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FEBRUARY 18-24, 2024 | VOL. 15 NO. 7

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- 4 Opinion
- 11 Showcase
- 14 Life
- 24 Sports
- 31 Classifieds
- 33 Comics/Puzzles

showcase

*USF's Much
Ado About
Nothing
through
the years*



IRON
COUNTY

today

THOR'S HAMMER



STORY IN LIFE

Maloy, colleagues introduce legislation to protect watersheds after wildfires

from *Bella Pinnock*

FOR IRON COUNTY TODAY

WASHINGTON, D.C. —

Representatives Celeste Maloy (R-UT), Joe Neguse (D-CO), John Curtis (R-UT), and Yadira Caraveo (D-CO) alongside Senators Mitt Romney (R-UT) and Michael Bennet (D-CO) introduced the Watershed Protection and Forest Recovery Act. This bill would create a new Emergency Forest Watershed Program at the US Department of Agriculture (USDA) to streamline recovery efforts after natural disasters on U.S. Forest Service (USFS) lands and safeguard water users downstream.

“Wildfires threaten Utah communities and their water supply every year,” said Rep. Maloy. “A new Emergency Forest Watershed Program will be instrumental in protecting Utah’s private property and our water resources on U.S. Forest Service lands following such natural disasters. I’m proud to sponsor this bill in the House to help mitigate those damage and recovery costs moving forward.”

“Across the West, our communities continue to grapple with devastating wildfires,” said Rep. Neguse.

“I’m proud to support this essential legislation, reinforcing our commitment to the health of our watersheds and the safety of Utahns.”

Rep. John Curtis (R-UT)



SHUTTERSTOCK

“These wildfires put watersheds and the drinking water supplies for many of our communities at risk. Our bill, the Watershed Protection and Forest Recovery Act, aims to ensure that critical federal resources are available to assist communities address these watershed risks in the aftermath of catastrophic wildfires.”

“In the face of devastating wildfires across the West, it’s clear we need a unified approach to protect our vital water resources,” said Rep. Curtis. “The Watershed Protection and Forest Recovery Act bridges critical gaps, ensuring swift, effective recovery efforts for our national forests and safeguarding the water supply for communities downstream. I’m proud to support this essential legislation, reinforcing our commitment to the health of our watersheds and the safety of Utahns.”

“Over the last several years in Utah, we have seen the need for a program to streamline the funding process that restores water resources on U.S. Forest Service land. I’m pleased to team up with my colleagues to introduce the Watershed Protection and Forest Recovery Act to help our communities more efficiently recover from wildfires,” said Sen. Romney.

“We need to make it easier for

local water managers and the U.S. Forest Service to collaborate to restore the health of our watersheds

following a natural disaster,” said Sen. Bennet. “This common-sense bill cuts red tape and helps ensure that communities and landscapes recovering from wildfires don’t face unnecessary hurdles in their efforts to protect their drinking water.”

This bill would:

- » Create the Emergency Forest Watershed Program and authorize watershed recovery protection measures.
- » Allow Tribes, States, local governments, and water providers to enter into agreements with USFS to implement watershed recovery protection measures.
- » Speed up project timelines by minimizing environmental reviews and requiring recovery work be completed within two years after the natural disaster.
- » Fully fund projects on federal lands by waiving matching requirements.



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- Chartis Center for Rural Health

Cedar City adopts new city flag designed by local resident

by Gabrielle Costello

CEDAR CITY PUBLIC INFORMATION OFFICER

After a six-month-long project, Cedar City is excited to officially welcome a refreshed city flag that represents the Cedar City community! On February 14, 2024, the printed flag was presented at the city council meeting and was placed on display in the council chambers alongside the state flag and the U.S. flag.

The flag redesign project was launched by the Youth City Council in August 2023 after being inspired by the State flag redesign project and

passed their recommendations to the City Council, who then requested community feedback on the top 6 through a survey. The top flag design created by resident, Kenten Pope, was selected and tailored over multiple

Southern Utah University and after a few months, he knew Cedar City felt like home. He has lived here ever since and works full-time at SUU in the Events Department. "I am grateful for the opportunity to become a part of

said Sadie Hinck. "Thank you to everyone involved."

The new city flag is also proudly on display at the entrance of the Cedar City Regional Airport and will make its way to more city facilities soon. To learn more about the flag redesign project, visit www.cedarcityut.gov/flag. If you would like to order a flag, it can be purchased through Colonial Flag by giving them a call at 1-877-941-3542.

Flag Description

This image depicts the basis of Festival City USA. It incorporates the

"I am honored to have the opportunity to put my talents toward this project and hope that my flag represents the best of Cedar City and Festival City USA."

Kenten Pope



(L to R) PIO Officer Gabrielle Costello, Councilmember Robert Cox, Youth Council Mayor Sadie Hinck, Mayor Garth O. Green, Councilmember R. Scott Phillips, Councilmember Carter Wilkey, Artist Kenten Pope.

COURTESY PHOTO

the positive impact it had around the state. The youth council members discovered Cedar City's existing city flag and recognized that it could better represent the unique and timeless character of our community.

With little to no historical information about the city's flag before 2023, they embarked on a Flag Redesign Project in the form of a community contest and accepted designs from Cedar City residents. A committee of local leaders narrowed down over 60 submissions and

weeks by the City Council and was then adopted on December 13, 2023.

"I never would have guessed that my flag would have made the top six, let alone be chosen as the new City Flag ...although I did hope it would be," said flag design artist, Kenten Pope. "I am honored to have the opportunity to put my talents toward this project and hope that my flag represents the best of Cedar City and Festival City USA."

Kenten moved to Cedar City in 2013 to pursue a bachelor's degree at

Cedar City's rich history through my design. I hope this new flag will proudly fly over the city for decades to come."

At the council meeting, Youth Council Mayor and Cedar High School senior, Sadie Hinck, who spearheaded the project, expressed her appreciation for the support received during this project from the residents, elected officials, and community leaders. "It's been a rewarding process for me as I've learned all the different steps to get something moving through local government,"

pennant flags found in the current city logo in addition to the official city colors. The pennants mimic those found in the first festival, the Utah Shakespeare Festival. The pennant shape also has a similar shape to lightning bolts giving a nod to Southern Utah University and the Thunderbird mascot. The sharp points at the bottom of the flag replicate the beautiful Cedar City mountains. The final shape in the upper left of the flag is a 5-point star with each point representing a band of the Paiute Indian Tribe of Utah.

opinion

FROM THE EDITOR

To love and to cherish...always

It appears that the wedding vow theme of my column continues. It makes sense, as technically I am married to the Iron County Today—though my future wife may have some words to say about that one day. In the meantime, I looked up different wedding vows online and of the few that do say, "...to love and to cherish" only one adds "always." Perhaps just a technicality because sacred vows aren't just to be upheld only when the proverbial sun is shining.

I think there's a definite, definitive difference between loving and cherishing something, or someone. Though they may seem similar in definition, they are very different in application.

When combined together, the unity they create can bring a joy, fulfillment and even a proactive protection in any relationship.

That being said, and while I don't have room for the full history, little did I realize when I sent in

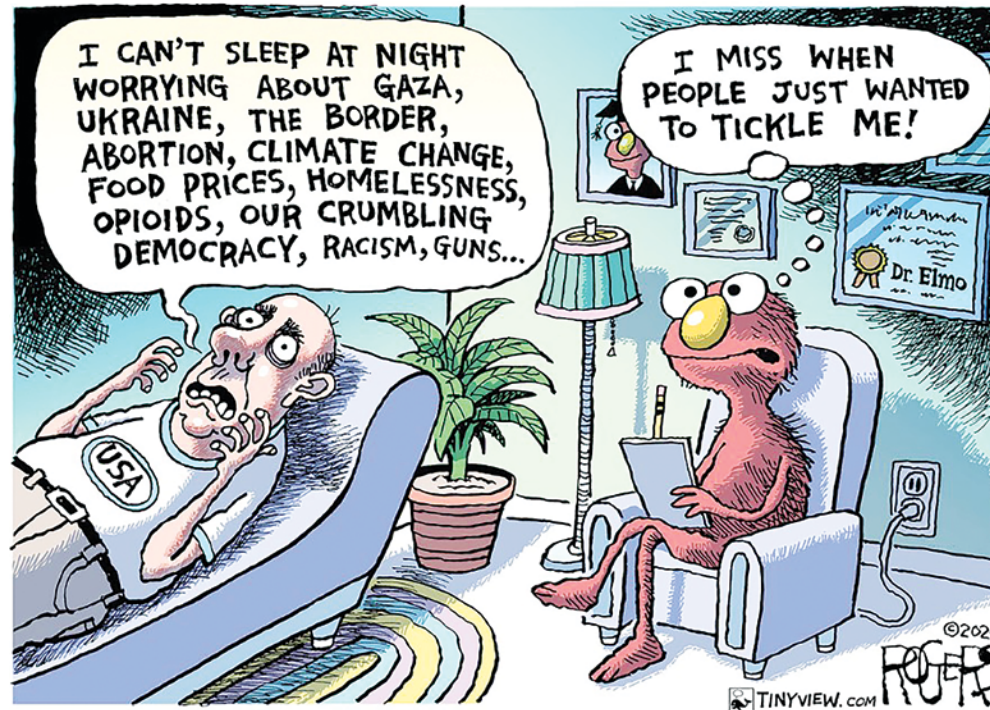


COREY BAUMGARTNER
MANAGING EDITOR

some random photos for publication over ten years ago, just how much I would come to love and to cherish this newspaper. And don't tell anyone, but I was pretty certain that I'd never be able to do anything for this newspaper other than take pictures and write an occasional column or two. Apparently, Someone Else had other plans for me.

Sure, I've had my share (and then some) of difficult days. But when you love something, you work through it and make the best of it—and then it makes the best of you. Thankfully, I've also had my share (and then some) of great moments and opportunities. I've met some amazing people and experienced some amazing, fun, uplifting, even heart-breaking news.

My point is that whether you're married or not, I hope you will each make these vows to yourselves and your futures. Love and cherish yourself, always. There's only one of you and the world needs you!



Defining political primaries and caucuses

by Joe Bialek

FOR IRON COUNTY TODAY

A political primary is a preliminary election in which the registered voters of a political party nominate candidates for office. The key word here is preliminary. The current system allows small states such as Iowa and New Hampshire [assisted by the media] to award front-runner status to the victorious candidate. From there the candidates travel a path determined by which states wants to "leap frog" the other by moving up their primary dates.

Candidates are whisked across the country without any real ability to distinguish regional issues from national issues. Consequently, party platforms are determined by a make-it-up-as-you-go approach. If the primary process were organized on a regional basis, candidates would be able to study the regional issues, campaign to

confirm those issues and then receive votes based on the solutions they propose.

A regional approach would also prevent a premature selection of a front runner because success in one region certainly would not guarantee success in the next region. This would also further validate the process because each state would still have a say all the way down to the end.

**OP/
ED**

Finally, the number of delegates awarded in each state should be determined by the percentage of votes won by each candidate. And yes, convert the caucuses to primaries.

Accordingly, the political primaries should occur between January and June of each presidential election year. Each of the six regions would be assigned a particular month. A lottery held in June of the previous year would determine which month each region holds its primaries. An example illustrates the format:

QUOTE OF THE WEEK

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will."

Vince Lombardi

IRON COUNTY **today**

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Iron County Today is distributed free of charge, thanks to our advertisers and contributors. It is mailed to over 16,000 households, plus 1,000 copies available at several rack locations throughout Iron County.

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opinion

African Americans in Space

BLACK HISTORY MONTH – PART 4

by Edy Meredith

FOR IRON COUNTY TODAY

When do scientific endeavors combine art with science? It happens when teamwork becomes essential to an endeavor and leads to large scientific and artistic accomplishments, as is demonstrated in the space program of NASA. Given the vastness and complexity of the universe, we humans have never been able to fully understand its workings. However, little by little, the space program's exploration and outer space telescopes have been revealing more and more about the incredible phenomena of our universe. In these exploratory endeavors, teamwork on the ground combined with space exploration have caused our human understanding and imagination to increase. Within the next few decades, humans could even be leaving their footprints on Mars!

NASA is now recruiting astronauts from all levels of society. The military selected the first astronauts from those who had experience flying jet aircraft with backgrounds in engineering who were also shorter than 5 feet 11 inches tall. Today you must have the following qualifications: 1) be a U.S. citizen; 2) possess a master's degree in a STEM field, including engineering, biological science, or mathematics; 3) have at least two years of related professional experience after degree completion or at least 1,000 hours pilot-in-command time on jet aircraft; and 4) be able to pass the NASA long-duration flight astronaut physical and possess skills in leadership, teamwork, and communications. A number of African Americans have passed the qualifications with flying colors, both male and female, and have served the United States in the NASA space program. You can check them out individually at Wikipedia under the subject of African American astronauts who have traveled into space or been part of an astronaut program where you will find their photos, birth dates, and descriptions. NASA also has a fact sheet at: nasa.gov/wp-content/uploads. More than 6 African Americans have qualified to be NASA astronauts.

For a more thorough exploration of African Americans who have contributed to our scientific understanding of our home on planet Earth, please see the citation at the bottom of this article. There you will find African American scientists who performed vital mathematical and engineering work despite the racial challenges of those days. Fortunately, today we all recognize the benefits of ethnic inclusion which results in a more richly diverse and incredibly talented group

of scientists and astronauts uniquely capable of taking us deeper into the night sky—to Mars and beyond.

These scientists include the following: Benjamin Banneker (November 9, 1732–October 19, 1806) a free Black American mathematician, author, surveyor, landowner, farmer, and the first Black astronomer in the United States; Dr. Arthur Bertram Cuthbert Walker II (8/24/1936) whose contributions to NASA's space program are immeasurable; Dr. Harvey Washington Banks (2/7/23–1979) made history when he became the first African American to earn a doctorate in astronomy and contributed to advances in astronomical spectroscopy, using light to study stars, planets, asteroids, and other celestial bodies; Doctor Beth A. Brown (7/15/69–10/5/2008) a NASA astrophysicist specializing in the study of black holes and the emission of x-ray radiation from galaxies. Please explore more on the internet at: thought.com/african-americans-in-astronomy-and-space-3072355.

OP/
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Learn How Caucus Works & How To Get Involved In A Party

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Monday, February 26 U.S. HOUSE REPRESENTATIVE
10:00 AM **Celeste Maloy**

In The Leavitt Center
In The Sharwan Smith Student Center
On SUU Campus leavittcenter@suu.edu





WORD OF THE WEEK

KARMA

Action which brings upon oneself inevitable results, good or bad, either in this life or in a reincarnation.

This is about making good choices today, better choices tomorrow and being your best self in this life, no matter how many lives you have lived or have left to live.

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

THURSDAY
Partly Cloudy
46°/30°
PRECIP: 10%
WINDS: SSW 10-15

FRIDAY
Partly Cloudy
46°/30°
PRECIP: 10%
WINDS: WSW 10-15

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 FORECAST

A CALM AND COOL END TO THE WORKWEEK UNDER PARTLY CLOUDY SKIES. WET WEATHER POTENTIAL BEGINS TO PICK UP THIS WEEKEND WITH A CHANCE OF SHOWERS BY SUNDAY. UNSETTLED WEATHER LOOKS TO CARRY INTO NEXT WEEK WITH A CHANCE OF RAIN AND SNOW SHOWERS AS TEMPERATURES SLOWLY EASE BACK DOWN.

Check your local forecast anytime at:
ABC4.com/weather



Utah AG announces \$350 million settlement with marketing firm over role in opioid epidemic

from Richard Piatt

DEPUTY CHIEF OF STAFF COMMUNICATIONS

SALT LAKE CITY — Utah Attorney General Sean D. Reyes announced a \$350 million national settlement with Publicis Health to resolve investigations into the global marketing and communications firm's role in the prescription opioid crisis. Utah will receive nearly \$3.93 million from the settlement to help address the opioid crisis.

By agreeing to the settlement terms, Publicis acknowledged its conduct caused harm, and the agreement will help the hardest-hit communities deal with the opioid crisis, build lasting infrastructure, and save lives. The company will also disclose on a public website thousands of internal documents detailing its work for opioid companies like Purdue Pharma and will

stop accepting client work related to opioid-based Schedule II or other Schedule II narcotics.

