battalion. Over time he was promoted to Personnel Sergeant, then Intelligence Sergeant, and First Sergeant of Headquarters Battery before becoming the Command Sergeant Major of the Second Battalion of 222 Field Artillery.

While Don Ray loved horses and the mountains of southern Utah, it was while serving in the Utah National Guard that he found the greatest satisfaction. His success with the Triple Deuce led him to become the State Operations Sergeant Major for the Utah State Headquarters for the National Guard. The capstone of Don Ray's distinguished 44-year military career was his assignment as Commandant and Command Sergeant Major of the NCO Academy at Camp Williams.

Don Ray is survived by his wife Jennifer Esplin Alger; his daughters Dani Alger Dickinson (Todd) and Toni Alger King (Matt); his brothers Mark Alger (Alene), Neil Alger, and Craig Rodabough (Anamarie); and his sisters Jolynn Carpenter (Glenn) and Lillie Thomas (Randy). He was preceded in death by both of his parents. The family expresses its appreciation to the staff of Zion's Way for the hospice care they provided, and special thanks to his lifelong friend Sandy Webster who was close and caring to the very end.

Don Ray's life was recognized with full military honors at the Cedar City Utah National Guard Armory at 1065 North Airport Road on Tuesday, February 13, 2024, at 2:00 p.m. In lieu of flowers please consider making a donation to either the Dust Devil Ranch Sanctuary for Horses or the Wounded Warrior Project.

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

Robert "Bob" Rosenberg



Devoted father, loving husband, avid fisherman and humble philanthropist, Robert "Bob" Rosenberg has joined his parents, brothers and sisters in Heaven. Bob passed away on February 6, 2024, at the age of 77 in Cedar City, Utah. He was born on February 27, 1946, to DeLos Rosenberg and El Rita Johnson. Bob grew up in Cedar City and attended Cedar High School. He married Betty Lou Avedision on June 27, 1969, in Las Vegas, Nevada. They were later sealed in the St. George Temple on June 27, 1979.

Bob was an immediate father to Betty's two sons, Mark and Robert Davis. A few years later they welcomed their daughter Leesa. Bob worked tirelessly to provide for his family, and he loved taking them camping and fishing throughout southern Utah.

Bob loved kids and they loved him. He always had a joke, a kind word or a dollar to share. Bob quietly performed good deeds for his family, friends and neighbors as well as strangers in the street. He was always shoveling snow, pulling weeds, making gifts or giving



money to those in need.

Bob's pride and joy were his grandchildren, McCall Rosenberg, Haley (Jake) Allen, Logan Davis, Lexi (Max) Bloxham, Ashlyn Davis and Erica Davis, and his great granddaughter Kennedy Allen. He loved spending time with them, supporting them in all their activities and he loved taking them fishing. If there was one thing Bob loved as much as his grandchildren, it was his pets. Particularly his two teacup yorkies, Minnie and Olive. He walked them daily and they loved being in his lap every time he sat down.

Bob was a skilled artist. His mediums included metal, wood, barbed wire, horseshoes, license plates and more. There are many people who possess treasures created by Bob. Others admired his work and would often ask to purchase items from his yard. He never turned down a request for one of his creations and often made personalized items for people he knew and loved.

Bob leaves behind a legacy in the Cedar City community. Most notably the work he contributed to the Veterans Memorial Park. He volunteered for hours as the park was built. He had a great love for his country and the people who served. He himself was an army veteran who served as an Army Specialist E5 in the 36th Artillery Service Battery. Bob served in Germany and was enlisted from 1963 to 1966.

Bob was a member of the Church of Jesus Christ of Latter-day Saints. He worked at the Iron Mines and later in life worked at Western Rock. He made friends wherever he went, and he will be greatly missed by all who knew him.

Bob is preceded in death by his parents DeLos and El Rita Rosenberg, his brothers Carlyle "Bud", and Mac, and his sisters Guyla (Lowell), Frances, and Maye Dean (Nate). He is survived by his wife, Betty, his children Mark (Alayne) Davis, Robert (Jennifer) Davis, Leesa Rosenberg, and his grandchildren, sisters-in-law Linda Milianta and Loretta Rosenberg, along with many cherished nieces and nephews.

Funeral services were held Saturday, February 10th, 2024, at 1pm at the Cedar West Stake Center (725 S 1100 W). Viewings were held Friday, February 9th from 5-7pm at Southern Utah Mortuary (190 N 300 W) and preceding the funeral services on Saturday from 11:30am to 12:30pm at the church. Interment was in the Cedar City Cemetery under the direction of Southern Utah Mortuary. To view the livestream of the funeral service and share online condolences, please visit www.mortuary.org.

Julie R Matheson



After a valiant battle with pancreatic cancer, Julie Rajteric Matheson passed away on February 4th, 2024, surrounded by her loving family. Julie was born in Poljana Sutlanska, Yugoslavia on March 26th, 1946, to August and Teresa Rajteric. Julie's given name at birth was Djurdja Zensko Rajteric, and she was the third of four children.

She and her siblings were raised on a farm in Yugoslavia during the post World War Two restructuring of Europe. The post-war turmoil affected Julie directly, as her father was killed when she was just 3 years old. As a result of growing up in a communist country, she had to work very hard to help support the livelihood of her family and for her own education. In her mid and late teens, Julie took nursing classes which eventually led to her working in a hospital in Munich, Germany. While working there, she met Joseph Bevan Matheson, who was stationed in Germany with the



U.S. Army's 24th Infantry Division. They were married later on.

Julie came to the United States after Bevan was discharged from the Army in 1968, and they made their home in Parowan, Utah. She was a devoted mother to three children, Renato, Julia, and Joseph Brand. Julie worked many jobs but tried to stay close to the nursing profession by working at the Iron County Rest Home. She also worked at a few cafés in Parowan, and at George's in Brian Head, UT. She worked alongside her husband as well, they built the home that is the current family home, and they ran a successful custom meat shop, Matheson Meats.

Julie loved gardening and had a special love for nature. She would tend her garden and fruit trees and loved sharing her bounty with family and friends. She spent countless hours in the mountains hunting for mushrooms, harvesting wild berries, hiking, gathering wood, camping, and especially having Dutch Oven cookouts with her family. She loved to read and was self-taught in many subjects, such as cooking, quilting, candle making, sewing, and all types of homemade crafts. Julie was very talented; she could master skills quickly and would put her heart and soul into every new talent she discovered. She also had a deep love of learning, and she loved sharing her knowledge with others. If she was curious about something, she would strive to gather as much knowledge as possible. Because of her experience growing up in a communist country, she cared deeply for the state of this nation, and encouraged everyone to learn the importance of having a voice, being involved within the community and how important the right to vote is.

Above all, Julie loved her family and did her best to serve and guide them in all her dealings. She was a wonderful woman and will be missed dearly.

Julie was preceded in death by her husband Joseph Bevan Matheson, her sister Zdenka Conaster, brothers Marion and Stanko Rajteric, her parents, and her granddaughter Hanna Pepi. She is survived by all of her children: Renato (Tracy) Matheson, Julie (Marc) Pepi, and Joseph Brand Matheson, 5 grandchildren, and one great-grandchild.

Graveside services will be held on Saturday, February 17 at 11:00am at Parowan Cemetery in Parowan, UT, followed by a Celebration of Life at the Parowan 1st Ward Church.

POWELL

« CONTINUED FROM PAGE 14

yet exist.

“July 21. — We start this morning on the Colorado. The river is rough, and bad rapids, in close succession, are found. Two very hard portages are made during the forenoon. After dinner, in running a rapid, the “Emma Dean” is swamped, and we are thrown into the river, we cling to her, and in the first quiet water below she is righted and bailed out; but three oars are lost in this mishap. The larger boats land above the dangerous place, and we make a portage, that occupies all the afternoon. We camp at night, on the rocks on the left bank, and can scarcely find room to lie down.

“On July 28, the lead boat enters the mouth of a stream coming in from the right. One of the men in the following boat shouts ahead, asking if it is a trout stream. Instead, the water is extremely muddy and “has an unpleasant odor”, and William Dunn responds with some disgust, calling it “a dirty devil”, which remains the name of this tributary to the Colorado.