"While I am AG, my office will continue holding accountable any individual or entity contributing to the 'death sentence' opioids have imposed on so many Utahns," Attorney General Reyes said. "No amount of money will ever restore the precious lives lost or destroyed by the greed of opioid manufacturers and those who helped market these drugs to an unsuspecting public. But, hopefully these funds will help Utahns access treatment, recovery and prevent many more from ever becoming trapped in the vicious cycle of opioid addiction."

According to the Utah Department of Health and Human Services, more than 4,800 Utahns have died from prescription opioid overdoses in the last 20 years. These

deaths—and the impacts on thousands who have struggled with opioid addiction—have created considerable costs for our health care, child welfare, and criminal justice systems. More significant than the dollars and cents in damage to our state, the impact on opioid addiction, substance use, and overdose deaths has torn families apart, damaged relationships, and devastated communities.

This filing is the latest action Attorney General Reyes has taken to combat the opioid crisis and to hold accountable those responsible for creating and fueling the crisis. To date, Utah has received \$495 million in legal settlements from drug manufacturers and others for their roles in the crisis. Most of the funding will be split between the state and participating Utah counties to support addiction treatment, prevention and recovery.

Utahns anxious to have passport office in SLC

SALT LAKE CITY — Senator Mitt Romney (R-UT) today continued his longstanding effort to bring a passport agency to Salt Lake City by welcoming Assistant Secretary for Consular Affairs Rena Bitter, and representatives from the U.S. Department of State, to Utah. Throughout the week, the State Department, in coordination with the Utah Congressional Delegation, hosted five "passport fairs" throughout the state to provide Utahns with an opportunity to obtain passport services closer to home.

Senator Romney and Assistant Secretary Bitter met to discuss the planned expansion of in-person consular affairs services then visited the Salt Lake City passport fair. In December, Romney secured several provisions into law aimed at improving passport services for Utahns.

"The reason I'm here is that I want to encourage the State Department to open a passport office in Salt Lake

City—[it's] pretty straightforward. We have a lot of people in Utah who do a lot of travel internationally... If they need to see someone in person, they have to travel several hundred miles because the closest office is [in] Denver," said Senator Romney. "We passed legislation that I helped author that says let's expand the number of passport offices... We've been able to show that the people in Utah are very anxious to have a passport office here such that emergencies can be dealt with on a person-to-person basis... I'm delighted to have Assistant Secretary Bitter here and appreciate her willingness to organize this for us... Within the first day or two, we had some 1,500 people sign up to get their passports renewed or issued for the first time, so [there's] great interest for this service and we'd like to see more of it."

"This is one of the first times that we've been able to do such an exten-

sive passport outreach event. We've been able to do it with the leadership of Senator Romney and the rest of the Utah delegation who wanted to bring this event here to benefit their constituents. We're really, really excited to be here," said Assistant Secretary Bitter. "We encourage people to keep your passport current at all times—go home, check the expiration date, and make sure that you have a passport that is valid for travel."

On the next steps for opening a passport agency in Salt Lake City: "We're doing the research that's required by the law that Senator Romney helped get passed... The requirement is to have an agency located in population centers so that it's less than a five-hour drive to be able to get an emergency passport appointment... We should have it completed in the next couple of months, and then after that, we'll get the ball rolling," said Assistant Secretary Bitter.

IRON COUNTY GOVERNMENT RECAPS

Cedar City Council Meeting

by Iron County Today Staff

IRON COUNTY TODAY

Economic Development Committee

Cedar City Mayor Garth Green announced that Council member Ron Riddle has been asked to serve on the Iron County Economic Development Committee.

Animal Shelter Update

J.R. Robinson, current Operations Lieutenant overseeing the animal shelter said the shelter is facing capacity challenges, with ideal operating capacity often exceeded, especially for cats. Despite efforts to move animals through the shelter efficiently and maintain a "no-kill" status, there's still significant strain on staff and resources. The shelter often turns away animals due to lack of space, including aggressive ones. Discussions revolved around potential solutions, such as increasing surrender fees, exploring partnerships with Best Friends Animal Society, and revisiting licensing and tagging requirements for pets. The council emphasized the need for a comprehensive plan to address the growing challenges faced by the shelter.

Cedar City's New Flag

Community relations officer Gabrielle Costello and youth council mayor Sadie Hink unveiled Cedar City's newly adopted flag. The flag design was created through a community effort and adopted in December 2023. The artist who designed the flag, Kenton Pope, was acknowledged.

RAP Tax Distribution

There was an in-depth discussion on two proposals to change the allocation of RAP (recreation, arts, and parks) tax distribution. RAP taxes are a voter-approved sales tax to fund recreation, arts, parks, and facilities. Disagreement centered around whether to allocate additional percentages for preservation/renovation funds for the Heritage Center theater. The item was tabled so council members could discuss further based on additional data on the financial impacts of each proposal that staff will provide.

public & health

Water-Efficient Landscape Workshop on March 14, 15

from Jessica Staheli

FOR IRON COUNTY TODAY

The Central Iron County Water Conservancy District is partnering with the Utah Division of Water Resources to host a Water-Efficient Landscape Workshop in Cedar City on March 14 & 15. The 2-day workshop will include information about the Landscape Incentive Program and water-efficient landscape design using the Locascapes method. The workshop will run from 10am to 2pm each day with a lunch break from noon to 1pm.



Those interested can register on the District's website (cicwcd.org) and should come prepared knowing which areas of their landscape they want to transition from lawn to water-efficient landscaping. Workshop attendees will have the opportunity to receive an in-depth tutorial on how to apply for the incentive program. They will also leave the workshop with a completed incentive application, if eligible, and a landscape design for their yard using Locascapes principles.

The incentive program, which is run through Utah Water Savers, will pay eligible residents up to \$3 per square foot of grass to be replaced with waterwise landscaping. The program is currently available for residents of Cedar City and Enoch.

"This workshop is perfect for anyone who is making small home landscape updates or working on an entire new yard," said Jessica Staheli, District Water Conservation Manager.

The incentive is not available for new construction, but new home-

owners can still attend to learn about Locascapes and create a landscape design for their home.

Locascapes, which was created by Jordan Valley Water Conservancy District, is a 5-step method that considers Utah's unique climate. It starts with designing a central open area, then gathering areas, activity zones, paths, and lastly planting beds. It helps create less maintenance, better functionality, simpler irrigation, lower water bills, and enhanced curb appeal.

District General Manager, Paul Monroe said that water-efficient landscaping is becoming increasingly more important due to the major water challenges facing Cedar Valley.

"The State has implemented a Groundwater Management Plan for the valley that will reduce municipal groundwater rights by 75%," said Monroe. "We've also seen high population growth, significant drought periods, and escalating costs of water rights."

Due to those challenges and more, the District has a large focus on water conservation, recharge & reuse, and diversifying its water supplies.

To register for the Water-Efficient Landscape Workshop, visit the link found on cicwcd.org/localscapes/. Those interested in the Landscape Incentive Program can visit utahwatersavers.com for more information.

Chinese New Year celebrated in Cedar

from Family Support Center of Southwestern Utah

FOR IRON COUNTY TODAY

The Family Support Center of Southwestern Utah is committed to strengthening families, protecting children, and promoting healthy relationships. "We wanted to bring Sarah Sun, Miss Utah, back to Cedar City for this special event to both celebrate her and to spread her message of love, hope, and unity to our families and in the community"—Family Support Center Sponsor. Thank you for attending and your continued support of Chinese New Year.

SUU hosts Needs Beyond Medicine event in March

from Phil Brown

FOR IRON COUNTY TODAY

Needs Beyond Medicine, in collaboration with our Southern Utah University Student Group, is excited to announce our upcoming BINGO & Educational fundraiser event! Join us for an evening of fun, prizes, and learning as we come together to support the Relief Program. Mission

Needs Beyond Medicine is dedicated to reducing the burden of cancer on individuals undergoing treatment by extending crucial financial support for non-medical expenses. Our mission encompasses not only providing relief but also fostering awareness through educational outreach, emphasizing the significance of early cancer detection and prevention. Date: Wednesday, March 13, 2024 Time: 6:00 pm Location: Southern Utah University Campus, P.E. Building- Physical Education 2-56 North 600 West, Cedar City, UT 84720- Room 101 Cost: \$10.



Mercedes Carter, M.D.



The Cedar City Institute of Women's Health

Women Caring For Women



Amber Dalton, FNP-C

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UTAH LEGISLATIVE UPDATES

House of Representatives

The 5th week of the 2024 Legislative Session is over. We have nine working days until we adjourn, but we still have a lot of work left to finish. We are dedicating more of our working hours to Floor Time now, where bills approved by committee are being considered before the entire body of the House of Representatives and the Senate, and we will start working later into the evenings to hear more debate on the legislation that affects our constituents.

Legislative Update

My final three bills were officially introduced and have been making their way through the process. H.B. 483 Construction Trade Amendments amends the threshold dollar amount where a handyman can engage in a construction project. The current amount is set at \$3,000 and has not been changed since the 1980s to reflect inflation. Many projects that handymen work on surpass this amount now due to the inflationary cost of labor and materials. This bill increases that threshold to \$9,000, so those who wish to do some side work can do so without concern of legal repercussions. This bill passed out of the House Business and Labor Committee unanimously.

H.B. 496 Public Land Use Amendments prohibits Natural Asset Companies, or NACs, from ever purchasing or leasing state public lands for their purposes. NACs are a new tool that the federal government in conjunction with the New York Stock Exchange tried to implement to control more of our public lands. Although they recently reversed their decision, this bill ensures that if these or similar policies return, we have a tool to fight back against federal overreach.

H.B. 522 Veterinarian Education Loan Repayment Program Amendments is a supplement to a bill I ran last year, allowing repayment of veterinarian school loans to be paid out yearly in smaller sums rather than in full at the conclusion of their education. This change was proposed to help attract more vets to Rural Utah, specifically focusing on livestock medicine. Both H.B. 496 and H.B. 522 passed out of the House Natural Resources Committee unanimously Friday morning and will be heard on the House Floor sometime next week. H.B. 31 – Senate, H.B. 124 – Senate, H.B. 239 – Governor, H.B. 241 – House, H.B. 363 – Governor, H.B. 384 – Governor, H.C.R. 8 – Governor, H.C.R. 13 – Senate.

Guests

I had the honor to introduce some incredible guests on the House Floor Thursday afternoon. Former Top Gun and Space Shuttle pilot Doug Hurley, Jordan Christensen, former resident of Glenwood and Iraq War Veteran, and Four-Star General Robert Oaks who served under President Bush, and the CEO of Hunter Nation, Keith Mark, are all in Salt Lake this weekend for the Hunt Expo. These heroes are true examples of sportsmen, and their shared love of hunting and conservation is admirable. The Hunt Expo welcomes over 65,000 hunters from over 33 countries, raises over \$100 million dollars in just one weekend, and is hosted right here in the great State of Utah.

Members of the House Majority Caucus held a press conference on Monday with Former President Trump's National Security Advisor Robert O'Brien to learn more

about the crisis at our southern border and various areas of the world. Speaker of the House Mike Schultz also shared his experience earlier this month at the Texas border, and Governor Cox has deployed members of the Utah National Guard and Utah Highway Patrol to assist Texas in gaining control of their border.

I had a chance to meet with Representatives of the Navajo Reservation to discuss their support of some bills that I will hear as a member of the House Business and Labor Committee. I also welcomed a group of educators from the rural schools in Iron County and their concerns on the mental health crisis facing our elementary youth. I look forward to working with them over the Interim to help provide solutions to help our rural students. Governor Cox joined us Friday morning for Rural Caucus Breakfast and reaffirmed his commitment to working hard for Rural Utah.

I hope that all my constituents reach out regarding any concerns, 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 these important issues that influence your local communities. I always look forward to rep-



REP. CARL ALBRECHT
UTAH HOUSE DISTRICT 70



REP. REX SHIPP
UTAH HOUSE DISTRICT 71



SEN. EVAN VICKERS
UTAH SENATE DISTRICT 28

resenting all the needs and interests of all Rural Utah. Please contact me directly by email at carlalbrecht@le.utah.gov or text or call (435) 979-6578.

— Rep. Carl Albrecht

It's week 5 and the capitol is buzzing with activity. My bills are moving steadily through the legislative process and I've met with many brilliant people this week. My Monday started with the presentation of HB 158 in the Senate Judiciary Law Enforcement and Criminal Justice Committee. I had the support of many Cedar City locals who helped me get the necessary votes to get this bill through the committee. I also had the chance to meet with the president of UVU, Astrid Tuminez. She cares so deeply about higher education and is a wonderful asset to the state.

On Tuesday I presented HB 291, Department of Food and Agriculture Amendments on the House of Representatives Floor and it passed smoothly on to the Senate. I will be presenting it to the Senate Natural Resources, Agriculture, and Environment Committee sometime next week. I also presented HB 297, Utah Bee Inspection Act amendments on the House Floor and it also passed through the body with no issues. This bill has brought many people together and I've enjoyed the open dialogue this bill has promoted about bees and agriculture.

On Wednesday the Cedar City and Parowan Youth

Coalition against Drugs and Alcohol met with me and talked to me about the impact of drugs and alcohol on southern Utah youth. They shared personal stories and goals that they have for the communities in District 71. These youth are incredibly bright and I'm excited to see where these individuals go in the future.

Wes Holmes from Cedar City was at the Utah All-State High School Art Show this week and I had the chance to catch up with him. He created an impressive sculpture and I know he has a wonderful future ahead of him. It was a delight to chat with him and his parents.

The Educators of Iron County Educator Association met with me and talked about concerns. These women are well-spoken and brought up important points about upcoming bills. I had the opportunity to introduce them to the House of Representatives and they received a warm welcome from the body.

Utah has one of the shortest Legislative sessions in the country and we as a body know how to make each day count. This week we passed meaningful Legislation that will benefit our state, including bills that increase stipends for educators to purchase classroom supplies, strengthen security in our public schools, and streamline the judicial process. With only two more weeks of the session, I'm thrilled to see the exciting bills and conversations that remain.

Bills that I agree with: HB 84, HB 148, HB 247, HB 262, HB 276, HB 302, HB 326, HB 352

— Rep. Rex Shipp

Utah Senate

It was a privilege to stand with these powerful group of leaders, who were at Utah's Capitol Hill this week to be reappointed to the Southern Utah University Board of Trustees. They each

have been a tremendous force for good throughout all of southern Utah and Utah. Darrel Eves (not pictured) will be a fantastic new Board of Trustees member. Eves is an SUU grad who is the Executive Producer of The Chosen, founder of VidSummit, a professional speaker and entrepreneur.

We've just completed the fifth week of the legislative session, and as bills move through the process, we're spending more time on the Senate floor with debate and voting. Be sure to follow the discussion and votes at le.utah.gov. If you're able to come to the Capitol in person, please let me know and I would love to meet with you and hear your perspective on legislation.

Here are a few significant bills we examined this past week.

The first bill addresses the problems of nicotine possession in Utah. S.B. 61 Electronic Cigarettes Amendments proposes to ban flavored electronic cigarette products. Additionally, the bill would prohibit the sale of e-cigarette products the Food and Drug Administration (FDA) has not authorized for market use. An estimated 75% of youth who have tried tobacco first tried vaping products, and 90% of all kids start with flavored tobacco products.

Another bill to highlight is about artificial intelligence (AI). The expansive impact of AI in the coming years will change every factor of our lives. As such, Utah is looking

Southern Utah University

HOPE Food Pantry seeks community donations

by Ruth Scovill

FOR IRON COUNTY TODAY

Students at Southern Utah University and Southwest Technical College make tremendous economic contributions to our community. They pay rent, support local businesses, and are employed throughout the community. As anyone who has gone to college knows, these years can be tremendously challenging financially for students, many of whom are away from home for the first time.

In 2002, the HOPE Pantry was created at SUU to support students facing food insecurities. It was the first such food pantry in Utah, and one of the first in the nation. Now, food pantries are found on most U.S. campuses. The pantry serves not only students at SUU, but also has a small satellite pantry in the main building of Southwest Technical College. Food insecurity on campus is on the rise, and the number of students served by the pantry has doubled this year, averaging 1500 to 1700 student visits a month at SUU.