“July 29 — We enter a cañon today, with low, red walls. A short distance below its head we discover the ruins of an old building, on the left wall. There is a narrow plain between the river and the wall just here, and on the brink of a rock two hundred feet high stands this old house. Its walls are of stone, laid in mortar, with much regularity. It was probably built three stories high; the lower story is yet almost intact; the second is much broken down, and scarcely anything is left of the third. Great quantities of flint chips are found on the rocks near by, and many arrow heads, some perfect, others broken; and fragments of pottery are strewn about in great profusion.”

Shortly before sundown, Powell climbs up to get a view of the surrounding country. He finds a stairway cut into the rock by hand, and what he believes to be a lookout post built by ancient people. Darkness overtakes him, and he carefully makes his way back to camp, arriving about midnight. The next day they arrive at a vast alcove carved out of the rock, where they would camp that night.

As Walter Powell's fine bass

voice sang “Old Shady” the Major noted “that this hollow in the rock is filled with sweet sounds.” This natural acoustic wonder “made for an academy of music by its storm born architect.” Powell called the location “Music Temple.”

Powell's expedition camps another night at Music Temple, which since the construction of the Glen Canyon Dam is covered by the waters of Lake Powell.

“August 3 — On the walls, and back many miles into the country, numbers of monument shaped buttes are observed. So we have a curious ensemble of wonderful features — carved walls, royal arches, glens, alcove gulches, mounds, and monuments. From which of these features shall we select a name? We decide to call it Glen Cañon.

“Past these towering monuments, past these mounded billows

“...we glide hour after hour, stopping now and then, as our attention is arrested by some new wonder, until we reach a point which is historic.”

Major John Wesley Powell

of orange sandstone, past these oak set glens, past these fern decked alcoves, past these mural curves, we glide hour after hour, stopping now and then, as our attention is arrested by some new wonder, until we reach a point which is historic.”

Powell announces the “Crossing of the Fathers”, where Fathers Dominguez and Escalante crossed the Colorado River on their return to Santa Fe, New Mexico during their 1776 journey. Having read Escalante's account, they were able to recognize this landmark.

Next in the series, details of Powell's trip down the Colorado River will be continued.

faith

They that be with us

2 KINGS 6:14-17

Have you ever felt surrounded or suffocated by life? Perhaps you're fighting a battle today that seems impossible to win. Maybe you've been fighting that battle for a long time and you're thinking that you have to keep fighting alone? I hope that after spending some time on God's Porch you won't feel so alone, or unable to fight and win your battles. Because God wants you to be a victor and not a victim.

In 2nd Kings 6:14-17 there is a great example of this battleground scenario. It speaks of the panic and perspective of a servant and the patience and perspective of a prophet. I love the imagery of the worry of the servant when he sees they are entirely surrounded by horses and chariots, which were considered one of the most formidable weapons of that day. He panics at the sight because he sees no escape or possibility of victory. Elisha prays that the Lord will open the servant's eyes to see the bigger picture. As the Lord opens his eyes he sees that the surrounding mountains were full of God's horses and chariots of fire ready to protect the prophet.

You may wonder why if the armies of God surrounded those of the enemy, why didn't they just attack and get it over with. I believe that to truly be victorious, we must be a part of the battle! We must do all we can, even if it's just to kneel on the battlefield in mighty prayer, God wants us to be a part of the battle so we can be a part of the victory!

God never said we would not have battles to face, but He promised that He would be with us through each one. From bad days to bad habits and from depression to addictions, God wants each of us to know He is with

us and that He is greater than our depression, doubts and despair. We have to rely on God to replace our blindness with belief. We don't need to be a prophet to have this perspective. Don't let the things of this world blind you to God's love and power to deliver you. Ask God to open your eyes to see His power in your battles.

Remember that the adversary isn't God's equal. Whatever surrounds you today, know that God loves you



and will help you fight and win your battles. Yes, you may feel surrounded and outnumbered, but not if you trust in the Lord. It's time to be a victor and not a victim. Stand fast and stay faithful. And should you be tempted to panic and cry out, “Alas, my master! How shall we do?” know that no matter how many enemies lay siege to your life today, God will help you fight and win your battles. May He open your eyes that you will know that they that be with you are greater than they that be with them.

VERSE OF THE WEEK

JOSHUA 1:9

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

With the world's current chaos it may seem difficult to have courage and hope in the face of fear. Especially when these attributes aren't just downplayed but downtrodden and discarded. That's why God wants to be with you wherever you go if you'll invite and make room for Him to do so.

FALCONS SPLIT WEEK

TEAM GETS SET FOR PLAYOFFS

by Tom Zulewski

IRON COUNTY TODAY

With the 3A state playoffs on the horizon, the Canyon View girls basketball team closed its home schedule on a winning note and the season finale set the team up for what lies ahead.

Maylee Spencer led the way with 12 points, and CV held visiting Delta to 3 points in the first quarter before finishing off a 53-37 victory over the Rabbits on Feb. 6 at the Nest.

The Falcons led 10-3 after the opening period, but stretched it to 44-30 after three quarters before cruising to the win as 11 different players scored points.

In the season finale, No. 3 Carbon pulled away over the

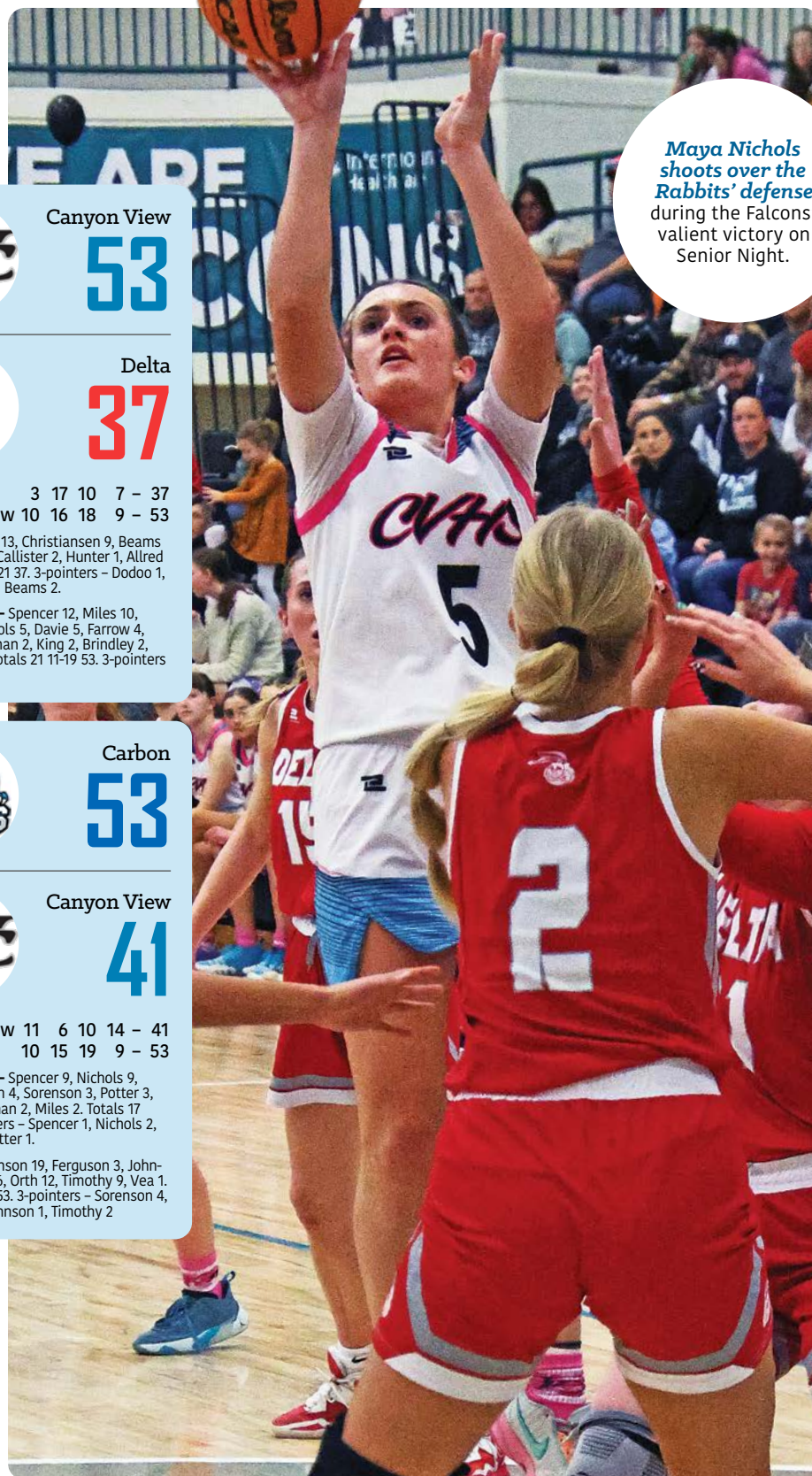
final three quarters and beat Canyon View, 53-41 on Feb. 8. The Falcons finished tied for fourth in the final Region 12 standings at 8-6 and 12-11 overall. CV had an 11-10 lead after the first quarter, but was outscored 15-6 in the second as the host Dinosaurs took control of the game.

Spencer and Maya Nichols had 9 points each to lead the Falcons in the loss. CV was just 2-of-6 from the free-throw line. Kylan Sorenson led the Dinosaurs with 19 points and Madi Orth added 12.

The Falcons finished as the No. 7 seed in the final RPI rankings and they will open the 3A playoffs with a second-round home game against No. 10 Layton Christian on Friday in a 7 p.m. tipoff.



CV's Hallie Newman (L) and Hadlee Farrow contributed to the Falcons regular season-finale victory.



Maya Nichols shoots over the Rabbits' defense during the Falcons' valiant victory on Senior Night.



Canyon View

53



Delta

37

Delta	3	17	10	7	-	37
Canyon View	10	16	18	9	-	53

Delta – Dadoo 13, Christiansen 9, Beams 7, Finlison 4, Callister 2, Hunter 1, Allred 1. Totals 10 12-21 37. 3-pointers – Dadoo 1, Christiansen 2, Beams 2.

Canyon View – Spencer 12, Miles 10, Vargas 6, Nichols 5, Davie 5, Farrow 4, Brush 4, Newman 2, King 2, Brindley 2, Davenport 1. Totals 21 11-19 53. 3-pointers – None.



Carbon

53



Canyon View

41

Canyon View	11	6	10	14	-	41
Carbon	10	15	19	9	-	53

Canyon View – Spencer 9, Nichols 9, Vargas 6, Brush 4, Sorenson 3, Potter 3, Davie 3, Newman 2, Miles 2. Totals 17 2-6 41. 3-pointers – Spencer 1, Nichols 2, Sorenson 1, Potter 1.

Carbon – Sorenson 19, Ferguson 3, Johnson 3, Jensen 6, Orth 12, Timothy 9, Veal 1. Totals 18 9-15 53. 3-pointers – Sorenson 4, Ferguson 1, Johnson 1, Timothy 2

Cedar offense struggles in pair of defeats

by Tom Zulewski

IRON COUNTY TODAY

Try as they might, the Cedar Reds boys basketball team couldn't find any sort of rhythm on the offensive end of the floor. The end result was a pair of rough losses to two of the upper echelon teams in Region 9.

Landon Kreitzer finished with 17 points, but Owen Mackay had 20 to lead three players in double figures as Snow Canyon rolled to a 58-49 victory over the Reds at the Wolf Den on Feb. 7. Cedar trailed 25-14 at the half, but couldn't close the gap. Trey Kelch added 15 points and three 3-pointers for the Warriors, while Damon Ence added 10. Tate Stubbs was the only other Cedar player in double figures with 11 points.

In the Reds' second game of the week, they couldn't get to double figures after the



Snow Canyon

58



Cedar

49

Snow Canyon 12 13 17 16 - 58
Cedar 6 8 15 20 - 49

Snow Canyon - O. Mackay 20, Kelch 15, Ence 10, R. Mackay 8, Iloa 4, Smith 1. Totals 21 10-14 58. 3-pointers - O. Mackay 1, Kelch 3, Ence 1, R. Mackay 1.

Cedar - Kreitzer 17, Stubbs 11, Albrecht 8, Englebright 6, Jeter 3, Kee 2. Totals 17 11-15 49. 3-pointers - Kreitzer 2, Stubbs 1, Albrecht 1.



Cedar's
Easton
Albrecht beats
the Warriors
defense to the
basket.



Cedar's Hayden
Kee battles
through the
Warriors defense
during a tough
battle for the Reds.



Pine View

65



Cedar

41

Cedar 7 14 8 12 - 41
Pine View 23 12 11 19 - 65

Cedar - Albrecht 9, Kreitzer 8, Kee 8, Visser 7, Jeter 4, Greene 2, Englebright 2, Stubbs 1. Totals 12 15-18 41. 3-pointers - Kee 1, Visser 1.

Pine View - Schmitt 16, Shepherd 14, Schroeder 11, Moore 9, Odjegba 6, Evans-Whattcott 3, Warner 2, Smith 2, Condie 2. Totals 23 8-9 65. 3-pointers - Schmitt 4, Shepherd 2, Schroeder 2, Moore 2, Evans-Whattcott 1.

first quarter and ended up dropping a 65-41 decision to the Pine View Panthers on the road Feb. 9. Caleb Schmitt led three players in double figures with 16 points and the Panthers raced out to a 23-7 lead after the opening quarter before cruising to the win and improving to 13-8 overall on the season, 5-5 in Region 9. Cedar fell to 2-9, 4-18. Easton Albrecht had 9 points to lead the offense for Cedar. The Reds were idle Tuesday and will close the regular season with a road game at Dixie on Friday starting at 7 p.m.

Reds split week, Warriors clinch region crown

by Tom Zulewski

IRON COUNTY TODAY

The Cedar Reds girls basketball team has been strong all season, overcoming nearly every challenge thrown its way. On Feb. 6, the Reds had no answer for Snow Canyon's two-headed scoring machine of Olivia Hamlin and Kelly Howard as the Snow Canyon Warriors clinched the Region 9 title.

Hamlin had 20 of her game-high 30 points in the first half, and Howard added 20 points of her own as the Warriors beat the Reds, 58-52 and stayed undefeated in Region 9 play. Cedar never let the home team get too far in front, but the feeling was frustration for head coach Corry Nielsen.

"Give them credit. They hit some big shots," Nielsen said.

"When you play a good team on the road, you have to play your very best. We played pretty good, but we had to extend the good parts longer and make the bad parts shorter."

Other than a game-opening 3-pointer by Kelsi Orton, the Reds never had a lead in the game thanks mainly to the work of Hamlin, who crossed the 1,500-point mark for her career in her junior



Snow Canyon

58



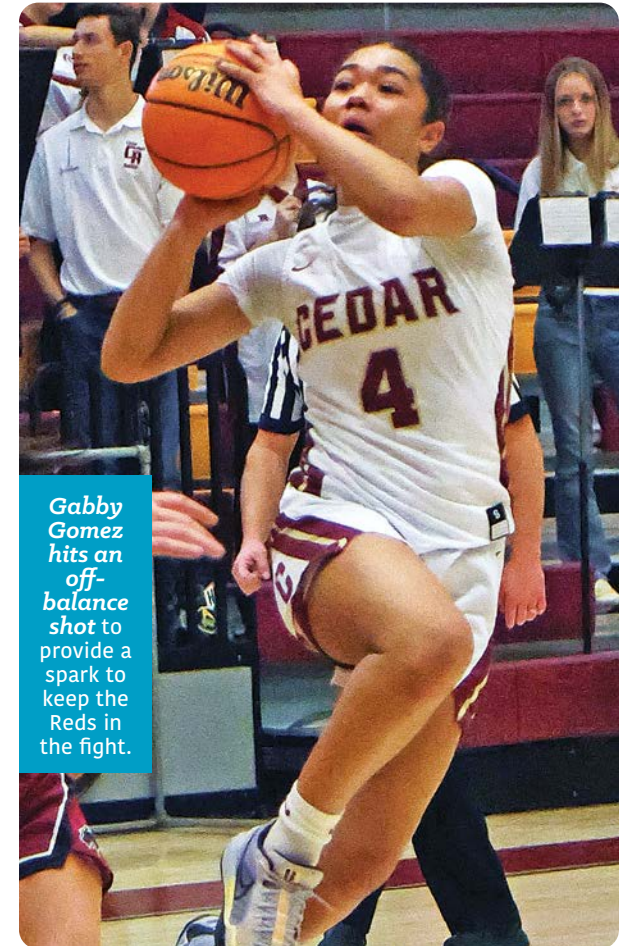
Cedar

52

Cedar 10 15 10 17 - 52
Snow Canyon 14 16 14 14 - 58

Cedar - Orton 6, Gomez 15, Bird 1, Shimada 14, Bishoff 3, Hansen 13. Totals 17 12-19 52. 3-pointers - Orton 2, Gomez 3, Shimada 1.