According to the SWTC coordinators, Cyndie Tracy and Jason Rhodes, their HOPE Pantry receives about 50 visits a month. Students and faculty have rallied to provide supplies. For example, the firefighting students recently led a food drive and some professors contribute regular payroll deductions, but most of the available supplies come through the SUU pantry which receives food from the Utah Food Bank and private donations.

Although the HOPE Pantry receives regular donations from the Utah Food Bank, the increase in demands have stretched supplies thin and more donations are needed from the community. According to the HOPE Pantry Coordinator, Pam Branin, "17% of those surveyed said without the pantry they would have gone hungry. An additional 40% said without the pantry they would have had to cut back on other necessities such as rent, utilities, textbooks, or



SWTC
Coordinator
Jason Rhodes
(Top) and Paris
Hollingshead help
make sure students
get the right items
for their needs.



PHOTOS BY RUTH SCOVILL

“Through the HOPE Pantry, I am able to feed myself and reduce that stress that I already have with being a full-time student and part-time employee.”

SUU Student

medications. The remaining 40% cited short term need or transportation challenges.”

In response to a survey of students who used the pantry, one student wrote, “Without the HOPE Pantry, I would have gone hungry. Through the HOPE Pantry, I am able to feed myself and reduce that stress that I already have with being a full-time student and part-time employee.” Another student commented, “The pantry’s assistance allowed me to afford textbooks and other educational costs.”

Another expressed, “The food pantry helped me feel more secure in my life. As college students, we often worry about our financial futures, and having resources like this helps ease some of that constant anxiety.” Another commented “I cried once eating canned chicken noodle soup because I was so grateful to have food. Thank you HOPE Pantry.”

The HOPE Pantry is also on a mission to help educate students about nutrition, budgeting, and cooking skills. Every Wednesday, student volunteers put a short video on the SUU Website teaching students how to make a simple recipe. At the pantry, kits are available to make that recipe. Twice monthly, they also have live demonstrations where students can taste the product, and pick up a kit, or maybe win a raffle for basic kitchen equipment.

Donations of food, money, gently used or new basic kitchen equipment, or school supplies is greatly needed and appreciated. They cannot accept home canned foods. When it is cold, the pantry also distributes hats, scarfs, and blankets. However, they have limited storage space, so they only accept these donations when the weather is cold enough for students to want them.

The hope pantry is located in the Sharwan Smith Student Center, Room 120. You can contact Pam Branin at 435-865-8340 or branin@suu.edu.

Southern Utah University

Utah Professor discusses social safety at SUU event

by Christina Schweiss

FOR IRON COUNTY TODAY

The Ask. Ponder. Educate. [X]. event on Feb. 15 featured Lisa Diamond, a Professor of Psychology and Gender Studies at the University of Utah. Her presentation was called “Social Safety and Human Thriving Across the Spectrum of Sexual and Gender Diversity.”

Diamond explained that stress has been around since the beginning of human history. People who belong to a minority tend to be more stressed than others, and that is because of the

“We all need conditional protection and connection from people around us.”

Lisa Diamond

fact that they don't feel like they have social safety. In other words, they feel misplaced more often than not and don't feel accepted. When you are a part of a minority group, you don't know what you will experience going out into the world. “Every day is a little bit unpredictable,” said Diamond.

Social safety is having a group to go

to, or to see who you are. Knowing you are not alone ties into our primal ancestors – you feel safe. Diamond shared, “We all need conditional protection and connection from people around us.”

Diamond also explained that stress is something everyone experiences, saying, “Each experience of stress has a toll on us. Too much stress is bad for us – like a car breaking down.”

When we surround ourselves with other people who love and accept us, our stress levels go down.

“[Other people are] a cue to our nervous system that we will be okay,” said Diamond. “We need to spend more time together, and with individuals who validate us.”

Diamond mentioned the concept of being resilient. She explained that resilience is a state of having high access to social safety. That way when you're stressed, you have a group to go to. People can provide social safety in many different ways: by smiling at someone, asking if someone needs help, listening to people — the list goes on and on.

Diamond told the audience, “Go out into the dangerous world and come back to your campfire.” The campfire in this analogy represents where you feel the most understood and feel socially safe.

The next A.P.E.X. event will take place on March 7. The guest speaker will be Meghan Chayka and her presentation is called “Sports Analytics: Scaling a Data Company.” For information on the A.P.E.X. speaker series, visit suu.edu/apex.

UTAH SENATE

« CONTINUED FROM PAGE 8

for ways to prepare our state for the changes coming from this innovative technology. Utah's legacy of taking a free market approach to innovation, allowing technology and business to thrive in our state, continues

Utah's economy has done very well, partially because we are very business-friendly. When my wife Chris and I opened our first business, we benefited from good business policies, and appreciate those in the community who both start and support small businesses.

With only two weeks left of the 2024 General Session, we will have many early mornings and



COURTESY EVAN VICKERS

(L to R) Rep. Vickers, Marilee Eyre of Beaver; Bev Burgess of Cedar City; Sydney Nakken of Cedar City, and SUU Board of Trustees Chair Jodi Hart Wilson.

with S.B. 149 Artificial Intelligence Amendments, which will create an AI laboratory in Utah, where businesses enter mitigation agreements to practice using and developing best practices for AI.

Another highlight from the week was talking with small business owners who joined us on the Hill for a day. Small businesses are the backbone of America, and as a legislator, I seek to remove as many restrictions as possible to enable businesses to thrive in our state.

late nights discussing legislative policies. As we examine policy on everything from water to education, I will keep the needs of Senate District 28 at the forefront of my work. As your senator, I take my responsibility to advocate for your needs very seriously, and will continue that advocacy throughout the session.

Thank you for your strong support. I welcome your feedback, thoughts and questions.

— Sen. Evan Vickers

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showcase



2016

MUCH ADORED

USF's productions of a classic through the years...

from Utah Shakespeare Festival

FOR IRON COUNTY TODAY

The Utah Shakespeare Festival has put on eight previous productions of Shakespeare's *Much Ado About Nothing*. This will be the first year that the play will be produced in the inside space of the Randall L. Jones Theatre.

The play hit Festival stages in 1965, 1973, 1981, 1987, 1995, 2003, 2010, and 2016. Enjoy these pictures of past productions!

It's not too early to purchase tickets! Visit bard.org to purchase tickets and for more information about the play. Don't miss out on our study guide, where you can find a synopsis, character summaries, and several articles on the play.



1965



1981



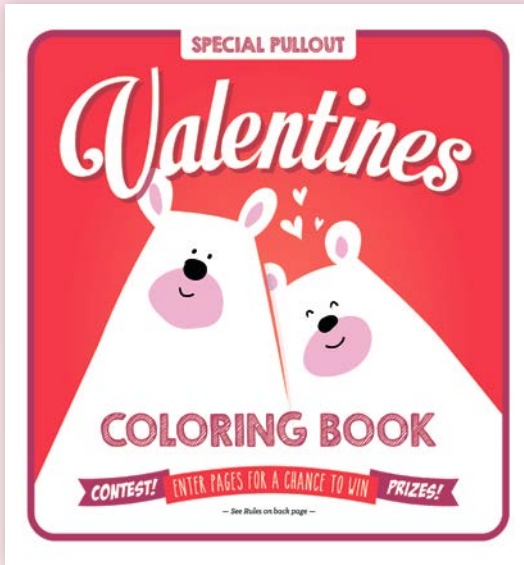
2010



2003



1987



CONTEST WINNERS

Boulevard Home

AGES 5+

Gwynn Christ, 7

Chip Cookies

Ryeesa Rose

TDS

AGES 0-6

Violet Hunt, 6

AGES 7-11

Avery Randall, 9

AGES 12-18

Kaja Bills, 18

HONORABLE MENTION

Dixie Tienken, 93

Webster Orthodontics

AGES 2-9

Cobain Bennett

AGES 10-16

Chandra Johnson

AGES 17-90

Kylee Hoovan

GRAND PRIZE

Mari White

World Class Pawn

\$50 GIFT CARD

Sherry Noshkin

\$5 SWIG GIFT CARDS

Raegan Dennett

Tini Randall

Liam Petersen

Alex Montgomery

Elizabeth Beadles

Bluegrass band to perform at Heritage Center Theater

from Jim Howells

FOR IRON COUNTY TODAY

The Iron County Acoustic Music Association (ICAMA) presents the stellar bluegrass melodies of award-winning Basin and Grange band at the Heritage Center Theater, 7:00 PM, Wednesday, February 28 in Cedar City. A fast-rising star on the Americana scene, the Wasatch Front-based quintet promises an unforgettable evening filled with the rich sounds of traditional bluegrass, old-time, and original songs, tight vocals and sizzling instrumentals. The band has been captivating audiences throughout the Intermountain West with their harmonious blend of instrumental prowess and heartfelt vocals.

The band members will also conduct a free instrument and band workshop in the Heritage Center lobby from 3-4 PM on the day of the show. The workshop is open to any interested aspiring or accomplished musician and friends.

The award-winning Basin and Grange brings together a collective of exceptionally talented musicians, each with a deep-rooted passion for the genre. With banjo, guitar, mandolin, fiddle, and upright bass, their instrumentation creates a dynamic tapestry of sound that transports listeners to the rolling hills of Appalachia and beyond. Their 5-part harmonies are amazing to experience as they travel through a musical landscape of contemporary bluegrass punctuated with dynamic solo riffs.

Drawing inspiration from the genre's luminaries while infusing their own distinctive flair, Basin and Grange delivers performances that are both timeless and refreshing. From spirited barn-burners to tender ballads, their diverse repertoire showcases the breadth and depth of bluegrass music, ensuring there's something for every listener to enjoy.

"We're delighted to welcome Basin and Grange Bluegrass Band to the Heritage Center Theater," expressed ICAMA President, Jim Howells. "Their music embodies the spirit of American folk tradition, and we know our audience will be captivated by their exceptional talent and infectious enthusiasm."

The performance is supported in part by financial grants from TourWest, WESTAF, the National Endowment for the Arts, and Cedar City RAP funds. Tickets for the performance are \$12 and are available at www.heritagectr.org and at the door. Doors open at 6:30 and the performance begins at 7:00 PM.

BASIN & GRANGE

Bluegrass from the Wasatch Front

WED FEB 28TH • 7PM



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\$12 heritagectr.org or at the door

#icamamusic

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Who could be enticed by the ads on TV?

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

I am writing this on Super Bowl morning. You are reading this long after the burning question has been answered: did Taylor Swift make it in time for the opening kick-off? I don't ordinarily watch football on TV except as I happen to be passing through the room where someone else is, but like millions of others, I will be interested in the TV ads this afternoon. The other night we saw the show where viewers called in to vote for their favorite ad of years past and as usual, the Budweiser ad took first place. (That is the one where that magnificent Clydesdale chases his trainer through empty streets until they find each other and hug.)

We all love that one, but I have another favorite as well. Do you remember the little boy in the Darth Vader costume who is walking around using the force to make things happen? He goes outside and gestures at the family car in the driveway, and as it happens, his dad is watching out of the kitchen window. The dad uses his remote to start the car just as the boy points to it, and the boy thinks he did it! He looks around in the hope that someone saw that semi-magical moment. Very cute.

The disclaimers that accompany the drug advertisements on network evening TV are as laughable as any sit-com they might accompany. After promising miracles that will cure your illness or at least prolong your

life, a very fast-speaking announcer starts in on possible side effects. They refer to every part of the body: gut, eyes, liver, kidney, lungs, heart, and more, all of which may be adversely affected by the drug being sold, and they end with the phrase "or death". Why would anyone be enticed by that list of horrors?

And recently, we are treated to even more intimate suggestions about things that should take place privately in the bathroom. The complete body deodorant is now joining the discussion of toilet paper and the depiction of showers that we shouldn't have to share. I was raised by a man who could not bring himself to say the word "pregnant".

Bodily functions were not shared or discussed even among family members. I'm sure he would not be watching TV these days.

Printed ads are sometimes interesting, though, like the magazine full page that advertised a beautiful amethyst necklace for absolutely free. The shipping and processing fee was \$24.95. And some products solve problems I didn't know I had, like touching my shoes. A famous shoe brand is offering a shoe that you can just step into, without having to help the placement of your heel. "Never have to touch your shoes again", they promise. Actually, this isn't an issue in my day.

Do read the ads in THIS paper. They are for things we really need or want, and they make sense: tax preparers, an orchestra concert, a tree service...things that we want. Places we can get to in 15 minutes. And they don't offend!



"The complete body deodorant is now joining the discussion of toilet paper and the depiction of showers that we shouldn't have to share."

Audition deadline extended for Cedar City's 4th Annual Star Search Competition

by Gabrielle Costello

CEDAR CITY PUBLIC INFORMATION OFFICER

If you second-guessed whether you should audition for Cedar City's 2024 Star Search Competition, now is your chance! Cedar City Events is accepting auditions from the greater Iron County community for a few more days through tomorrow, Friday, February 23, 2024, at www.cedarcity.org/starsearch. Twelve finalists will have the chance to win \$250 in their respective age category or division at the Heritage Theater on Friday, March 15.

Come enjoy this free community event by reserving your ticket online and cheering on the finalists! This year, the event will also feature fundraising efforts for Canyon Creek Services. This community-based non-profit advocacy organization serves Beaver, Iron, and Garfield counties, and provides free, confidential, and comprehensive services to survivors of domestic violence and sexual assault.

Previous Star Search contestants have provided a diverse range of talents including singers, dancers,



COURTESY PHOTO

musicians, magicians, and even ventriloquists! Be encouraged in your talents and take the plunge by submitting your audition... you just might win! For audition information and to reserve free tickets to the event, visit www.cedarcity.org/starsearch.



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Code: 67682

Making Miracles

THOR'S HAMMER, SUU FOOTBALL TEAM, DALFF, VOLUNTEER AT HAPPY FACTORY

by *May Hunter*

FOR IRON COUNTY TODAY

A new program at SUU, Thor's Hammer, has a mission to bring more unity in the community through the help of student athletes. Partnering with the Dixie

and Anne Leavitt Foundation (DALFF) @ <https://givebutter.com/HappyFactory>, these opportunities help local charities to benefit from the student athletes using their name, image and/or likeness to bring attention to the needs of each charity. The student-athletes

also receive invaluable experience in public service, community engagement and other life skills.

Recently, Thor's Hammer and the SUU football team met at the Happy Factory to volunteer and to raise awareness to help them acquire a new sander. The years

have taken their toll on The Happy Factory's large belt sander and it is due for replacement. In addition, there are other miscellaneous items that need replacing. The cost of these needed replacement items

see happy **FACTORY** » 15



Members of the Southern Utah University football team were happy to volunteer to help make toy cars for children around the world.

family

Promoting independence



Each toy car is made with care and carefully protected with mineral oil.

PHOTOS BY COREY BAUMGARTNER

HAPPY FACTORY

« CONTINUED FROM PAGE 14

is approximately \$10,000.

Charles and Donna Cooley founded The Happy Factory in 1995. They became aware that many children both locally and around the world have never had a toy and so they formulated their motto, “We may not be able to make a toy for every child in the world that needs one, but we’re going to try!” The seeds of their service were planted in a small workshop at their home in Cedar City, Utah in 1995. They made a couple hundred toys that were humbly offered to Primary Children’s Medical Center. Over 1.7 million toys later, The Happy Factory is approaching its 4th

decade bringing happiness to children around the world that received their wooden toys, which include cars, trucks and their iconic moveable steam shovels.

All the materials they use are donated and all the toys are made with care and love by volunteers. The toys are made of scraps of hardwood donated by a local cabinet maker and others and then transformed into the toys. As a sander is an essential component to making these wonderful toys, this was the perfect opportunity for the students and staff to spread their wings and the word in hopes that the community will help them achieve their goal. We hope you will donate to this exceptionally worthy cause!



SUU football players help assemble the tires and axles on the toy cars.