Snow Canyon - Jensen 6, Howard 20, Hamlin 30, Tapasa 2. Totals 21 12-13 58. 3-pointers - Howard 3, Hamlin 1.



Gabby Gomez hits an off-balance shot to provide a spark to keep the Reds in the fight.

PHOTOS BY COREY BAUMGARTNER



Kenzie Bird (L) and Mya Bishoff made clutch shots during a tough loss for the Reds.



Cedar

60



Pine View

45

Pine View 9 10 11 15 - 45
Cedar 14 23 14 9 - 60

Pine View - Gustin 14, Rowley 12, Falaniko 8, Jensen 7, LeFevre 2, Seve 1, Harris 1. Totals 11 18-35 45. 3-pointers - Gustin 2, Rowley 1, Jensen 2.

Cedar - Shimada 24, Gomez 17, Orton 7, Hansen 6, Bromley 4, Nielsen 2. Totals 21 14-22 60. 3-pointers - Shimada 2, Gomez 2.

season. Snow Canyon's largest lead never reached double figures in the first three quarters, but Hamlin teamed with Howard to ignite an 11-3 run that finished the third quarter and put the Warriors up 44-35 heading to the fourth.

The lead peaked for SC early in the final period

at 49-38 after a driving layup from Hamlin, but the Reds could only get as close as four the rest of the way.

"We were in the game and still playing for a region title. They only beat us by six points each time," Nielsen said. "We'll keep plugging away."

Gabby Gomez paced Cedar with 15 points in the loss and Annalyse Shimada added 14.

Cedar returned home to the Wolf Den and beat the Pine View Panthers, 60-45 on Feb. 8. Shimada led the way with 24 points and Gomez added 17 as the Reds improved to 8-3 in Region 9 and 16-5 overall. Thanks to a 23-10 effort in the second quarter, Cedar led 37-19 at the break and never let the margin fall below double figures in the second half.

The Reds were idle Tuesday and will host Dixie tonight in the regular-season finale at the Wolf Den starting at 7 p.m.

CV football pair sign with Kansas JC

by Tom Zulewski

IRON COUNTY TODAY

When Jaxon Jensen and Traie Buhler were on the football field together at Canyon View, the results were memorable more often than not. Over the last two seasons, Jensen threw 16 of his 70 touchdowns to the CV wideout, the most by a single player in program history.

After all the work, the duo will keep it going on the football field in the fall as they signed their letters of intent to join McPherson College in Kansas, a town

“Coaching was a big part in our accepting the offer. The coaches showed they cared and we weren’t just a player in the program.”

Traie Buhler

located an hour’s drive north of Wichita. Both players made official visits to the school, and the impression was strong enough for them to make the commitment.

“The place gave me the hometown feels,” Buhler said. “Coaching was a big part in our accepting the offer. The coaches showed they cared

and we weren’t just a player in the program.”

Jensen added that he had been in contact with the coaching staff at McPherson before the recruiting began, and having his teammate join him in Kansas will make a difference.

“With both of us going there, it will make the transition easier,” he said.

The Falcons posted a 9-3 record in the 2023 season – the best in school history – but fell short of the big prize with a loss in the 3A semifinals for the second year in a row. Jensen put the credit for CV’s success – and the signing of the letter – where he felt it belonged.

“This was a successful season even without making it to the (3A) final,” Jensen said. “Neither of us would be here without Coach (Burke) Miller.”

While Jensen is planning to stay at the quarterback position, Buhler said he will likely switch to an H-back role at McPherson. Jensen said he plans to major in accounting, and Buhler wants to go into criminology. Both are ready to see if they can land at a Division I school after two years.

“The opportunity is there for us to ball out and try for something bigger,” Jensen said.

“I’ll go there for a couple of years and see what happens. The potential is there,” Buhler added.

Both Jensen and Buhler will have a former teammate attending a school that’s a football rival for McPherson. Tyler Hardin signed on at nearby Bethany College in Lindsborg to join that school’s golf team Jan. 17.



TOM ZULEWSKI

PREP SCOREBOARD

STANDINGS

RPI RANKINGS IN PARENTHESES

Region 9 Boys Basketball

	REGION	OVERALL
Dixie (2)	10-0	19-3
Snow Canyon (9)	7-3	13-7
Desert Hills (14)	6-4	13-8
Crimson Cliffs (15)	6-5	11-10
Pine View (11)	5-5	13-8
Cedar (23)	2-9	4-18
Hurricane (22)	0-10	5-16

Region 12 Boys Basketball

	REGION	OVERALL
Richfield (5)	11-3	15-7
Emery (2)	10-4	18-5
Manti (4)	10-4	17-7
Canyon View (6)	9-5	14-8
Juab (8)	5-9	12-10
Carbon (12)	4-10	8-14
North Sanpete (13)	4-10	8-14
Delta (17)	3-11	6-16

Region 18 Boys Basketball

	REGION	OVERALL
Kanab (1)	10-2	18-5
Enterprise (3)	10-2	17-6
South Sevier (4)	10-2	17-6
Beaver (11)	5-7	9-11
Parowan (15)	5-7	6-15
Water Canyon (17)	2-10	4-10
Millard (24)	0-12	0-23

Region 9 Girls Basketball

	REGION	OVERALL
Snow Canyon (2)	10-0	19-1
Cedar (3)	8-3	16-5
Hurricane (7)	5-5	12-9
Dixie (9)	5-5	10-11
Desert Hills (12)	5-5	8-10
Pine View (16)	2-8	4-17
Crimson Cliffs (17)	1-10	5-16

Region 12 Girls Basketball

	REGION	OVERALL
Richfield (2)	13-1	19-4
Carbon (3)	12-2	17-6
Emery (5)	9-5	14-8
Juab (6)	8-6	14-9
Canyon View (7)	8-6	12-11
Manti (12)	3-11	8-15
North Sanpete (13)	2-12	7-16
Delta (16)	1-13	5-18

Region 18 Girls Basketball

	REGION	OVERALL
Kanab (2)	11-1	21-2
Beaver (4)	10-2	19-4
South Sevier (5)	9-3	18-3
Enterprise (10)	6-6	10-13
Millard (15)	4-8	7-15
Parowan (17)	2-10	4-19
Water Canyon (22)	0-12	2-16

SCHEDULE

Region 12 Boys Basketball

2/14	3A PLAYOFFS, FIRST ROUND <i>(Game scores will be reported in the Feb. 22 edition of ICT)</i> Delta at Providence Hall Ben Lomond at Summit Acad.
2/17	3A PLAYOFFS, SECOND ROUND Union at Canyon View Delta-Providence Hall winner at South Summit Ben Lomond-Summit Academy winner at Emery North Sanpete at Manti Carbon at Richfield American Heritage at Juab Judge Memorial at Morgan Grantsville at Ogden

Region 18 Boys Basketball

2/14	2A PLAYOFFS, FIRST ROUND Maeser Prep at Parowan North Sevier at Gunnison Intermountain Christian at San Juan Water Canyon at Waterford Millard at Rowland Hall UMA Hill Field at Grand St. Joseph at Am. Leadership Freedom Prep at Duchesne Merit Prep at UMA Camp Williams Draper APA at Beaver
2/17	2A PLAYOFFS, SECOND ROUND Maeser Prep-Parowan winner at APA West Valley North Sevier-Gunnison winner at South Sevier Intermountain Christian-San Juan winner at N. Summit Water Canyon-Waterford winner at Kanab Merit Prep-UMA Camp Williams winner at Enterprise Draper APA-Beaver winner at Rockwell Other games TBD