I have always been what some would call a “helicopter mom”. If you Google this term you will read phrases like “overprotective” and “micromanagement”, neither of which sheds a positive light on the parenting style. I have cut myself some slack knowing that my kids are little and they need help with everything. And I do mean EVERYTHING.

However, since we started home-school I have recognized how my helicopter style of parenting could be a serious detriment to my kids who are with me 24/7, rather than the traditional daily separation of school, where they had to do everything for themselves.

Our oldest turned eight this month and he has been craving more independence. Being in my constant care, it is easy to trust that I can do a better job at meeting his needs than he can! Which is true, for now, but as I’ve come to realize, not very helpful for building his future as a successfully independent man. Knowing that I want the best for him and his siblings, I have made a conscious effort to loosen the reigns.

We’re starting small as I learn how capable he is of so many things I’ve never given him the chance to try! He now proudly makes his own peanut butter sandwiches. He knows to replace the twisty on the bread bag, twist the top back on the jar and safely place the butter knife in the sink when he’s done. And wouldn’t you know it, with three other kids to look after, this simple task he is able to complete has been a total game changer for me.

This week he kicked it up a notch by convincing me to let him figure out the microwave. This required the use of a step stool and a quick lesson in microwave safety. Additionally, he wanted to thaw himself a soft pretzel that is stored in the garage freezer. This doesn’t sound like such a big deal, except that I had to force myself to keep my distance and trust that he would follow the directions to make sure the freezer door gets shut tight. Then I feared that he would leave his pretzel in the microwave for too long, ruining his

snack and possibly burning his fingers while retrieving it. Again, I told myself to give him a chance at following directions.

He has since thawed himself too many pretzels and my new concern is that he isn’t eating a balanced diet! *wink wink* Next on his list of independence seeking opportunities was doing his own laundry. What kind of mother would refuse this request? Even I couldn’t turn him down. He has dutifully emptied the dryer of his (and his little brother’s) clothes, folded and put them away all on his own. He is now seeking financial compensation for this task and that is under advisement.

While our boy is growing and gaining confidence with the freedom I am finally giving him, his six-year-old little sister

mom's
CORNER(ED)

by Weslie Stratton

CONTRIBUTOR



is catching on. Understanding that our big guy could have been completing many of these tasks at an earlier age, I am inclined to give her a chance. Predictably, she is able to spread cream cheese on her own bagel, and even enjoys making this snack for her little sister! Again, I am the one who truly benefits from these accomplishments.

In the end I have learned that while I know I can do everything for my kids quicker and cleaner, it doesn’t necessarily benefit them. My true goal as a mother is to not only nurture and care for my kids while they are little, but to prepare them for success as they grow and eventually leave home as (hopefully) independent adults. I now know that this requires me to allow them to try things and fail. It will be messy and possibly painful, but this is how true lessons are learned.

After all, over-salting one meal to understand that it really doesn’t require much (like mom said in the first place) is a small price to pay on the road to confident independence.

Bucket List or Chuck It List

What's on your Bucket List this year? A long-awaited vacation, writing a book, learning to play an instrument, staring in a play, getting married, grad school? Maybe you're ready to finally retire, or create that dream job? Maybe you have several buckets brimming with ideas but don't know where or how to start emptying them? I've learned that it's not the number of buckets or the length of your list that counts. What matters and motivates most is your courage and determination to go make them happen.

There are so many adventures waiting for you! Unexplored shores, misty mountains to climb, songs to sing, words to write, lessons to learn and to teach. You may even find that you need a bigger bucket. However, it won't matter if there are a thousand items or only one. Because unless you're willing to begin emptying your bucket, it might as well be empty.

If you've already started, is your bucket half empty or half full? How many adventures will you cross off your list this year? How many will doubt and fear cross off for you? Are you so overwhelmed and lost with your lists that you feel like you'll kick the bucket before you empty your bucket? Maybe you believe your bucket is too broken or too small to dip into the well of dreams? Maybe you believe that the well has run dry? The well is not dry if you try. It's still full of ideas and dreams waiting for you to lower your bucket and fill it back up.

As you do so, are you filling your life's bucket up with dirty water, or unedifying things? If so, perhaps you need to make a Chuck

It List and have the courage to start getting rid of anything that is filling your bucket full of junk and garbage instead of hopes and dreams. If you need more inspiration, look to those who have been diagnosed with a deadly disease. They courageously fight to live and make the most of the rest of lives. I hope you don't have to wait until you're dying to learn how to truly live. Death isn't the only motivator. It just seems to be the one that's loud enough for you to finally hear it over all the other distractions in your life. If you stop and listen you

the rut
LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



“The well is not dry if you try. It’s still full of ideas and dreams waiting for you to lower your bucket and fill it back up.”

can hear hope above the chaos and noise.

Today, there are a lot of empty buckets out there waiting to be filled. Maybe some of you have replaced your buckets with tea-cups, or thimbles. Is it because you think a smaller list and smaller dreams are safer because there will be less guilt and regret if you don't succeed? True, with a smaller bucket, you can't be too overwhelmed or fill it so full that you can't carry it, but don't short-change yourself. Having a Bucket List is about believing in yourself more than just creating lists. Go live your life!

calendar

FRI, FEB 23

PLAY TENNIS 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 24

TOURISM 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.

COMMUNITY SKI DAY (10AM-2PM) @ DEER Hollow Recreation Area (east of Cedar City off SR 14, past mile marker 22). Everyone welcome to join in the fun and learn to cross-country ski with Cedar Mountain Nordic Ski Club. INFO/Reg @ cmnsc.org.

FRONTIER HOMESTEAD OPEN MIC NIGHT (7-9pm, every 4th Sat) @ Frontier Homestead State Park (635 N Main, Cedar). FREE. Cheer on community members or show off your talents. Share your music, poetry, comedy, magic, or soliloquy. INFO: 435-586-9290.

HIGH SCHOOL JAZZ CONCERT (7:30PM) FREE @ Heritage Center Theater (105 N 100 E, Cedar). Students will perform and get adjudication from world-class jazz musicians. SUU jazz soloists and guest artist Richard Smith, Guitarist from Univ. of So. California. High energy jazz music!

SUN, FEB 25

QUIET DAY

“SOLITUDE IS VERY DIFFERENT FROM A ‘time-out’ from our busy lives. Solitude is the very ground from which community grows. Whenever we pray alone, study, read, write, or simply spend quiet time away from the

places where we interact with each other directly, we are potentially opened for a deeper intimacy with each other.” Henri Nouwen

MON, FEB 26

FAIRY TALE DAY

SUU DISCOVER STORYTIME (4:30-5:30PM) FREE @ Cedar City Library (303 N 100 E). A new theme that book and activity follows along with! INFO: Please email suudiscover@suu.edu.

MESSIANIC DANCE WORKSHOP (4-5:30PM) FREE @ Cedar City Library (303 N 100 E). Come learn fun, easy ancient Judeo-Christian dances, songs. INFO: 702-460-2317

TUES, FEB 27

RETRO DAY

ART OF MAKING MUSIC AND MOTION, (1-2pm) @ Johnson Arts Center (59 N 100 W). A percussion workshop will be held as part of the Cedar City Arts council funded series of workshops for the intellectually disabled adult population. INFO: 702-917-2151.

WED, FEB 28

SCIENCE DAY

WONDER WEDNESDAY - (4-6PM) @ Frontier Homestead State Park (635 N Main, Cedar), FREE for all students K-5. Children, accompanied by an adult, join for adventure and fun make-and-take activities. INFO: (435) 586-9290.

BASIN & GRANGE BLUEGRASS BAND (7PM) @ Heritage Theater (105 N 100 E, Cedar). Presented by The Iron County Acoustic Music Association Presents (ICAMA). Tickets \$12 at www.heritagectr.org or at the door. A FREE Instrument/Band workshop (3pm) in lobby. All abilities welcome.

Want your event on our calendar?

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

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

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

Cedar City Council

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

Enoch City Council

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

Enoch Planning Commission

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

Iron County Commission

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

Iron County Democrats

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

Iron County Republican Women

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

Parowan City Council

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

SERVICE GROUPS

American Legion Post 74

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

INFO: Kat at 702-292-9911.

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, 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

East Elementary

On Tuesday, February 13th, The Utah Opera visited East Elementary and presented an exciting and engaging assembly. Students watched as opera members participated in a game show called, "Who Wants To Be An Opera Star," and learned a lot about opera and musical performance in general. Following the game show, students had the opportunity to ask questions. A great time was had by all!



Kindergarten Registration is underway! Parents are strongly encouraged to register their incoming kindergarten students online now at <https://ironutc.scribder.com/family> Children who will be 5 years old on 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, as well. Please mark the date on your calendar and help us spread the word!

In addition to Kindergarten Registration, 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. We encourage you to fill out the application as soon as possible. The deadline is March 1st. Please visit our school website at east.iron12.org for information regarding the Dual Immersion program.

Enoch Elementary

Enoch Elementary invites our families to the annual Title 1 Parent Engagement & Art Night on February 26. Come anytime between 5:30 and 7:00 pm. There will be drumming, light box dancing, games, crafts, a photo booth, a book walk, and more. Join special guest Michael Bahr from the Utah Shakespeare Festival with songs and games. Tour the halls to see your child's art displayed and be entered in a prize raffle. In addition to all the fun activities, families can help in humanitarian efforts. Seeds for Soldiers will be there, collecting bags of sunflower seeds and postcards. Also, clean empty grocery bags can be donated to make mats for the homeless. Don't miss out on this special event!

Canyon View Middle School

CVMS's Seussical the Musical was exceptionally well done! Thank you Lauralyn Anderson and Jacob Chipman for the time and effort you put into helping students! Yuting Du, CVMS's Chinese teacher, helped students learn about making Potstickers and taught all CVMS students about the Chinese New Year – the Year of the Dragon.



Fiddlers Elementary

Fiddlers Elementary, a Chinese Dual Immersion school, celebrated Chinese New Year with a night of activities. Participants young and old learned to write "lucky" in Chinese, showed off their chopstick skills, assembled paper lanterns, practiced spinning Chinese handkerchiefs and more. Students also displayed their language skills with musical performances from each grade including 6th and 7th grade from Canyon View Middle School. It's not too late to explore Chinese dual immersion for the 2024-25 school year.



Students currently in kindergarten and first grade are invited to learn more at <https://fiddlers.irondistrict.org> Thank you to everyone who participated in our most recent Feed Your Family fundraiser night at both Cedar City DQ locations. We are especially grateful to DQ for their generosity in helping us make our school a great place to learn and work. Our next Feed Your Family night will be at Panda Express on March 11. Watch your student's homework folder and follow the Fiddlers Canyon Elementary PTA Facebook page for more information and updates. Our school spelling bee will be February 23 at 1:30 pm in the school gym. Winners of each class's spelling bee are invited to participate. Good luck, spellers! Dr. Seuss Week is coming up February 26-March 1. Students will be coming home with each day's dress-up themes in their homework folders.

South Elementary

This has been such a fun and eventful week at South Elementary! Our wonderful PTA hosted a "Donut's with Grownups" on Wednesday! Many students came with their parents and loved ones and it was a great success. Classes celebrated kindness and friendship on Valentine's Day. Finally, the 3rd graders at South performed in a

President's Day Patriotic Program where they sang songs, taught us important facts about our Founding Fathers, and let us know what they would do if they were the president. It is always a great week at South Elementary School!



Three Peaks Elementary

Three Peaks Elementary hosted the Utah Opera for an educational assembly. The Utah Opera tours the state sharing stories and music and how they can be tied together. "Who Wants to be an Opera Star?" is an introduction to opera which is the art form that combines drama, visual art, dance, orchestral music, and singing. Operas use words, action and music to tell stories full of conflict and emotion and are usually entirely sung. "Who Wants to be an Opera Star?" uses the framework of a television game show that runs as a series of questions and challenges, with four singers in the roles of MC and contestants. Studio audience members (the students) learned about voice types, arias, duets, trios, and quartets. They also participated in identifying emotions, singing melodies, and clapping rhythms from the world's favorite operas.

Utah Opera offers free music education programs to public schools in Utah. These programs are part of the Professional Outreach Program in Schools (POPS), which is funded by the Utah State Legislature and the State Board of Education to bring professional artists into schools. We are grateful for the opportunity to learn from these professional artists. Valentine's Day was a fun day at Three Peaks Elementary. Kindergarten celebrated the wedding of "Q and U" to help remember how to use and spell words with the /qu/ sound, other grades had parties, decorated cookies, passed out valentines, and played games. It was an exciting day!



schools

Local Sterling Scholars recognized in Iron County

by Chris Haught

FOR IRON COUNTY TODAY

Utah Tech University is preparing for the annual Sterling Scholar competition on March 28, 2024. Students from nineteen high schools will meet on the Utah Tech University campus to complete the final round of judging. The day's events will include competitive interviews followed by an Awards Program that evening.

This statewide academic competition recognizes the achievements of Utah's high school seniors in the following fifteen categories: Agriculture Science, Business and Marketing, Computer Technology, Dance, English, Family and Consumer Sciences, General Scholarship, Mathematics, Music, Science, Social



Back (L-R): Dawson Marriott, Benjamin Norton, Jacie Hu, Sadie Hinck, Kassi Duncan, Isaac Moyle, Logan Nelson, Derek Wood
Front (L-R): Tsadakah Wilberg, Ava Price, Tiana Green, Elizabeth Arnell, Irene Hu

Science, Speech and Drama, Skilled and Technical Science Education, Visual Arts and World Languages.

Each of the finalists will be interviewed by judges and given time to explain their personal achievements and awards compiled in their digital portfolios. The winners will be chosen based on their experience and skills in scholarship, leadership,

and citizenship. A winner and two runners-up in each of the categories will be chosen. The three judges in each category come from local communities, Utah Tech University and Southern Utah University.

These deserving scholars will receive a scholarship and a Sterling Scholar pin. Finalists from each high school will also receive a Sterling Scholar Certificate. Many colleges

and universities in Utah offer scholarships to both the winners and the runners-up to help these students in achieving their goals. Some of these scholarships include cash amounts up to \$2500 or full tuition waivers. The support from the higher educational institutions in the state is much appreciated and utilized by Sterling Scholar recipients.

Since its inception, the program

has expanded from its origins in Salt Lake City to include 5 region-wide competitions throughout the state that continue to publicly recognize outstanding seniors and encourage academic excellence. The program began in the early 1960's, when Steve Hale, a Deseret News columnist; LAVOR Chaffin, an education reporter at the Deseret News; and Keith West, the Deseret News' director of marketing realized that while their newspaper had been recognizing outstanding athletes for years, there was no mechanism in place to recognize outstanding scholars. Together with the Utah Board of Education, they developed the Sterling Scholars program.

We applaud all those who labor to make this program a reality each year.



COURTESY CANYON VIEW HIGH

Back (L-R): Paige Cox, Evangeline Gardiner, Ethan Cannon, Devin Howe
Middle (L-R): Andrew Barrick, Shawnee Goldthorpe, Lexi Jones, Ivy Colbert, Sarah Sommers
Front (L-R): Kelli Anderson, Ava Kramer, Kenna-Rae Olaya, Allison Munro



COURTESY PAROWAN HIGH

(L-R): Matilee Sudweeks, Brentlee Mineer, Raven McNeil

The parents and teachers of all nominees have dedicated untold hours to ensure the success of these students. We give a heartfelt thanks to all that have donated so much time and energy into providing this opportunity for the best and brightest in Utah.

Congratulations to all the finalists and we wish you the best in all your future endeavors.

schools

Cedar High students embrace valuable skill sets of FCCLA

by *Tsadakah Wilberg*

FOR IRON COUNTY TODAY

FCCLA—Family, Career, and Community Leaders of America—is a national organization where students can learn valuable skills. The focus of the club is Family and Consumer Sciences and the skills that come with them. Club members participate in activities like sewing and fashion design, cooking and baking, child care and education, and interior design. The club also emphasizes

to say that fourteen students competed in the regional competition—that is a huge accomplishment!