Region 9 Girls Basketball

1/30	Cedar 54, Desert Hills 53, 2 OT Snow Cyn. 66, Crimson Cliffs 39 Hurricane 37, Dixie 34
2/1	Cedar 59, Crimson Cliffs 48 Snow Canyon 60, Pine View 46 Desert Hills 57, Hurricane 43

Region 12 Girls Basketball

2/13	3A PLAYOFFS, FIRST ROUND <i>(Game scores will be reported in the Feb. 22 edition of ICT)</i> Providence Hall at Delta Ben Lomond at Ogden Juan Diego at Union
2/16	3A PLAYOFFS, SECOND ROUND Layton Christian at Cyn. View N. Sanpete at Judge Memorial Manti at Emery S. Summit at Summit Academy Morgan at Juab Providence Hall-Delta winner at Grantsville Ben Lomond-Ogden winner at Richfield Juan Diego-Union winner at Carbon

Region 18 Girls Basketball

2/13	2A PLAYOFFS, FIRST ROUND Parowan at Am. Leadership San Juan at North Sevier APA West Valley at Waterford Maeser Prep at Grand Rowland Hall at Intermountain Christian UMA Camp Williams at Millard Gunnison at Enterprise UMA Hill Field at American Heritage Merit Prep at St. Joseph Water Canyon at Rockwell Freedom Prep at Duchesne
2/16	2A PLAYOFFS, SECOND ROUND San Juan-North Sevier winner at Beaver APA West Valley-Waterford winner at South Sevier Parowan-Am. Leadership winner at North Summit UMA Camp Williams-Millard winner at Kanab Merit Prep-St. Joseph winner at Draper APA Other games TBD

Falcon boys sweep week

by Tom Zulewski

IRON COUNTY TODAY

In a week that was filled with good news, the Canyon View Falcons made the most of its opportunities and closed the regular season with a pair of solid victories.

Jace Farrow led three players in double figures with 20 points, and CV pulled away just enough in the second half to beat the Delta Rabbits, 51-45 on Feb. 7. The Falcons trailed 27-26 at halftime, but held Delta to 18 points in the second half.

Carson Miles added 12 points and Asher Slack helped out with 11 for the Falcons, who were 15-for-21 (71 percent) at the free-throw line to Delta's 7-for-16. Kai Henderson led all scorers for Delta with 23 points and four 3-pointers in the loss.

In their regular-season finale at the Nest, Miles scored 23 points and the Falcons raced out to a big first-quarter lead before holding on down the stretch for a 60-53 win over the Carbon Dinos to finish 9-5 in Region 12 and 14-8 overall. Canyon View led 24-12 after a

quarter and built it to 49-34 after three before the Dinos rallied late to make it close.

Farrow added 16 points and Felps Sanders returned from an injury to contribute 9 points with a 3-pointer in the win. Kahner Raby led all scorers for Carbon with 34 points in the loss.

CV finished the regular season as the No. 6 seed in the final RPI and will open the 3A playoffs with a second-round home game against Union on Saturday in a 1 p.m. tipoff at the Nest.



Canyon View

51



Delta

45

Canyon View 9 17 14 11 - 51
Delta 8 19 8 10 - 45

Canyon View - Farrow 20, Miles 12, Slack 11, Meyer 6, Camba 2. Totals 16 15-21 51. 3-pointers - Farrow 3, Slack 1.

Delta - Brough 5, Chase 5, Bundy 9, Henderson 23, Robinson 3. Totals 15 7-16 45. 3-pointers - Brough 1, Bundy 2, Henderson 4, Robinson 1.



Canyon View

60



Carbon

53

Carbon 12 9 13 19 - 53
Canyon View 24 11 14 11 - 60

Carbon - Raby 34, Wilson 7, Warburton 7, Orth 2, Lancaster 2, Butler 1. Totals 16 19-28 53. 3-pointers - Wilson 1, Warburton 1

Canyon View - Miles 23, Farrow 16, Sanders 9, Irons 4, Camba 4, Slack 3, Meyer 1. Totals 18 17-25 60. 3-pointers - Miles 4, Farrow 2, Sanders 1.

Thunderbirds fall to GCU In Phoenix

by Parker Haynie

ASST. DIRECTOR, SUU ATHLETIC COMM.

PHOENIX — SUU falls to No. 1 seeded GCU on the road, 94-65. With the loss, SUU drops to 9-15 and 4-9 in conference play. Utah Valley won against Abilene Christian, which means that SUU now sits in ninth place in the WAC standings, just outside the top 8 that make it to WAC Vegas.

"We got beat in every facet of the game tonight. It is one of those losses that you try and just put behind you and gear up for the next game," said Head Coach Rob Jeter.

The Lopes quickly jumped out to a 29-12 lead, and the Thunderbirds could never recover. Taking a 16-point lead into the half, the Lopes extended that to 20 points early in the second half, and the Thunderbirds were never able to cut the lead to less than that.

Dominique Ford led the way for SUU, scoring 23 points in the loss on 6-15 shooting and 4-11 from three. Prophet Johnson was the only other Thunderbird to reach double figures, scoring 12 on the night.

Brock Felder is really coming along as a true freshman, having another solid game. He scored eight points on 4-5



SUU's Robert Jeter sets up a play for his Thunderbirds teammates in Phoenix.

from the field and added another three blocks to his resume. Chazz Hutchison led the team in rebounds with six. No player on the Thunderbirds had more than one assist. SUU was out-rebounded 50-29. GCU had 21 offensive rebounds compared to just six for the Thunderbirds. Jovan Blacksher Jr. had

"It is one of those losses that you try and just put behind you and gear up for the next game"

Head Coach Rob Jeter

18 points in 18 minutes off the bench on 6-7 from the field and 3-4 from deep.

The Thunderbirds return to the America First Event Center tonight, February 15, to play host to the Redhawks of Seattle U, at 6:30 p.m. Stay up to date during the 2023-24 Southern Utah Men's Basketball season by following @SUUBasketball on Twitter and Instagram and by liking the Southern Utah Basketball page on Facebook.

Flippin' Birds fly to comeback victory over Broncos

by *Regan Hunsaker*

ASSISTANT AD, SUU SPORTS INFORMATION

CEDAR CITY — The Flippin' Birds returned to the nest to compete against former conference foe Boise State Friday night. The Thunderbirds trailed for the majority of the meet but pulled off a comeback to win 196.275-196.150.

All of the gymnasts competed well, but the star of the meet was

Freshman Niya Randolph, who posted the highest score of the night for the Thunderbirds and tied her all-around career-high score with 39.325. The floor team for SUU scored a season-high 49.225 when it mattered most, leading the team to a narrow victory. Sophomore Kennedy McClain and Junior Ellie Cacciola tied for the top spot on the beam, and Randolph placed first on the floor.

Vault (48.950)

The Flippin' Birds began the meet on the vault, where junior Ellie Cacciola led the team with a score of 9.875. Randolph was next with a 9.750 before sophomore Kennedy McClain posted a 9.775. True freshman Mackenzie Kelly followed up with a 9.750. Sophomore Kayla Pardue scored well, with her vault earning 9.800. Wrapping up the rotation for the Thunderbirds was junior Taylor

Gull, who scored 9.725.

Bars (48.875)

The Flippin' Birds would next move to the bars, with freshman Brinlee Christensen scoring a 9.750 to start the rotation. Freshman Alex Routsis followed her with a 9.700 of her own. Randolph moved the needle with an impressive 9.850, and junior Isabella Neff scored 9.850 as well. Sophomore Trista Goodman was next with a 9.725, and Senior Aubri Schwartze wrapped up the second rotation with a 9.300.