To compete in STAR events, the students create a project with the requirements for their event. For example, with the Fashion Design Event, students create a line of outfits and then have to make one of them. They learn about textiles and the importance of understanding fabrics. As a designer, they learn about how to market and sell clothing. At the

Tsadakah Wilberg in Chapter in Review Portfolio, Abigail Wright and Annalee Allred in Event Management, Katelin Green and Alice Eggers in Culinary Arts, and Mia Hatch, Addy Whitelaw, and Jenna Davies in Promote and Publicize FCCLA. Several of the students received gold, others silver, and a few got bronze. Everyone worked really hard on their events and did really well. Several of the Cedar High members will also be able to compete again in March at the



The FCCLA Club at Cedar High prepares students for a successful future and many areas of life after school.

TSADAKAH WILBERG

leadership and taking action in your life. Some activities done with these focuses in mind teach skills in interviewing, event management, and career investigation.

At Cedar High, FCCLA is a place where students can enjoy these activities and compete in the STAR Events. STAR stands for Students Taking Action with Recognition and has different events students can compete in dealing with the aforementioned skills. This year, Cedar is pleased

event, they present their project to judges which is then followed by an interview. No matter which event members participate in, they gain experience with professional presentation and interviewing skills.

This year the regional competition was on February 13th at SUU. Christine Pettit, Eliannah Wilberg, Millie Guyman, Savannah McNett, and Maggie Smith competed in Fashion Design and Construction, Braxton Anderson in Teach and Train,

state-level competition.

Although FCCLA is one of Cedar's less known clubs, this year they have worked hard to gain members and hold events to get students interested in joining the club. They have gained many new members through their efforts and are proud of their accomplishments. They have many more exciting activities planned for the future and are happy to have more people join. Good work at Regionals FCCLA and good luck at State!

celebrations

MISSION

Sister Lily Dunn

Sister Lily Dunn has accomplished her Mission in the Idaho Falls Temple Visitors Center for the Church of Jesus Christ of Latter-day Saints. Her Mission report will be February 25th at 10:30 at the Canyon View Stake Center, 638 E Canyon Center Dr. Cedar City, Utah.



finances

5 simple tips to improve your financial spending

In today's world, managing finances efficiently is more crucial than ever with the rising costs of inflation and housing. Improving your financial well-being can help you prioritize your spending, identify areas where expenses can be reduced, and ensure that enough funds are allocated for the essentials. Or, managing your finances more efficiently, can simply stretch your dollar farther to achieve greater financial stability in your everyday life. Either way, mastering your spending habits is essential.

It may seem a little overwhelming when thinking about your finances and all that it entails. However, today I will be sharing 5 bite-sized chunks that can improve your financial well-being. As you read through these tips from the

Consumer Financial Protection Bureau, decide which bite-sized chunk you can start on. While some of these changes may seem small, I love the perspective that author James Clear states in his book *Atomic Habits*. "Improving by 1% isn't particularly notable, sometimes it isn't even noticeable, but it can be far more meaningful – especially in the long run." "If you can get 1% better each day for one year, you'll end up 37 times better by the time you're done." So even small changes in your finances can end up making a



MEAGAN JOHNSTON
USU EXTENSION

see **SPENDING** >> 22

history

Powell's trip through the Grand Canyon (Part 3)

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 head of the Grand Canyon on August 13 with nine men and three boats. This is the third in a series highlighting the legacy of John Wesley Powell.

Major Powell's description of his famous river trip can be found in his government funded report of 1875 titled "Exploration of the Colorado River of the West and its Tributaries." A free PDF file of the illustrated report can be downloaded at <https://pubs.usgs.gov/unnumbered/70039238/report.pdf>

From Powell's account: "August 13. We are now ready to start on our way down the Great Unknown. . . . We have but a month's rations remaining. The flour has been re-sifted through the mosquito net sieve; the spoiled bacon has been dried, and the worst of it boiled; the few pounds of dried apples have been spread in the sun and re-shrunk to their normal bulk; the sugar has all melted and gone on its way down the river; but we have a large sack of coffee."

Powell mentions one advantage to having less food -- less to carry when making portages.

"We have an unknown distance yet to run; an unknown river yet to explore. What falls there are, we know not; what rocks beset the channel, we know not; what walls rise over the river, we know not. Ah, well! we may conjecture many things. The men talk as cheerfully as ever . . ."

When they come to a beautiful, clear stream joining the river within the Grand Canyon, they call it "Bright Angel," in contrast to the "Dirty Devil" River that they named many miles upstream.

"August 17 . . . We make ten miles

and a half, and camp among the rocks, on the right. We have had rain, from time to time, all day, and have been thoroughly drenched and chilled; but

extremes, which are very disagreeable. . . we gather drift wood, and build a fire; but after supper the rain, coming down in torrents, extinguishes it, and we sit

morning. Still we are in our granite prison, and the time is occupied until noon in making a long, bad portage. . . "Soon we find a little beach, with just room enough to land. Here we camp, but there is no wood. Across the river, and a little way above, we see some drift wood lodged in the rocks. So we bring two boat loads over, build a huge fire, and spread everything to dry. It is the first cheerful night we have had for a week; a warm, drying fire in the midst of the camp, and a few bright stars in our patch of heavens overhead."

On August 26, Powell confesses to a theft: "We discover an Indian garden, at the foot of the wall on the right, just where a little stream, with a narrow flood plain, comes down through a side cañon. Along the valley, the Indians have planted corn, using the water which burst out in springs at the foot of the cliff, for irrigation. The corn is looking quite well, but is not sufficiently advanced to give us roasting ears; but there are some nice, green squashes.

"We carry ten or a dozen of these on board our boats, and hurriedly leave, not willing to be caught in the robbery, yet excusing ourselves by pleading our great want. We run down a short distance, to where we feel certain no Indians can follow; and what a kettle of squash sauce we make! True, we have no salt with which to season it, but it makes a fine addition to our unleavened bread and coffee. Never was fruit so sweet as these stolen squashes.

The next morning finally comes. "The meal is as solemn as a funeral. After breakfast, I ask the three men if they still think it best to leave us. The elder Howland thinks it is, and Dunn agrees with him. The younger Howland tries to persuade them to go on with the party, failing in which, he decides to go with his brother." Their intended destination is north to the mid Virgin River area and the settlements of Southern Utah.

Preparations are made for the day ahead. The Howlands and Dunn assist in lowering two boats over a

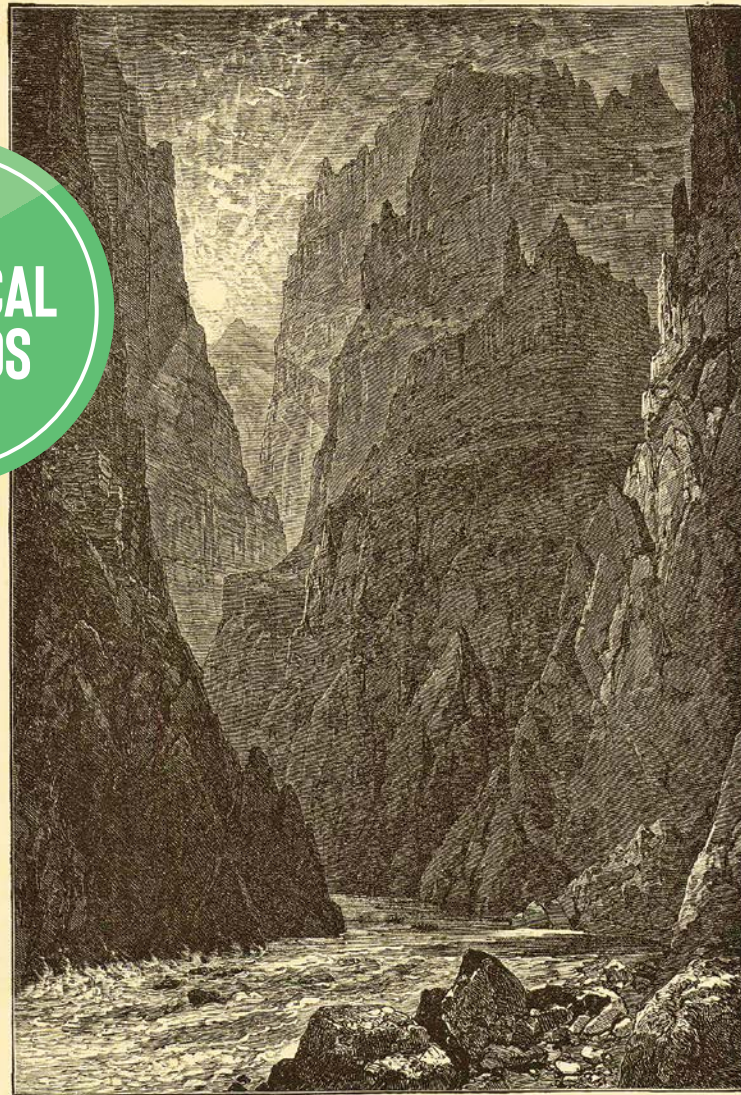


Figure 1.—Grand Cañon of the Colorado. (6,200 feet deep.)

UTAH GEOLOGICAL SURVEY

Picture of the Colorado River in the Grand Canyon, from Powell's 1875 report.

between showers the sun shines with great power, and the mercury in our thermometers stands at 115°, so that we have rapid changes from great

up all night, on the rocks, shivering, and are more exhausted by the night's discomfort than by the day's toil."

"August 19. — Rain again this

see **GRAND CANYON** » 23

obituaries

Delores Mortensen Imrie



Delores Mortensen Imrie passed away February 8, 2024. She was born May 1, 1938, in Logan, Utah to parents Enoch Wimmer Mortensen and Cleone Louise Passey. She grew up in Parowan, Utah, and graduated from Parowan High School in 1956. She received a scholarship to Salt Lake Area Vocational School studying tailoring and fashion design, then decided to go to college. She attended College of Southern Utah (now Southern Utah University) in Cedar City, Utah earning an associate degree. In 1960, she transferred to Utah State University, graduating in 1961 with a B.S. Degree in Home Economics Education. Her teaching career began in Murray, Utah in 1961 and ended in Oakville, Washington



11 years later after teaching in various locations in Utah, Oregon and Washington. Since she was single, she wanted to see various parts of the country.

In 1973, she took a job with WSU/Klickitat County Extension Service. She met future husband, Roscoe Imrie, at Beeks Cattleman of the Year Field Day. They were married in Goldendale, Washington in 1975. They made their home on the ranch in Rock Creek, Washington. Roscoe was chosen 1975 Cattleman of the Year.

Delores resigned from the Extension Service in 1978 to work with Roscoe on the ranch. After many prosperous years on the ranch and due to Roscoe's failing health, they sold the cattle to Jason Blain. Roscoe passed away in 2017. Delores lived on the home place (ranch) until her death. She is preceded in death by her parents, her brother Larry and his wife Joyce. She is survived by her two brothers, Jerry (wife LaRae) and Lyle (wife Nancy) of Cedar City, Utah and many nieces and nephews.

A graveside service was held February 19, 2024, at 11:00am at Mountain View Cemetery IOOF in Goldendale, Washington. In lieu of flowers, donations can be made to the Klickitat County Historical Society or the Presby Museum.

Arrangements are under the direction of Columbia Hills Memorial Chapel, 300 W. Broadway Street (Post Office Box 134), Goldendale, Washington 98620 (509) 772-2636. Visit www.gardnerFH.com to share a story or leave a note for family.

Mary Teresa Richardson Heaton



August 26th, 1951-February 10th, 2024

Our family has lost a very important member, but Heaven has welcomed a new angel. Mary peacefully departed on February 10, 2024, surrounded by loved ones. Her battle is over, and she is now at peace.

Mary entered the world on August 26, 1951, as a cherished daughter to Rose Ina and Elton Richardson, and was one of ten siblings. Her upbringing was filled with delightful experiences. Mary's journey took a romantic turn when she met John Clyde Heaton during her days as a waitress at the China Garden. Their mutual affection quickly deepened into true love, leading to their marriage on March 25, 1972. The union was blessed with four daughters, who Mary loved deeply and unconditionally. Her family later expanded to include seven grandchildren and one great-grandson, all of whom she cherished immensely.

Among Mary's cherished pastimes were camping, crafting, candy making, singing, playing the piano, and reveling in the company of loved ones. Renowned as the "Candy Lady" in her neighborhood, Mary's house became a daily destination for children after school, eagerly awaiting treats from their beloved Grandma Mary. She held a special place in the hearts of all the neighborhood kids, truly embodying the role of grandma to each and every one of them.

Mary was one of the most caring and understanding people. She never met anyone she wasn't willing to call her own. She was one of those people that you could go to for anything you needed. Her absence will be deeply felt by all who had the privilege of knowing her.

Mary is survived by John Heaton (husband), daughters; Brandie Martinez, Natalie (Matt) Cook, Jayleen (Luis) Martini, Lacie Heaton, Grandkids; Mackenzi (Hunter), Korban, Jayden, Alexis, Kyler, Taylor, Camri; Great-grandson Rowen.

She is preceded in death by her mother and father, mother-in-law and father-in-law, two older sisters, and a great-grandchild.

A celebration of life will be held on March 23rd, 2024, and as grandma said, "always eat dessert first."

SPENDING

« CONTINUED FROM PAGE 20

big difference in the long run. But, instead of trying to make several changes to improve your finances all at once, pick one thing that you want to focus on. Then once you have mastered that thing, pick another thing to focus on. When you break it down into small manageable chunks, it makes it seem more doable, and you are more likely to stick to it!

1. Learn where your money is coming from

Start by tracking your sources of income to get an accurate picture of your finances. You can't set up a budget for your monthly expenses if you don't know how much income you have each month.

2. Learn where your money is going

To get a handle on your money, you need a system that will allow you to track your daily spending on an ongoing basis. Many people who track their spending for a month discover that they're spending money in small ways that add up and sometimes don't match their priorities. Find and stick to a system that works best for you.

3. Compare your spending month-to-month

Track your spending closely for several months. By looking at your spending in real-time and comparing it to the previous month, you'll start to see places where you can make adjustments and move money into savings.

4. Make your savings consistent

Putting even a small amount into savings on a consistent basis is one of the best ways to get your savings to grow so you can meet your goals, small or large. You can set up automated transfers into your savings every week or month. Reoccurring transfers are considered one of the most effective ways to build your savings.

5. Reduce your debt

Choose a debt reduction strategy that works best for you. There are two common strategies to pay down your debt: the highest interest-rate method and the snowball method. Learn the differences and pick the one that works best for you.

Improving your financial spending requires discipline, awareness, and a willingness to make changes to your habits and mindset. By implementing one of these suggestions, you can take control of your finances, reduce unnecessary spending, and move closer to achieving your financial aspirations. Remember, small steps taken consistently can lead to significant improvements in your financial well-being over time.

The USU Extension Office is offering a FREE Budgeting Tips and Tricks class on March 27th @ 6:00 pm at the USU Extension Office. 545 N. Main St. #4 Cedar City. We'd love to have you join us. Please call 435-267-1750 for more information or contact meagan.johnston@usu.edu.

If you are interested in reading more about how to improve your financial well-being, check out this link from the Consumer Financial Protection Bureau. <https://www.consumerfinance.gov/about-us/blog/get-money-smart-25-tips-improve-your-financial-well-being/>

Want to submit an obituary?

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

Meagan Johnston is the Utah State University Extension faculty in the Home and Community Department for Iron County. Questions or comments may be sent to meagan.johnston@usu.edu or call 435-267-1753.

GRAND CANYON

« CONTINUED FROM PAGE 21

rock twenty-five or thirty feet high. One boat is left behind, in case the three intending to climb out of the canyon change their minds.

Powell relates: “The last thing before leaving, I write a letter to my wife, and give it to Howland. Sumner gives him his watch, directing that it be sent to his sister, should he not be heard from again. The records of the expedition have been kept in duplicate. One set of these is given to Howland, and now we are ready. For the last time, they entreat us not to go on, and tell us that it is madness to set out in this place; that we can never get safely through



Joseph Asay

FAMILYSEARCH.ORG

it . . . Some tears are shed; it is rather a solemn parting; each party thinks the other is taking the dangerous course.”

Powell describes the ride through what is now known as Separation Rapids: “We glide rapidly along the foot of the wall, just grazing one great rock, then pull out a little into the chute of the second fall, and plunge over it. The open compartment is filled when we strike the first wave below, but we cut through it, and then the men pull with all their power toward the left wall, and swing clear of the dangerous rock below all right.