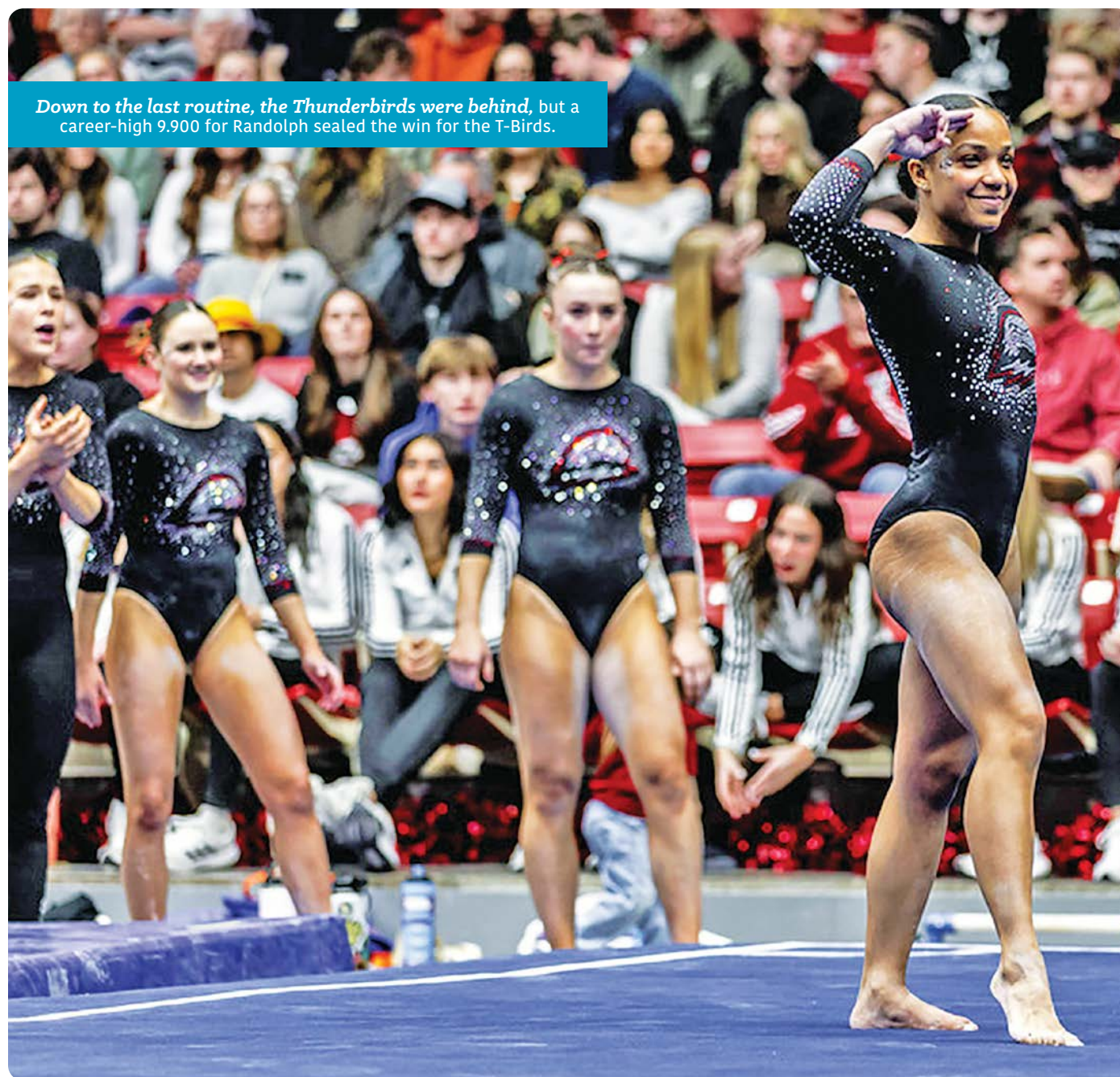
Beam (49.225)

Fernandez led off rotation number three for the T-Birds with a 9.825. McClain was next and scored a very impressive 9.875. Cacciola then matched the energy, scoring an outstanding 9.875 of her own. Randolph picked up a 9.825 to match her career-high set last week. Senior Aly Coutu added a solid routine, scoring 9.825, and Anna Hartley wrapped up the rotation, scoring a career-high 9.825 to give the Birds a 49.225 as a team.

Floor (49.225)

The Thunderbirds moved to the floor for the final rotation. Freshman Alyssa Fernandez got things started with a 9.800. Pardue was next with a 9.125 before Cacciola added a big-time 9.825. Gull stepped to the floor next with an impressive 9.875. Christensen would show off as well, putting up a 9.825. Down to the last routine, the Thunderbirds were sitting just behind, but a career-high 9.900 for Randolph sealed the win for the T-Birds.

The Flippin' Birds will follow the Broncos to Boise for a Tri-meet against Boise State and Sacramento State. The Teams will square off tomorrow, February 16, at ExtraMile Arena. The meet will begin at 7:00 p.m. MT and will be broadcast on Mountain West Network. Visit tbirdtickets.com to reserve your seats! For all the latest on Southern Utah gymnastics, follow @SUUGym on Twitter, @SUUGymnastics on Instagram, and like the Southern Utah Gymnastics Facebook page.



Down to the last routine, the Thunderbirds were behind, but a career-high 9.900 for Randolph sealed the win for the T-Birds.

Banks sets season-high as Thunderbirds fall to Lopes

by Tyler Francis

SUU ATHLETIC COMMUNICATIONS

CEDAR CITY — The Southern Utah University women's basketball team fell to Grand Canyon 77-61 on Saturday afternoon at the America First Event Center. The Thunderbirds move to 6-16 on the season and 4-9 in Western Athletic Conference play, while the Lopes improve to 20-4 and 12-1 in conference play.

Head Coach Tracy Mason said, "We have to learn from this one and move on to the next. I just think we're at a point where we have to continue to get better."

Ashley Banks led the way for Southern Utah with a season-high 15 points on 6-7 shooting from the field to go along with a team-best nine rebounds. Shiho Isono provided a spark off the bench, racking up 10 points and three assists. Samantha Johnston dished out a team-high five assists while adding five points and four rebounds. All eight T-Birds to enter the game registered a field goal.

Grand Canyon jumped out to an 8-0 lead to start the game. Then, Ashley Banks added a pair of buckets to help fuel a 5-0 Thunderbirds run to make the score 8-5 with 3:51 on the clock. The



Ashley Banks led the way for Southern Utah with a season-high 15 points on 6-7 shooting from the field to go along with a team-best nine rebounds.

SUU ATHLETICS

Lopes scored the next six points to take a 14-5 advantage at the end of the first period. The two squads traded buckets early in the second quarter as the Lopes extended their lead to 27-16 with 3:44 left in the half. Shiho Isono poured in five points to spark a 7-2 sprint for the Thunderbirds to get within six, 29-23, late in the quarter. GCU held a 32-23 lead at the break.

The third quarter was a back-and-forth affair. Southern Utah scored seven of the next 11 points to trim GCU's advantage to 36-30 with 6:42 on the clock. After the Lopes were able to push their lead back to double-digits (43-32), the 'Birds mounted a 12-6 stretch to get within five, 49-44, with 41 seconds remaining in the third. However, that was as close as SUU would get as Grand Canyon outscored the Thunderbirds 28-17 the rest of the way to claim a 77-61 victory.

The Thunderbirds will head to Washington to take on Seattle University today, Feb. 15. The game is scheduled to begin at 7 p.m. MT.

For all the latest on Southern Utah women's basketball, follow @SUUWBasketball on Twitter and Instagram and like the Southern Utah Women's Basketball Facebook page.

SUU track & field finish regular season strong

by James Wilson

SUU ATHLETIC COMMUNICATION

SEATTLE, Wash./ALBUQUERQUE, N.M. — The Southern Utah University track & field program wrapped up the 2024 Indoor Season at the Don Kirby Invitational and Husky Classic on Friday, Feb. 9, and Saturday, Feb. 10.

Head Coach Eric Houle said, "A great weekend for SUU track and field. So many personal records, and top 10 performances this weekend, capped off one of the best competitive weekends we've ever had."

Don Kirby Invitational

Dylan Gibson had an impressive performance in the 200m, placing second in the event and setting a brand-new school record of 21.07 seconds. Nelson Douglas and Jaedyn Carpenter also moved into fourth and fifth all-time respectively with times of 21.33 and 21.42 seconds. In the 400m, Gibson broke another

school record with a time of 46.28 seconds, also placing first in the event. Carpenter was close behind, finishing with 46.73 seconds, putting him second all-time. The 'Birds also set a new school record in the 4x400m relay, with Gibson, Douglas, Noah Bringhurst, and Carpenter combining for a time of 3:08.36, shattering the old record by more

than four seconds. In the pole vault, Makenna Skoczylas improved her second-place school record with a jump of 12'06.75". Shante Myrie completed the 200m with a time of 24.64 seconds, putting her in third all-time at SUU, while Savannah Nielson ran a 8.58 second time in the 60m hurdles to put her in second all-time at the event.