We are scarcely a minute in running it, and find that, although it looked bad from above, we have passed many places that were worse.

“The other boat follows without more difficulty. We land at

the first practicable point below and fire our guns, as a signal to the men above that we have come over in safety. Here we remain a couple of hours, hoping that they will take the smaller boat and follow us. We are behind a curve in the cañon, and cannot see up to where we left them, and so we wait until their coming seems hopeless, and push on.”

The six adventurers emerge from the high walls of the Grand Canyon on Aug. 29. Powell notes that “the relief from danger, and the joy of success, are great.” Of their camp that evening, Powell writes: “The river rolls by us in silent majesty; the quiet of the camp is sweet; our joy is almost ecstasy. We sit till long after midnight, talking of the Grand Cañon, talking of home, but chiefly talking of the three men who left us. Are they wandering in those depths, unable to find a way out? are they searching over the desert lands above for water? or are they nearing the settlements?”

On August 30, Powell notes some men near the river bank downstream. “As we come near, the men seem far less surprised to see us than we do to see them. They evidently know who we are, and, on talking with them, they tell us that we have been reported lost long ago, and that some weeks before, a messenger had been sent from Salt Lake City, with instructions for them to watch for any fragments or relics of our party that might drift down the stream.”

On September 1, Sumner, Hawkins, Hall and Bradley continued down the Colorado River to Fort Mojave. Andy Hall and Billy Hawkins were the only two to follow the river to its termination at the Gulf of California.

Powell and his brother left Junction City and St. Thomas for Salt Lake and Ogden, then by rail to the eastern United States to make arrangements for funding additional explorations. Passing through St. George, Powell inquired about the three men that left the expedition at Separation Rapids. Had anyone heard from them?

Next in this series, the fate of Dunn and the Howland brothers, and preparations for another river trip.

faith

Come follow me

MATTHEW 4:18-25

When Jesus began calling his Twelve Apostles, He had just been tested (not bested) in the wilderness by the devil, who he defeated soundly. Now it was time to continue his mortal ministry more fully. He knew He would need assistance and began His search for the apostles.

The very first persons he extended this divine invitation to were fishermen. In those days, fishing was one of the most humble occupations. After all, they didn't have much to boast of, except

from becoming a loving disciple not just a dutiful, but robotic, doppelganger of Christ?

No, it's not easy following Jesus. He doesn't always take the convenient path. He dines with the downtrodden, prays with prostitutes and seeks out the sick and afflicted to heal and comfort them. To follow Him means to not only to go where He goes but to do what He does. We can offer comfort to the sad, food and clothing to the needy, hope for the hurting, light to those in darkness and love to the unloved.

To do so, we must have faith like those first fishermen, who gave up something good for something greater. If we are willing and believing, then let us be leaving behind our knotted nets and accept His invitation. May we let go of them to grab the outstretched hand of the Lord with one hand and then reach out with the other hand to help another who needs untangling from their own nets.

Today, it's time to leave behind your old, tangled life and find a new life in and through following and becoming like Jesus Christ. It's time to leave your nets of regrets, doubts, sins and sorrows behind. As you do the Lord will replace them with grace and mercy and you will have more joy and peace in your life than ten thousand nets could ever hold.

VERSE OF THE WEEK

PSALM 94: 16-19, 22

Unless the Lord had given me help, I would soon have dwelt in the silence of death. When I said, "My foot is slipping," your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy.

This psalm, while understanding that fear can blind the best of us, also reminds and reprimands us to remember that God's so-called silence is not indifference. He is still God over all, our fortress, and will not forsake us in our darkest hours.

GOD'S
porch

Corey Baumgartner

news@ironcountytoday.com



knowing how to catch fish, or sometimes not catching any or even enough. Thus, they knew both hard work and hunger. Who better to teach the Gospel of Jesus Christ, with both understanding and compassion, to a starving world?

Whenever Jesus has issued the invitation for others to come follow Him, both biblically and today, accompanying the individual charge is the challenge to give up everything in their old life, to gain a new and better life. It's important to also note that when these devoted disciples accepted his invitation, several translations indicate that they did so straightway, at once, immediately. Do we have that kind of courage and commitment to follow Jesus today?

Because that same invitation to “come follow me” is extended to each of us. As such, we must make daily choices, in all we say and do, to follow and to become like Him. For if our following does not lead to our becoming, eventually we will grow tired, bored and return to our comfortable, predictable nets. What nets do you need to leave behind so you can receive greater blessings

sports

SCORES + RECAPS FROM IRON COUNTY COMPETITION

Reds survive surge, beat Flyers

FALCONS DOWN LAYTON CHRISTIAN

by Tom Zulewski

IRON COUNTY TODAY

The Cedar Reds had to deal with a major challenge before facing its regular-season finale when sophomore scoring leader Gabby Gomez suffered a neck injury that ended her season. Annalyse Shimada and her teammates survived a late rally and used the motivation to finish off a key win.

Shimada scored 12 of her game-high 17 points in the second half, and Cedar held on to beat the Dixie Flyers, 39-37 on Feb. 15 to finish 9-3 in Region 9 and 17-5 overall. The Reds enjoyed its largest lead of the game at 29-13 early in the third quarter after a jumper from the junior, but Dixie closed the period with a 12-0 run and set the stage for a tension-filled fourth quarter.

“There are a lot of different ways to win games. We certainly found another one tonight,” Cedar head coach Corry Nielsen said. A large disparity at the free-throw line in favor of the visiting Flyers didn’t hurt the Reds.

Dixie (6-6, 11-12) made 15-of-16 at the free-throw line, but couldn’t complete the comeback. After a jumper from Hali Smith (14 points) closed the Cedar lead to 39-37, Kelsi Orton came through with a key steal that led to Tylee Nielson getting fouled with 9.4 seconds to play. Nielsen missed both free throws – the Reds’ only attempts of the night – but a 3-pointer from Brinlee Bennett fell wide and off the rim at the buzzer as Cedar breathed a sigh of relief.

Riley Albrecht flies past her Dixie defender towards the hoop for the Reds.



“We had more turnovers than we did in the first half,” Shimada said. “They switched up the defense from man to zone really quick, but it led to open looks. That steal by Kelsi was big. I have every confidence in my teammates. Everyone had a purpose tonight. Everyone added something.”

Mya Bishoff added 10 first-half points for Cedar, and Kiara Hansen – who was honored along with McKenna Twitchell on Senior Night before tipoff – added 10 of her own. The Reds will open the second round of the 4A playoffs at home tonight against the winner of the Feb. 20 game between Pine View and Provo starting at 7 p.m.

Across town, Canyon View got its run in the 3A playoffs started on the right foot as Bethanee Vargas scored 13 points, including six in the final minute, to lead the seventh-seed Falcons to a 37-31 home win over No. 10 seed Layton Christian on Feb. 16 at the Nest. CV improved to 13-11 overall and advanced to a quarterfinal showdown with Region 12 foe and No. 2 seed Richfield tonight as the scene shifts to Sevier Valley Center.

“We were like a Jack-in-the-box,” Canyon View head coach Jaycee Barnhurst said. “Wind up, let the other team hang around, then we pop up.”

After a back-and-forth first quarter that saw both teams struggle to gain traction on offense, two free throws from Maylee Spencer gave CV a 12-11 lead midway through the second quarter that held up the rest of the way.

The Falcons never led by more than seven points, and the visiting Eagles



Cedar

39


Dixie

37

Dixie	7	4	14	12	-	37
Cedar	15	7	7	10	-	39

Dixie – Smith 14, Bundy 2, Bennett 6, Stilson 2, Gledhill 1, Faumuina 12. Totals 9 15-16 37. 3-pointers – Smith 2, Bennett 2.

Cedar – Orton 2, Shimada 17, Bishoff 10, Hansen 10. Totals 18 0-2 39. 3-pointers – Shimada 1, Bishoff 2.

Cedar's Senior Kiara Hansen puts in a tough layup during the Reds' victory.

PHOTOS BY COREY BAUMGARTNER

 see **GIRLS HOOPS** » 25

Cougars beat Falcons in 3A boys playoffs

by Tom Zulewski

IRON COUNTY TODAY

With a trip to Richfield and the 3A boys state basketball tournament on the line, the Canyon View Falcons, especially senior Jace Farrow, did everything humanly possible to dodge the upset bid of the Union Cougars. When the final horn sounded, the No. 6 seed Falcons were left in a collective state of stunned disbelief as its season came to a shocking end.

Brady Bell led four teammates in double figures with 17 points, including a big 3-pointer late in regulation, as No. 11 seed Union held on and beat Canyon View, 60-58 in overtime on Feb. 17 to advance to the 3A quarterfinals at the Sevier Valley Center.

Playing in what would end up being his final game,



Union

60



Canyon View

58

Union 10 13 12 16 9 - 60
Canyon View 9 10 16 16 7 - 58

Union - Bell 17, Olson 5, Womack 16, Burgess 7, Duncan 4, Olsen 11. Totals 21 11-13 60. 3-pointers - Bell 3, Olson 1, Womack 1, Burgess 1, Olsen 1.

Canyon View - Farrow 27, Camba 2, Sanders 17, Miles 6, Meyer 6. Totals 20 14-22 58. 3-pointers - Farrow 3, Miles 1

Farrow did his best work to keep the Falcons close after Bell hit his third 3-pointer with the shot clock winding down from nearly 30 feet away to put Union (11-14) up 50-45 with 54.9 seconds left.

Following an exchange of free throws by both sides,

Farrow hit a layup with 14 seconds to play to cut the lead to three. After the CV defense forced a jump ball that gave them the ball back, Farrow beat the horn and drained a 3-pointer that forced overtime with the game tied at 51-51.

Union led throughout the four-minute extra period, but Farrow got one last chance after he was fouled on a drive to the hoop with 5.3 seconds remaining. The senior missed the free throws, but after two chances at putbacks, the Falcons were whistled for a traveling violation and Union was able to run off the game's final second to secure the win.

"I trust our guys to make good decisions. We just couldn't get the ball in the hole," CV head coach Kim Blackner said. "Open shots, layups, we couldn't get an



Dixie

78



Cedar

60

Cedar 12 12 16 20 - 60
Dixie 19 20 22 17 - 78

Cedar - Kreitzer 18, Jeter 11, Kee 8, Albrecht 8, Davis 5, Stubbs 4, Staggs 3, Englebright 3. Totals 23 5-8 60. 3-pointers - Kreitzer 3, Jeter 2, Kee 2, Albrecht 2.

Dixie - Webber 1, Forsey 5, Davey 2, Roberts 14, Lemke 23, Walter 4, Weidauer 11, Robinson 16, Meyers 2. Totals 28 17-24 78. 3-pointers - Roberts 1, Weidauer 2, Robinson 2.

and-1 to go. The pressure was constantly on us to execute, and it's harder to play that way."

Farrow finished with 27 points, junior Felps Sanders added 17, and fellow senior Carson Miles had six points

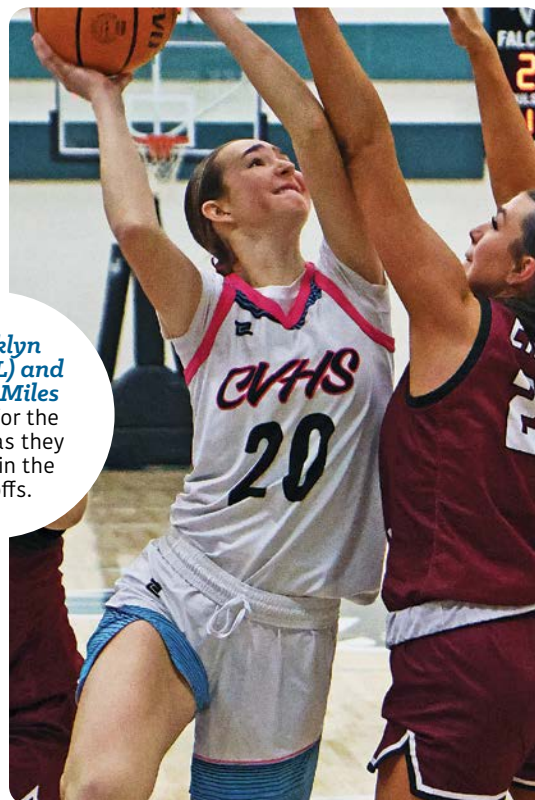
in the loss. The Falcons finished the year with a 14-9 record and the Cougars will move on to face No. 3 seed Ogden, a 57-47 winner over Grantsville, in the 3A quarterfinals today at 2:30 p.m.

On the 4A side, the Cedar Reds finished its regular season with a 78-60 road loss to the Dixie Flyers on Feb. 16. Landon Kreitzer led the way with 18 points and J.T. Jeter had 11, but the Reds couldn't overcome 23 points from Kyle Lemke and 14 from Jordan Roberts.

The Flyers completed a perfect 12-0 season in Region 9 play and finished 21-3 overall while Cedar fell to 2-10 and 4-19. Dixie had a bye in the opening round of the 4A playoffs as the No. 2 seed, but the Reds traveled to face the 10th-seeded Mountain View Bruins on Wednesday in a game that was too late for press deadline.



Brooklyn Davie (L) and Emery Miles fought for the Falcons as they soared in the playoffs.



PHOTOS BY COREY BAUMGARTNER

GIRLS HOOPS

« CONTINUED FROM PAGE 24

(11-12) got within 30-28 before Jessica McKain missed two free throws with one minute left. Vargas got free off the rebound and scored a conventional three-point play to stretch the lead to five and effectively seal the win. The junior added three free throws to complete her effort.

"We knew (Layton Christian) would be pressing up, so we figured Bethanee can outrun anybody," Barnhurst said. "When Bethanee gets frustrated and fired up, she turns into a monster. She had her best game of the year on a good night."

With the showdown against the Wildcats on deck, Barnhurst said her team will be ready to try and end a 10-game losing streak to its



Canyon View

37



Layton Christian

31

Layton Chr. 5 6 8 12 - 31
Canyon View 6 10 9 12 - 37

Layton Christian - Clarke 4, Tanhan 3, Mart 9, McCain 2, Yamaguchi 2, Smith 5, Arroyo 6. Totals 10 9-18 31. 3-pointers - Mart 2.

Canyon View - Sorenson 3, Spencer 7, Potter 2, Miles 6, Davie 4, King 2, Vargas 13. Totals 12 11-16 37. 3-pointers - Sorenson 1, Spencer 1.

region rival in a push for the 3A state title.

"We'll come in and work hard. We're gonna switch some things up and see if we can't shock the world," Barnhurst said.

Thunderbirds miss shot at buzzer, fall to Utah Valley

by Parker Haynie

ASST. DIRECTOR, SUU ATHLETIC COMM.

Men's Basketball falls just short as Zion Young's three-pointer rims out as time expires. Utah Valley holds on to win 75-78.

"We have a resilient group. We never give up; I hope that is what our fans see. As far as our pillars go, Faith, Family, Humility, and Discipline, the core of our locker room really understands the Family aspect, which is a factor of the great community support we receive," said Head Coach Rob Jeter.

The Thunderbirds once again led at half, 39-38, and led by as many as 11 early in the first half. The second half was a different story. UVU ultimately extended their lead to as many as 11 with under 10 minutes to play, but as they have done all season, the Thunderbirds battled their way back and brought it to within one with just one minute remaining. Free throws made by Caleb

Stone-Carrawell extended it to three, and Young could not hit a three at the buzzer, and the Thunderbirds fell to 4-11 in conference play.

SUU is now three games behind UVU, two games behind Utah Tech, and a game and a half behind Abilene Christian.

Five different Thunderbirds reached double-digits on the night, Parsa Fallah leading the team with 19 points and nine rebounds. Jamari Sibley had his first double-double of the season, scoring 15 points and pulling



Parsa Fallah led the Thunderbirds with 19 points and nine rebounds.

down 10 rebounds. Braden Housley neared a double-double with 10 points and eight assists. Dominique Ford added 16 points, and Young finished with 13.

The Thunderbirds shot 45% from the field but again struggled from three-point range, just making three of their 18 attempts.