Husky Classic

In the 3000m, the women's team was led by Madison DeBos and Jordyn Bartolomucci, who finished with times of 9:30.36 and 9:34.14, placing them fourth and sixth in school history respectively. Josii Johnson also posted high marks in the 800m, finishing with a 2:09.67 and putting her fourth all-time. For the men's team, Isaiah Labra finished second in the mile run with a time of 3:58.50, setting a new PR and putting him fourth all-time at SUU. Hayden Harward also set a PR in the 3000m with a time of 8:09.71.

The Thunderbirds will be right back in New Mexico where they will compete in the Western Athletic Conference championships on Monday, Feb. 19, and Tuesday, Feb. 20. Stay current on the Thunderbird track and field programs by following @SUUTFXC on Twitter and Instagram and like the Southern Utah Track and XC page on Facebook.



SUU ATHLETICS

The Thunderbirds set several personal records and achieved Top-10 performances over the weekend.

Super Bowl can heal the soul

When the NFC Championship game was contested two weeks ago, visions of the Detroit Lions playing in the Super Bowl were dancing in my head. They led the San Francisco 49ers, 24-7 at halftime, and those visions were doing their best to turn into sugar plums. Slowly but surely, the dream ended up dying a painful death. The 49ers rallied and broke the hearts of Lions fans everywhere, including mine.

After a day to recover and avoid sports radio as much as possible, I learned something interesting through Detroit sports radio. A large majority of callers and social media posters declared they weren't going to be watching the matchup between San Francisco and the Kansas City Chiefs. Too much bad emotion for them.

Yeah, the loss was really hard to take – it was the Lions' second trip to the NFC Championship game ever, and the other one came 32 years ago – but what happened to just getting over it? I've heard coaches time and again declare to their teams they get 24 hours to celebrate a big win, and the same applies for a loss.

It's bad enough that we waited 32 years as Lions fans to travel to the edge of Super Bowl glory, but it's far worse to refuse to pay attention to the biggest game of the year just because your team isn't there.

There's nothing wrong with believing in a dream – see my chase to get on Jeopardy – and a new season means new opportunities to tweak and adjust the mix of players and coaches to keep teams on an upward trajectory.

I watched the Super Bowl wishing I was

there in Las Vegas. I saluted the 49ers for the effort against the Chiefs and already have visions of big things long before the 2024 season schedule is announced. The dream of a Super Bowl is very much alive for the Detroit Lions and not something to go into hibernation for another 32 years.

We would be remiss if we didn't mention where the Parowan Rams are as a basketball program for both the boys and girls teams. On the boys side, the defending 2A state champions qualified as the No. 15 seed and earned a first-round home game that was played Wednesday against No. 18 Maeser Prep. The winner of that game heads north to face No. 2 seed APA West Valley on Saturday.

APA WV has an 18-5 record and an excellent point guard in Peter Hakim, who set a state record with 26 assists in a 101-44 victory over UMA Hill Field on Jan. 26. Sadly, the record has gone uncredited in the UHSAA record book due to lack of game film.

On the girls side, the Rams had to travel for its 2A playoff opener as the No. 17 seed to face No. 16 American Leadership on Tuesday. Parowan has a major bright spot in Bella Robinson, who is the new school record holder for points in a season with 466, an average of 21.2 per game for a Rams team that finished 4-19 overall. The winner of that game gets to play at top seed North Summit on Friday.

Cedar and Canyon View's Bantam wrestling programs are holding signups in anticipation of the new spring seasons. Practice sessions for Cedar will be held Tuesdays and Thursdays beginning Feb. 20 and will run through March 28, with preschool through 2nd grade from 5:30 to 6:30 p.m. and 3rd through 8th grade from 6:30 to 7:30 p.m. at the CHS wrestling room. Registrations are still being accepted.

CV's wrestling program has its signups Feb. 19 and 21 at 5 p.m. at the Falcon wrestling room. Practices will be held Mondays and Wednesdays from 4 to 5:30 p.m. and 5:30 to 7 p.m. Cost to register at each school is \$60 and includes a T-shirt. A USA Wrestling card costs an additional \$20 and is required to participate in tournaments.

For more information, email Canyon View head coach Dallas Lowry at dallas.lowry@ironmail.org or cedarhighwrestling@gmail.com.

RANDOM thoughts

Tom Zulewski

IRON COUNTY TODAY



TOM'S SPORTS TRIVIA

With the Super Bowl in the rear-view mirror, football never truly ends. The 2024 NFL Draft is happening in Detroit in just over two months, so this week's quiz deals with the picks, the craziness and other things. Have fun, embrace the chaos, and please remember...no wagering!

1. Which NFC North team holds the No. 1 pick in the 2024 Draft acquired from the Carolina Panthers in a trade?
2. San Francisco 49ers quarterback Brock Purdy went from Mr. Irrelevant – the last pick of the NFL Draft – to Super Bowl LVIII two seasons later. At what Big 12 school did Purdy play his college football?
3. The Detroit Lions and Baltimore Ravens ended up just short of reaching Super Bowl LVIII. Where will these teams pick in the first round of the 2024 NFL Draft?
4. True or False, the San Francisco 49ers had a first-round selection in the 2023 NFL Draft.
5. With 36, what defensive position had the most players taken in the 2023 NFL Draft?
6. For the fourth time in team history, the Detroit Lions had two running backs surpass 1,000 yards from scrimmage in the same season. Former Chicago Bear David Montgomery (1,015 rushing yards) was one. What No. 12 pick of the 2023 NFL Draft was the other?
7. What AFC playoff team had to forfeit its first-round pick in the 2023 NFL Draft and a third-round pick in this year's draft as punishment for multiple violations of the league's tampering policy?

8. Of the players chosen in the first round of the 2023 NFL Draft, how many were selected to the Pro Bowl?
9. Which NCAA football conference had the most players taken (62) in the 2023 NFL Draft?
10. What two schools from the same conference tied for the most players taken in last year's draft (10)?
11. Who was the kicker out of Michigan the 49ers took in the third round of the 2023 Draft – the first special teams player selected?
12. How many players from BYU and Utah were chosen in the 2023 NFL Draft? Which player was chosen the earliest?

LAST WEEK'S ANSWERS

1. Texas Rangers.
2. Boston Red Sox, St. Louis Cardinals. The Red Sox won both series.
3. Three. Terry Francona (2004, 2007 with Boston), Tony LaRussa (2006, 2011 with St. Louis) and Bruce Bochy (San Francisco in 2010, 2012 and 2014, and Texas in 2023)
4. New York Yankees. The Yankees won three World Series in a row from 1998 to 2000.
5. Baltimore Orioles (AL East), Minnesota Twins (AL Central), Houston Astros (AL West), Atlanta Braves (NL East), Milwaukee Brewers (NL Central) and Los Angeles Dodgers (NL West).
6. AL West. The Astros and Rangers finished tied with 90-72 records.
7. Detroit Tigers and Los Angeles Angels. Both teams last reached the playoffs in 2014.
8. Colorado Rockies and Florida/Miami Marlins. The Marlins won both of its World Series titles after qualifying as a wild card.
9. 1989.
10. Seattle Mariners, San Diego Padres, Milwaukee Brewers.
11. Houston Astros.
12. The Yankees and Dodgers have played in the World Series 11 times, and the Yankees hold an 8-3 edge.

“It's bad enough that we waited 32 years as Lions fans to travel to the edge of Super Bowl glory, but it's far worse to refuse to pay attention to the biggest game of the year just because your team isn't there.”

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legal notices

NOTICE OF PETITION

IN THE DISTRICT COURT OF MOUNTRAIL COUNTY,
STATE OF NORTH DAKOTA

In the Matter of the Estate of PATRICIA
CHARGING MIKE, Deceased.

NOTICE OF PETITION FOR FORMAL PROBATE OF WILL AND APPOINTMENT OF A PERSONAL REPRESENTATIVE

NOTICE IS HEREBY GIVEN that GINA FEATHER
MARIE MIKE HERRARA has filed herein a
petition for formal probate of will and
appointment of a personal representative.

Dated this 25th day of January, 2024.

PRINGLE & HERIGSTAD, P.C.

By: /s/ Debra L. Hoffarth
Debra L. Hoffarth, Attorney for Petitioner
2525 Elk Drive
P. O. Box 1000
Minot, ND 58702-1000
(701) 852-0381
dhoffarth@pringlend.com

Published February 1, 8 & 15, 2024
Iron County Today • #0536

CERTIFICATION OF PETITION FOR ANNEXATION

I, Lindsay Hildebrand, the duly appointed
Recorder for Enoch City, UT, hereby certify that
I have reviewed the Petition for Annexation
signed by Nelson Family Land LLC.

To view the Petition for Annexation, legal
descriptions and map please request the
information from the Enoch City Office, 900 E.
Midvalley Road, Enoch UT 84721 or call 435-586-
1119. The Petition for Annexation was filed with
this office on January 24, 2024. I find that the
petition meets the requirements for annexation
as provided by Utah State law, (subsections
10-2-403 (2), (3) and (4), U.C.A.) The Enoch City
Council received the Certification of the Petition
for Annexation on February 8, 2024. The City
Council may grant this annexation unless a
written protest to the annexation petition is
filed with the Iron County Boundary Commission
at P.O. Box 429, Parowan, UT 84761 and the
Enoch City Recorder within 30 days after the
notice of certification is received, which would
be by March 6, 2024. The legislative body or
governing board of an affected entity may
legally protest this annexation by filing as
instructed above.

Published February 15, 22 & 29, 2024
Iron County Today • #0538

NOTICE OF TRUSTEE'S SALE

The following described property will be sold
at public auction to the highest bidder, payable
in lawful money of the United States at the
time of sale, at the main entrance of the Fifth
District Courthouse located at 40 North 100
East, Cedar City, UT 84720 on February 27, 2024
at 2:00 p.m. of said day, for the purpose of
foreclosing a trust deed originally executed
by John Belcher, as Trustor, in favor of Utah
Community Federal Credit Union, covering real
property located at 149 Rountree Dr., Cedar City,
UT 84720, and more particularly described as:
LOT 11, BLOCK A, FORREST PARK SUBDIVISION,
ACCORDING TO THE OFFICIAL PLAT THEROF ON
FILE AND OF RECORD IN THE IRON COUNTY
RECORDERS OFFICE. (Parcel I.D. B-1111-0001-
014A-11) The current beneficiary of the trust
deed is Utah Community Federal Credit Union
and the record owner of the property as of the
recording of the notice of default was John
Belcher, as Trustor. The Trustee disclaims any
responsibility for any error in the description
of the physical address or legal description of
the Property. The sale of the Property described
herein will be made without any warranty,
including warranties as to title, possession,
encumbrances or bankruptcy status. Bidders
must be prepared to tender \$20,000.00 in
certified funds at the sale and the balance of
the purchase price in certified funds within
twenty-four (24) hours of the sale (unless the
following day is a weekend or holiday in which
case the balance must be tendered on the next
business day following the day of the sale). The
sale is also subject to workout, reinstatement,
payoff, sale cancellation or postponement,
incorrect bidding instructions, bankruptcy, or
any other circumstance of which the Trustee
is unaware. In the event any of the liability to
the Trustee or Beneficiary for interest or any
other damages. If the high bidder tenders the
funds necessary to bid but fails to tender the
remainder of the purchase price within twenty-
four (24) hours of the sale, said bidder shall
forfeit the tendered funds to Utah Community
Federal Credit Union and the subject property
shall then be sold to the next highest bidder.
Dated January 22, 2024. Paul D. Jarvis UCCU
General Counsel 360 West 4800 North, Provo,
Utah 84604, (801) 223-7779

Published February 1, 8 & 15, 2024
Iron County Today • #0535

STORAGE UNIT AUCTION

Starts: February 8th, 2024, at 9:00 AM - Ends: February
24th, 2024, at 10:00 AM Thunderbird Storage www.
storagetreasures.com 435.238.6160 The following storage
units are to be sold in accordance with Utah Code 38-8-
4. Each unit will be sold as an entire unit to the highest
bidder. Inventory was taken from outside the unit. The
unit was sealed and will remain sealed until the auction
ends on the above date. 6- Contents belonging to Jasmine
Alexis Burquez. 4037 West 225 North Cedar City, Utah 84720
Household furniture, dishes, mattresses, suitcase 439-
Contents belonging to Justin Birch. 3324 S 5700 W Cedar City,
UT 84720 Barstools, saddle, wood, car seat, bike helmet, yard
tools, table saw, buckets 1439- Contents belonging to Tiffany
Christensen. 3454 W 1850 N Cedar City, UT 84721 Table, bed
frames, boxspring 1901- Contents belonging to Priscilla
Black. 5172 N 3100 W Cedar City, UT 84721 Chairs, plastic tubs,
shelves, bags, bedding 1044- Contents belonging to Roja
S Alaniz. 4005 N Old Hwy 91 Enoch, Utah 84721 Mattress,
bins of clothes, boxes, mirror, trash can, household items
1914, 700, 701, 754, 755- Contents belonging to Stephanie
Jimenez. HC 82 Box 1226 Duck Creek, UT 84762 Chairs, boxes,
kid's toys, TV, backpacks, Mattresses, couches, household
furniture, boxes, scooter 7- Contents belonging to Russel
Lovell. 195 Fiddlers Canyon Rd. Condo 42 Cedar City, UT
84721 Truck, outdoor gear, fishing gear, bags 415- Contents
belonging to Sharina Frazier. 3210 161st Ave Ct. E Sumner,
WA 98391 Outdoor furniture, shelving, books, containers,
bags, cooler The above units will be auctioned through
www.storagetreasures.com. If you wish to participate in the
auction, you will need to participate online. We will not be
taking bids through our office in Cedar City, Utah.

Published February 8 & February 15, 2024
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NOTICE TO CREDITORS

SETTLORS AND CO-TRUSTEES, STEVEN ALLRED HITZ AND
GINGER LYNNE HITZ, 755 SOUTH MAIN STREET, STE-4-401,
CEDAR CITY, UTAH 84720, AND COTRUSTEE, LEXIE MARINE
DUDLEY HEREBY PUBLISH NOTICE THAT THE FOLLOWING
ASSET WAS TRANSFERRED INTO A UTAH DOMESTIC ASSET
PROTECTION TRUST ON FEBRUARY 7, 2024: PARCEL NO. B-1882-
0014-0001 IN IRON COUNTY, UTAH. CREDITORS ARE REQUIRED
TO PRESENT CLAIMS TO THE ABOVE CO-TRUSTEES WITHIN 120
DAYS FROM THE FIRST PUBLICATION OF THIS NOTICE OR BE
FOREVER BARRED.

Published February 15, 22 & 29, 2024
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**For Legal Notice deadlines, pricing
and placement, call 435-701-9981**

IRON
COUNTY | **today**

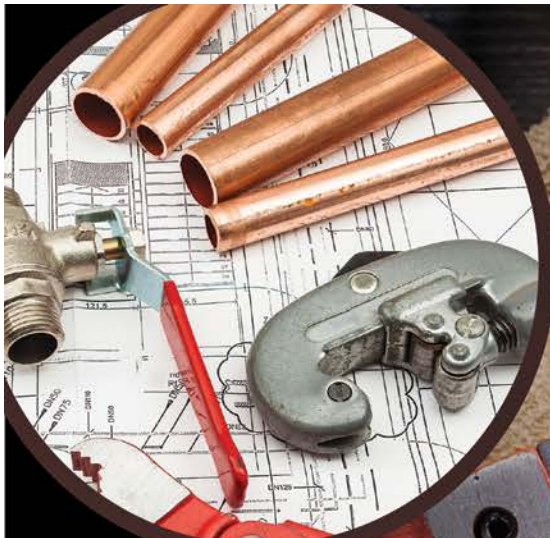
479 N 100 W, SUITE 1
CEDAR CITY, UT 84721
435-867-1865

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