"We can score a lot of points, but it doesn't do us any good if we can't get any stops," added Jeter.

The Thunderbirds will only play one game this week. They will be on the road tonight (Feb 22) at UT Arlington. Tipoff will be at 6 p.m.

PREP SCOREBOARD

SCORES

Region 9 Boys Basketball

2/14 Dixie 67, Desert Hills 62
Snow Canyon 61, Hurricane 56
Crimson Cliffs 62, Pine View 57

2/16 Dixie 78, Cedar 60
Pine View 68, Hurricane 60
Snow Cyn. 62, Desert Hills 46

2/21 4A PLAYOFFS, FIRST ROUND

scores in the Feb. 29 issue
Cedar at Mountain View
Hillcrest at Crimson Cliffs
Uintah at Pine View
Sky View at Timpanogos
Park City at Provo
Jordan at Desert Hills
Payson at Mountain Crest
Hurricane at Bear River

Region 12 Boys Basketball

2/14 3A PLAYOFFS, FIRST ROUND
Delta 60, Providence Hall 56
Summit Academy 97,
Ben Lomond 80

2/17 3A PLAYOFFS, SECOND ROUND
Union 60, Canyon View 58, OT
South Summit 73, Delta 57
Emery 61, Summit Academy 35
Manti 77, North Sanpete 62
Richfield 65, Carbon 44
Amer. Heritage 87, Juab 83, 2 OT
Judge Memorial 59, Morgan 49
Ogden 57, Grantsville 47

Region 18 Boys Basketball

2/14 2A PLAYOFFS, FIRST ROUND
Parowan 63, Maeser Prep 53
North Sevier 57, Gunnison 45
San Juan 82,
Intermountain Christian 39
Waterford 59, Water Cyn. 55
Rowland Hall 65, Millard 44
Grand 95, UMA Hill Field 19
Am. Leadership 77, St. Joseph 49
Duchesne 66, Freedom Prep 26
Merit Prep 72,
UMA Camp Williams 62
Beaver 59, Draper APA 52, OT

2/17 2A PLAYOFFS, SECOND ROUND

APA W. Valley 86, Parowan 64
S. Sevier 47, North Sevier 42
North Summit 60, San Juan 49
Kanab 74, Waterford 41
Enterprise 77, Merit Prep 36
Rockwell 61, Beaver 56
Grand 56, Rowland Hall 49
Duchesne 64, Am. Leadership 56

Region 9 Girls Basketball

2/13 Snow Canyon 63, Hurricane 49
Dixie 63, Desert Hills 56
Crimson Cliffs 58, Pine View 37

2/15 Cedar 39, Dixie 37
Snow Cyn. 76, Desert Hills 49
Hurricane 49, Pine View 43

2/20 4A PLAYOFFS, FIRST ROUND

scores in the Feb. 29 issue
Uintah at Desert Hills
Stansbury at Jordan
Crimson Cliffs at Tooele
Park City at Dixie
Bear River at Mountain View
Orem at Mountain Crest
Pine View at Provo
Timpanogos at Murray

Region 12 Girls Basketball

2/13 3A PLAYOFFS, FIRST ROUND
Delta 50, Providence Hall 45
Ben Lomond 35, Ogden 31
Union 54, Juan Diego 32

2/16 3A PLAYOFFS, SECOND ROUND
Canyon View 37, Layton
Christian 31
Judge Mem. 60, N. Sanpete 53
Emery 72, Manti 54
Summit Acad. 51, S. Summit 42
Juab 72, Morgan 58
Grantsville 52, Delta 11
Richfield 61, Ben Lomond 30
Carbon 65, Union 38

Region 18 Girls Basketball

2/13 2A PLAYOFFS, FIRST ROUND
Am. Leadership 40, Parowan 35
North Sevier 47, San Juan 39
Waterford 44, APA W. Valley 22
Grand 66, Maeser Prep 25
Intermountain Christian 51,
Rowland Hall 10
Millard 84, UMA Camp Williams 31
Enterprise 64, Gunnison 40
American Heritage 47,
UMA Hill Field 22
St. Joseph 46, Merit Prep 23
Rockwell 56, Water Canyon 45
Duchesne 109, Freedom Prep 2

2/16 2A PLAYOFFS, SECOND ROUND

Beaver 62, North Sevier 27
South Sevier 61, Waterford 16
N. Summit 57, Am. Leadership 17
Kanab 66, Millard 42
Draper APA 81, St. Joseph 37
Enterprise 49, Am. Heritage 37
Intermountain Christian 61,
Grand 53
Duchesne 61, Rockwell 34

STANDINGS

RPI RANKINGS IN PARENTHESES

Region 9 Boys Basketball

	REGION	OVERALL
Dixie (2)	12-0	21-3
Snow Canyon (7)	9-3	15-7
Crimson Cliffs (13)	7-5	12-10
Pine View (12)	6-6	14-9
Desert Hills (15)	6-6	13-10
Cedar (23)	2-10	4-19
Hurricane (22)	0-12	5-18

Region 12 Boys Basketball

	REGION	OVERALL
Richfield (5)	11-3	16-7
Emery (2)	10-4	19-5
Manti (4)	10-4	18-7
Canyon View (6)	9-5	14-9
Juab (8)	5-9	12-11
Carbon (12)	4-10	8-15
North Sanpete (13)	4-10	8-15
Delta (17)	3-11	7-17

Region 18 Boys Basketball

	REGION	OVERALL
Kanab (1)	10-2	19-5
Enterprise (3)	10-2	18-6
South Sevier (4)	10-2	18-6
Beaver (11)	5-7	10-11
Parowan (15)	5-7	7-16
Water Canyon (17)	2-10	4-11
Millard (24)	0-12	0-24

Region 9 Girls Basketball

	REGION	OVERALL
Snow Canyon (2)	12-0	21-1
Cedar (3)	9-3	17-5
Hurricane (8)	6-6	13-10
Dixie (9)	6-6	11-12
Desert Hills (13)	5-7	8-12
Crimson Cliffs (17)	2-10	6-16
Pine View (19)	2-10	4-19

Region 12 Girls Basketball

	REGION	OVERALL
Richfield (2)	13-1	20-4
Carbon (3)	12-2	18-6
Emery (5)	9-5	15-8
Juab (6)	8-6	15-9
Canyon View (7)	8-6	13-11
Manti (12)	3-11	8-16
North Sanpete (13)	2-12	7-17
Delta (16)	1-13	6-19

Region 18 Girls Basketball

	REGION	OVERALL
Kanab (2)	11-1	22-2
Beaver (4)	10-2	20-4
South Sevier (5)	9-3	19-3
Enterprise (10)	6-6	12-13
Millard (15)	4-8	8-16
Parowan (17)	2-10	4-20
Water Canyon (22)	0-12	2-17

SCHEDULE

Region 9 Boys Basketball

2/23 4A PLAYOFFS, SECOND ROUND
Teams TBD

Region 12 Boys Basketball

2/22 3A PLAYOFFS, QUARTERFINALS
@ Sevier Valley Center, Richfield
Manti vs. Richfield, 9:30 a.m.
South Summit vs.
American Heritage, 11:10 a.m.
Judge Mem. vs. Emery, 12:50 p.m.
Union vs. Ogden, 2:30 p.m.

Region 18 Boys Basketball

2/22 2A PLAYOFFS, QUARTERFINALS
@ America First Events Center
S. Sevier vs. N. Summit, 9:30 a.m.
Grand vs. Kanab, 11:10 a.m.
Duchesne vs.
APA West Valley, 12:50 p.m.
Enterprise vs. Rockwell, 2:30 p.m.

Region 9 Girls Basketball

2/22 4A PLAYOFFS, SECOND ROUND
Pine View-Provo winner at Cedar
Other games TBD

Region 12 Girls Basketball

2/22 3A PLAYOFFS, QUARTERFINALS
@ Sevier Valley Center, Richfield
Juab vs. Carbon, 4:10 p.m.
Cyn. View vs. Richfield, 5:50 p.m.
Summit Academy vs.
Grantsville, 7:30 p.m.
Judge Mem. vs. Emery, 9:10 p.m.

Region 18 Girls Basketball

2/22 2A PLAYOFFS, QUARTERFINALS
@ America First Events Center
Duchesne vs. Draper APA, 4:10 p.m.
Enterprise vs. Kanab, 5:50 p.m.
Intermountain Christian vs.
North Summit, 7:30 p.m.
South Sevier vs. Beaver, 9:10 p.m.

CV girls wrestlers bring home 3A state title

RANDOM thoughts

Tom Zulewski

IRON COUNTY TODAY



After the Canyon View girls wrestling team ruled the roost in its 3A Divisional meet two weeks earlier, it left no doubt when the time came to shine on the biggest stage. Through all the hard work under head coach Dallas Lowry, all the days rolling out mats to wrestle in the school's lunch room, it paid off in a big way with a championship trophy.

On Feb. 17 at Sevier Valley Center in Richfield, the Falcons had at least one wrestler on the podium in every weight class, none finishing worse than fourth, as they easily claimed the school's first 3A state title.

CV finished with 311.5 points, well ahead of runner-up Grantsville's 229.

Here are all the members of the CV girls team that finished on the final podium:

- » 100 – Mayra Castillo finished 2nd as Grantsville's Rhylee Clark won by a 7-2 decision.
- » 105 – Brynlee Lauritzen won the 3rd-place match with a 19-12 victory over Autumn Evans of Providence Hall.
- » 110 – Kristie Jensen won the title and gold medal in a 14-3 decision over Sophia Camargo of Grantsville.

“Through all the hard work under head coach Dallas Lowry, all the days rolling out mats to wrestle in the school's lunch room, it paid off in a big way with a championship trophy.”

- » 115 – Julia Kay was the second Falcon to win a state title as she defeated Journey Toomey of North Sanpete, 8-0.
- » 120 – Marley Castaneda won the 3rd-place match with a pin of Juab's Kyra Pay in 2:55.
- » 125 – Brooklyn Barney also finished 3rd after pinning Carolina Bohman of South Summit in 3:51.
- » 130 – Gwendaline Gardiner became the third Falcon to finish third after pinning Grantsville's Hannah Miller in 3:21.
- » 135 – Gemma Carter finished second when she

- was pinned by Jaysie Abalos of Delta in 1:29.
- » 140 – Karissah Haymore finished fourth as Reagan Bastian of Union won by pin in 4:32.
- » 145 – Kelsey Weaver also finished fourth when she was pinned by Danica Patey of Richfield in :41.
- » 155 – Meletilini Matakaiongo won the state title when she pinned Hailey Broderick of Grantsville in 4:55.
- » 170 – Adriana Sierra finished 3rd when she pinned Boydee Gravatt of Union in 1:05.
- » 190 – Elianna Santos-Banks claimed the title when she beat Macee Ercanback of Juab, 3-1.
- » 235 – In the only battle of teammates in a title match, Tilisa Matakaiongo beat Maitae Cardenas with a pin in :53.

It was a goal 18 years in the making for Lowry

Feb. 16 and 17, the Canyon View girls team finished third overall with 214 points behind Region 12 rival Carbon (251) and Judge Memorial, who won the team title with 320.

Here are all of the Falcon swimmers who finished among the top three in their respective events:

- » 200 medley relay: 3rd, 1:59.94.
- » 200 freestyle: Gracie Taylor, 2nd, 2:07.03.
- » 50 freestyle: Soleil Grimshaw, 2nd, 25.67.
- » 100 freestyle: Grimshaw, 2nd, 56.23.
- » 500 freestyle: Taylor, 2nd, 5:48.79.
- » 200 freestyle relay: 1st (Tallula Rigtrup, Taylor, Annicka Lovell, Grimshaw), 1:46.44 (beat Juan Diego by .24 seconds).

On the boys side, Canyon View fell just short of



COURTESY CANYON VIEW ATHLETICS

The Canyon View girls wrestling team made history by winning its first 3A girls state title at the Sevier Valley Center in Richfield on Feb. 17. Five different wrestlers – Kristie Jensen, Julia Kay, Meletilini Matakaiongo, Elianna Santos-Banks and Tilisa Matakaiongo – won individual titles.

and his wrestlers. Mission clearly accomplished, and a state title secured.

On the boys side, Canyon View finished fifth in the team standings with 152 points. Here are the wrestlers who reached the final podium:

- » 132 – Cole Cavalieri, 3rd.
- » 144 – Blake Crawley, 5th.
- » 150 – Jack Cavalieri, 4th.
- » 157 – Nathan Nicoll, 2nd.
- » 165 – Alex Crawley, 2nd.
- » 215 – Marc Richardson, 2nd.
- » 285 – Luke Langston, 6th.

At the 3A state swimming meet held at BYU on

winning the 3A state title, finishing runner-up with 324 points, only 11 behind Judge Memorial, who swept to both the boys and girls crowns.

Here are the Falcons' top-three finishers:

- » 200 freestyle: Kurt Morgan, 1st, 1:42.98, winning by nearly 9 seconds over Nathan Belnap of Ogden.
- » 200 individual medley: Sean Cannon, 2nd, 2:05.66.
- » 100 butterfly: Morgan, 2nd, 50.19.
- » 100 freestyle: Cannon, 3rd, 50.02.
- » 500 freestyle: Nick Bittmenn, 2nd, 5:08.02. Bittmenn was only .33 seconds behind winner Levi Galaviz of Judge Memorial.
- » 200 freestyle relay: 1st (Jonah Comino, Sam Despain, Cannon, Morgan), 1:30.23.
- » 400 freestyle relay: 2nd, 3:17.43.

Cedar's Lunt signs letter with SVU

by Tom Zulewski

IRON COUNTY TODAY

Hearing the story of Koden Lunt, his mom described what he wanted most for a college major.

"Koden wanted to major in football," she said.

With his college choice clearly on display courtesy of a football helmet with the logo of a knight, Lunt's choice was made official for all.

Through all the hard work, the early-morning workouts, injuries, and necessary adjustments that came from them, the Cedar senior made them pay off when he signed his letter of intent to join the football program at Southern Virginia University on Feb. 13 in front of friends, family, coaches and teammates at the CHS campus. Primarily a quarterback for the Reds through most of his four years,

"I thought about (baseball) a little bit, but ever since I was 9, all I wanted was to play college football"

Koden Lunt

injuries in his junior season led to Lunt making the move to linebacker, but he didn't miss a beat.

"I had two or three different injuries that were a struggle for me, but I was able to just put my head down, keep working and get through them," Lunt said. "I think I'll be able to apply that to everything in my life, not



TOM ZULEWSKI

just football."

Lunt drew interest from "seven or eight" different schools from around the country but felt SVU's connection with the Church of Jesus Christ of Latter-day Saints along with 27 different athletic programs was the most comfortable fit.

Even with his skills on the baseball diamond as a multi-sport student-athlete for Cedar, Lunt and his mom knew where he belonged.

"I thought about (baseball) a little bit, but ever since I was 9, all I wanted was to play college football," Lunt said.

For former Reds head coach Josh Bennett, Lunt's leadership qualities left an impression on him when the players named the senior a team captain for the 2023 football season.

"We take those things seriously when we have kids vote for that," Bennett said. "To be a good leader, you have to lead by example. That's what Koden did. He was in the weight room three days a week at 6 o'clock and he was one of the first kids there every time."

Southern Virginia recruited Lunt as an athlete, meaning he will play wherever the coaches feel he'll fit best on the field.

"He's a very coachable kid, and he did things the right way, setting a good example for coaches and

teammates. He can play multiple positions, and he did a great job when he moved to linebacker."

Lunt was set to open his two-

year mission call for the LDS Church after the signing, and he will serve that before joining the football program in 2026.

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SUU to host UHSAA 2A boys', girls' basketball state championships

by **Nikki Koontz**

SUU MARKETING COMMUNICATION

Southern Utah University, through the Larry H. Miller Utah Summer Games department, will once again host the Utah high school state championship basketball tournaments.

From February 22-24, SUU will

host the Utah High School Activities Association (UHSAA) 2A State Boys' and Girls' Basketball tournaments at the America First Event Center. The event will feature 16 teams from around the Beehive State competing for UHSAA state titles.

"We are thrilled to welcome our friends and partners with UHSAA to Cedar City for the state cham-

pionship events," said Jon Oglesby, Executive Director of the Larry H. Miller Utah Summer Games. "SUU, Cedar City and Iron County share a distinguished history of hosting state championship events of the highest caliber, thanks to the many years of work by Dr. Steve Lunt. We are excited to continue that tradition with this state tournament."

In advance of the event, fans are advised to park in Lots 2, 10, 11, 12 and 14 on SUU's campus to avoid ticketing on Thursday and Friday of the tournament. Additionally, buses and large vehicles are encouraged to park in Lots 2, 11 and 12.

Tickets for the event can be purchased through the UHSAA at <https://gofan.co/app/school/UHSAA>.

T-Birds defeat Wolverines in double OT thriller

by **Tyler Francis**

SUU ATHLETIC COMMUNICATIONS

OREM — The Southern Utah University women's basketball team earned a hard fought victory against in-state rival Utah Valley 67-66 in double overtime on Saturday afternoon at Lockhart Arena. The Thunderbirds improve to 7-17 overall and 5-10 in Western Athletic Conference play, while the Wolverines fall to 9-15 and 4-11 in conference play.

Head Coach Tracy Mason said, "I'm just really proud of our grit. You could tell we had some pretty exhausted bodies out there. It wasn't the prettiest but we made plays and executed the game plan down the stretch."

The Thunderbirds played stifling defense, holding the Wolverines to 30 percent shooting from the field and only 17 percent from behind the arc. Southern Utah won the rebounding war 52-38. The 'Birds amassed 13 blocks compared to four for the Wolverines. All five starters for SUU registered a field goal.

Samantha Johnston powered the Thunderbirds' offense with 20 points on 5-11 shooting from the field. Johnston came up big on the defensive end as well, registering a career-high five blocks. Ava Uhrich scored 15 points and pulled down eight rebounds. Daylani Ballena chipped in 15 points and a team-high seven assists and two steals. Ashley Banks corralled a career-high 13 rebounds to go along with four points and four blocks.

Utah Valley jumped out to a



Samantha Johnston (L) hit the game-tying 3 pointer for overtime. Daylani Ballena (R) had 15 points, 7 assists and 2 steals.

rounded out a 7-0 burst with a baseline jumper with only one second remaining to give the Thunderbirds a 20-17 advantage at the break.

Ava Uhrich led the way offensively for SUU with six points in the third period.

However, Utah Valley outscored the Thunderbirds 28-11 in the frame to go up 45-31 heading into the final quarter. The Thunderbirds stormed back in the fourth quarter, with Samantha Johnston pouring in 10 points to fuel a 20-9 run that trimmed the lead to three, 54-51, with 42 seconds on the clock. Johnston stayed hot from behind the arc as she drilled a three pointer with only seven seconds remaining to tie the game 54-54 at the end of regulation.

Utah Valley scored the first six points of the extra period, taking a 60-54 lead with 2:06 left. The Thunderbirds were able to get to the charity stripe, where they converted on six straight free throws to tie the game at 60 apiece and set up a second overtime period.

The two squads traded buckets as the score was tied at 64-64 with 3:04 left in the period. Johnston earned a trip to the line where she split a pair of free throws to push SUU in front 65-64 with 1:33 left. With less than a minute remaining, Ballena connected on a jumper to give the Thunderbirds a 67-64 advantage. The Wolverines scored a layup to get within a single point, but were unable to connect on the final possession as the 'Birds would hang on to earn a 67-66 victory.

"I'm just really proud of our grit...It wasn't the prettiest but we made plays and executed the game plan down the stretch."

Head Coach Tracy Mason

4-0 lead to begin the game. Then, Daylani Ballena added four points to fuel an 11-3 sprint to help the Thunderbirds take an 11-7 lead at the end of the first quarter. The

Wolverines used a 10-2 stretch to start the second period to go up 17-13 with 4:01 on the clock. Ballena scored the next five points for SUU to retake the lead, 18-17. Alexa Lord

Pardue vaults to program record at Boise State tri-meet

by Regan Hunsaker

SUU SPORTS INFORMATION

BOISE, Idaho — The Flippin' Birds returned to Boise for the first time since the dissolution of the MRGC conference, this time to take on familiar foe Boise State and new conference affiliation Sacramento State. The Thunderbirds finished the tri-meet in second place with a score of 196.250. Boise State finished first, scoring

good road score, and we can keep building from this meet on our way into the back half of the season. Kayla Pardue's vault was phenomenal and showed just how capable she is of scoring that high."

Bars (49.175)

The Flippin' Birds opened the meet on the bars, with freshman Brinlee Christensen scoring a career-high 9.875. Freshman Alex Routsis was next with a

outstanding 9.825 for her routine. Randolph picked up a 9.750 before senior Aly Coutu added a solid routine, scoring 9.775, giving the T-Birds a 48.825 as a team.

Floor (49.125)

The Thunderbirds moved to the floor for the third rotation. Freshman Alyssa Fernandez got things started with a solid 9.825. Pardue was next with a 9.825 before Cacciola added a 9.775. Junior Taylor Gull stepped to the floor next with an impressive 9.875. An excellent routine for Randolph scored 9.825, followed by a 9.600 from Christensen.

Vault (49.125)

The Flippin' Birds would finish the meet on the vault, where junior Ellie Cacciola led the team off with a score of 9.825. Randolph was next with a 9.800 before McClain posted a 9.750. Pardue followed that up by tying a program record with an incredible vault that scored 9.950. Gull added a 9.725 and wrapping up the rotation for the Thunderbirds was Goodman, who scored 9.800.

The Flippin' Birds will return to the America First Event Center to take on Big Ten powerhouse Iowa State. The teams will square off on Monday, February 26. The meet will begin at 7:00 p.m. MT and will be broadcast on Overnght. Visit tbird-tickets.com to reserve your seats! For all the latest on Southern Utah gymnastics, follow @SUUGym on Twitter, @SUUGymastics on Instagram, and like the Southern Utah Gymnastics Facebook page.

9.775 of her own. Sophomore Trista Goodman nailed her routine, scoring 9.850, and Randolph added to the team total with another 9.850. Junior Isabella Neff followed that up, scoring 9.825. Senior Aubri Schwartze wrapped up the second rotation with a 9.750.

Beam (48.825)

Fernandez led off rotation number two for the T-Birds with a 9.775. McClain was next and scored a 9.700. Cacciola then wowed the judges, scoring an



SUU's Kayla Pardue tied a program record with an incredible vault that scored 9.950.

SUU ATHLETICS

196.650, while the Hornets ranked third with 195. 225.

Southern Utah Freshman Niya Randolph led the Thunderbirds again, matching her career-high and placing first in the all-around with a 39.225. Sophomore Kayla Pardue really impressed on the vault coming in first place with a 9.950. The score is now tied for a Southern Utah program record and a Mountain Pacific Sports Federation conference record.

Head Coach Scotty Bauman said, "This was a

TOM'S SPORTS TRIVIA

The NBA regular season is heading for the home stretch following a lengthy All-Star break. This week's dozen looks at highlights from the first half and the push toward the playoffs. Have fun, embrace the chaos, and please remember...no wagering!

1. Even with the lack of defense in the NBA, only three players lead the league with a scoring average of 30 points per game or more. Which Dallas Mavericks player leads the pack at 34.2 ppg through the All-Star break?
2. As we head to the stretch drive, the Eastern Conference playoff race is being dominated by the only team league-wide that has more than 40 wins. Who is the team that has a 43-12 overall record?
3. The race for playoff position at the top of the Western Conference is a lot tighter with four teams separated by just 2.5 games. Who leads the pack in the West, a team that hasn't won a playoff series in 20 years but owns a 38-16 record?
4. What Detroit Pistons player was arrested Feb. 14 after punching Phoenix Suns player Drew Eubanks in a pre-game altercation well before the teams took the court?
5. From the same game, which Suns star ended up exiting early from a 116-100 win over the Pistons after picking up two technical fouls in the first quarter?
6. True or False: The Los Angeles Lakers had to participate in the play-in tournament for teams that finished 7th through 10th last season.
7. Of blocked shots or rebounds, San Antonio Spurs big man Victor Wembanyama leads the NBA in what category? (Hint: Walker Kessler of the Jazz ranks fourth in the category in question)
8. True or False: If the regular season ended as of Feb. 15, the Miami Heat and Orlando Magic would face each other in the play-in tournament.
9. What former head coach went from analyzing NBA games on ABC to returning to the bench as head coach of the Milwaukee Bucks in January?
10. Other than the Detroit Pistons – who are 8-46 as of the All-Star break – what Eastern Conference team has not reached at least 10 wins on the season? (Hint: this team has beaten the Pistons twice among its 9 victories)
11. What Utah Jazz player ranks 24th in the NBA in rebounds per game with 8.4 and is 20th in scoring at 23.4 ppg?
12. Name either team – Western or Eastern Conference – that sits as the No. 6 seed through Feb. 15, the last team that would advance directly to the NBA playoffs?

LAST WEEK'S ANSWERS

1. Chicago Bears
2. Iowa State.
3. The Lions will have the 29th pick in the first round of the 2024 NFL Draft, and the Ravens will pick 30th.
4. False. The 49ers didn't have a pick until the third round, taking safety Ji'Ayir Brown out of Penn State at No. 87 overall.
5. There were 36 cornerbacks taken in the 2023 NFL Draft, followed closely by 33 wide receivers and 30 linebackers.
6. Jahmyr Gibbs.
7. Miami Dolphins.
8. Four. Texans QB C.J. Stroud, Texans LB Will Anderson Jr., Seahawks CB Devon Witherspoon and Lions RB Jahmyr Gibbs.
9. The SEC had 62 players taken in the 2023 Draft, followed by 55 from the Big Ten.
10. Alabama and Georgia each had 10 players selected.
11. Jake Moody.
12. The Cougars and Utes each had three players taken, led by BYU offensive tackle Blake Freeland, who went to the Indianapolis Colts in the fourth round at pick No. 106. Utah CB Clark Phillips III was taken by the Atlanta Falcons seven picks after Freeland at No. 113.

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legal notices

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 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
Iron County Today • #0539

LIEN STORAGE SALE

NOTICE IS HEREBY GIVEN, by Enoch Storage Rentals, that the rights, title and interest of the following storage occupant's personal property will be sold at public auction for non-payment of rent. Each unit's contents will be sold in bulk as a single transaction for CASH only on Sat., March 9, 2024 at 10 am at Enoch Storage located at 660 E 4930 N Enoch, UT 84721, 435-867-4655. A \$100 refundable cash performance deposit, per unit, is required of successful bidders. Successful bidders will be allowed 7 days to clean out the units.

#467 Charles Rice; 4 wheeler, BBQ, mtn. bike, chainsaw

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

#491 Rebekah Concoy; bed frame, dresser, furn., boxes, space heater

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



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FREE

SPRINKLER DESIGN

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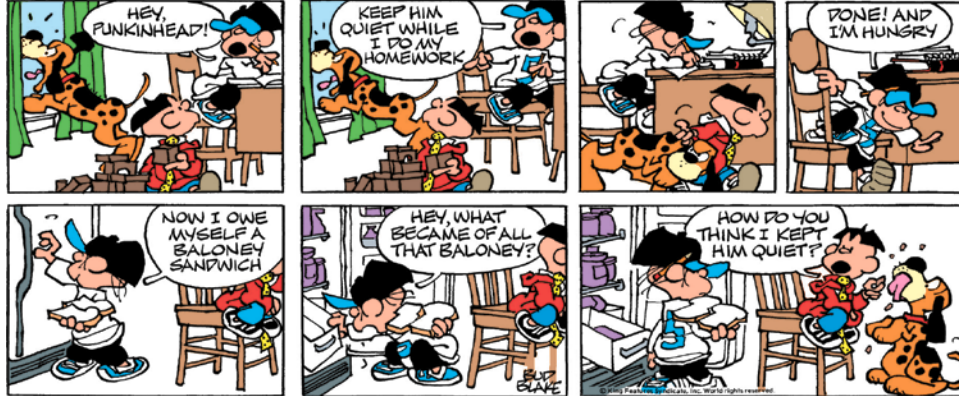
Amber Waves

by Dave T. Phipps



TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Flower picture is reversed. 2. Clock is larger. 3. Nose is different. 4. Pillow is different. 5. Curtain is wider. 6. Drawer is missing.

Trivia Test Answers
1. Ottawa; 2. A sheep; 3. Nan, Bert, Flossie and Freddie; 4. Pt.; 5. "That's All Right"; 6. Yellowstone National Park; 7. Dry skin; 8. Wine expert; 9. Richard Nixon; 10. Nazi Germany, Italy and Japan.

King Crossword

ACROSS

- 1 Pep
- 4 "Get Here" singer Adams
- 9 Opposite of "post-"
- 12 Equal (Pref.)
- 13 Jeremy of "Entourage"
- 14 Corn serving
- 15 Prepaid convenience for cell users
- 17 Texter's "Enough!"
- 18 Common verb
- 19 Spiritualist
- 21 Oliver Twist, for one
- 24 Cabinet dept. head
- 25 "Norma —"
- 26 Snake's warning
- 28 Mexican snacks
- 31 Actor Richard
- 33 UFO crew
- 35 Commanded
- 36 Enticed
- 38 Rep.'s rival
- 40 "Diamonds" singer
- 41 Goatee's spot
- 43 "O Pioneers!" author
- 45 Long recliner
- 47 Magic, on scoreboards
- 48 "A spider!"

1	2	3		4	5	6	7	8		9	10	11	
12				13							14		
15				16							17		
				18				19		20			
21	22	23					24						
25				26		27		28			29	30	
31				32		33		34		35			
36				37		38		39		40			
				41				42		43		44	
45	46							47					
48						49		50			51	52	53
54						55					56		
57						58					59		

- 49 Cell user's practical joke
- 54 Conk out
- 55 Dodge
- 56 Classic car
- 57 Hosp. areas
- 58 Opposite of most
- 59 Watch chain
- 7 Gabor
- 8 "Still ..."
- 9 Fund for minor expenses
- 10 Malek of "Bohemian Rhapsody"
- 11 Guitarist Clapton
- 16 "Unh-unh" type
- 20 Wound cover
- 21 Pitcher
- 22 Pasta sauce brand
- 23 Fruity baked goods
- 27 Norm (Abbr.)
- 29 Garfield's pal
- 30 Blacken
- 32 Classic soda brand
- 34 Extra helpings
- 37 Put to rest
- 39 Grocery store
- 42 Audacity
- 44 Patient's need, briefly
- 45 Give up
- 46 Estate recipient
- 50 Bond rating
- 51 Canine cry
- 52 Zodiac feline
- 53 Arced tennis shot

DOWN

- 1 Red-carpet
- 2 "Kinda" suffix
- 3 Cow's greeting
- 4 Verdi works
- 5 Permit
- 6 Hollywood's

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5	6	7	8	9	10	11	12	13	14
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

ANSWER

Weekly SUDOKU

V	I	M	O	L	E	T	A	P	R	E	
P	H	O	N	E	C	A	R	D	T	M	
L	I	S	T	I	C	A	R	D	T	M	
R	A	V	E	N	A	N	C	E	S	S	
E	G	A	T	E	S	T	S	S	S	S	
L	J	R	E	D	E	M	S	I	A		
C	H	A	I	S	E	O	R	L			
E	E	K	P	R	A	N	K	C	A	L	L
D	I	E	V	A	D	E	R	E			
E	R	S	L	E	A	S	T				

Solution time: 22 mins.

Answers

King Crossword

Trivia test

by Fifi Rodriguez

- GEOGRAPHY: What is the capital of Canada?
- ANIMAL KINGDOM: What was the first animal to be cloned?
- LITERATURE: In the children's book series "The Bobbsey Twins," what are the names of the two sets of twins?
- CHEMISTRY: What is the symbol for the chemical element platinum?
- MUSIC: What is the title of Elvis Presley's first commercial single?
- GENERAL KNOWLEDGE: What is the first U.S. national park?
- MEDICAL: What is a common name for xerosis?
- FOOD & DRINK: What is a sommelier?
- U.S. PRESIDENTS: Who was the first president to visit all 50 states?
- HISTORY: What were the principal powers of the Axis in WWII?

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