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SPECIAL OPPORTUNITY



STORY ON PAGE 2

Special Olympics Utah to be hosted in Cedar City at SUU

by Nikki Koontz

SUU MARKETING COMMUNICATION

Southern Utah University, Cedar City and Iron County are adding another signature sporting event to their summer calendar in 2025. In a ceremony at the Utah State Capitol Rotunda on Tuesday, January 30th as part of "SUU Day", Special Olympics Utah, the ShowUp Foundation and SUU announced a three-year agreement to host the "Special Olympics Utah Summer Games" on the SUU campus.

In the agreement, Special Olympics Utah will work with the University through the Larry H. Miller Utah Summer Games to host

Olympics Utah CEO Scott Weaver and Jon Oglesby, the Executive Director of the Larry H. Miller Utah Summer Games. The aforementioned individuals all signed the MOU to finalize the agreement between the parties.

"The Special Olympics Utah Summer Games, hosted on the SUU campus, will offer our friends with intellectual disabilities the opportunity to engage in competition in a world-class venue," said Utah First Lady Abby Cox. "This event not only

"We are excited to partner with SUU to host the 2025 Special Olympics Utah Summer Games," said Scott Weaver, President/CEO, Special Olympics Utah. "We look forward to this high-quality competition experience for over 500 Special Olympics athletes and Unified partners. Bringing our event to SUU will allow our athletes to compete at Olympic-caliber venues and enjoy the welcoming hospitality of SUU and Cedar City."

The Larry H. Miller Utah Summer Games is one of the premier sporting competitions in the state. With more than 40 sporting events, it draws a numerous variety of teams and athletes to Cedar City. The Olympic

"This exciting partnership will lead to expanded opportunities, increased statewide collaboration, and a high-quality experience for all participating athletes and fans."

SUU President Miondy Benson



COURTESY SUU

With the Special Olympics, SUU writes another choice chapter in their legacy of learning.

the event as a kickoff to USG's June programming calendar. The ShowUp Foundation will work with both Special Olympics Utah and SUU to provide volunteer support, community engagement and partnership opportunities.

Speakers at the ceremony included Utah First Lady Abby Cox, SUU President Mindy Benson, Special

"We are thrilled to welcome Special Olympics Utah to Southern Utah University for their Summer Games starting in 2025," said SUU President Benson. "This exciting partnership will lead to expanded opportunities, increased statewide collaboration, and a high-quality experience for all participating athletes and fans."

highlights the joy of sports but also emphasizes the profound connections forged through these shared experiences. Bringing this event to southern Utah is a natural expansion of the inclusion revolution happening in our state and will provide all our athletes with increased opportunities to connect, compete, and showcase their talents."

style sports-festival has been conducted at SUU since 1986, with a record high of 10,182 participants, 50 thousand spectators, and 1,000 volunteers in attendance. They view all partnerships through the lens of how it accomplishes the unique goals of promoting educational opportunity, growing economic development, and advancing healthy lifestyles.

Cedar City Airport welcomes new, larger aircraft

by Gabrielle Costello

CEDAR CITY PUBLIC INFORMATION OFFICER

Cedar City Regional Airport has enthusiastically welcomed a larger aircraft to SkyWest Airline's daily flight schedule, the CRJ-900. This regional jet offers a higher seating capacity, first-class amenities, and comfort-class options, and has fully replaced the previous aircraft provided by SkyWest/Delta Airlines.

Located at 2560 W. Aviation Way, Cedar City Regional Airport is the third busiest airport in Utah and currently offers daily jet service with SkyWest Airlines to Salt Lake City. Cedar City Council Members and airport staff are committed to expanding and improving the services at the airport and are excited about welcoming the CRJ-900. If you fly out of Cedar City Regional Airport, you might recognize the CRJ-900 is the same type of aircraft offered for the majority of the flights at St. George Regional Airport.

"The utilization of large aircraft at our airport increases our landing fee revenue and it also demonstrates that Cedar City Regional Airport can handle larger aircraft, especially after our terminal expansion is completed in 2025," said Airport Manager, Tyler Galetka.

The lobby expansion project is scheduled to break ground in April 2024, providing a larger holding area for passengers and airport guests by quadrupling the current seating capacity. This project is fully funded through federal grants and airport



The CRJ-900 jet offers a higher seating capacity, first-class amenities, and comfort-class options.

PHOTOS COURTESY GABRIELLE COSTELLO



"The utilization of large aircraft at our airport increases our landing fee revenue and it also demonstrates that Cedar City Regional Airport can handle larger aircraft, especially after our terminal expansion is completed in 2025."

Airport Manager, Tyler Galetka

revenue sources. Improvements will also include restriping the runway and purchasing additional snow removal equipment.

Additional destinations and flight times continue to be a struggle due to the nation's ongoing pilot short-

age, however, it still remains a top priority for city leadership and staff.

Many passengers are already taking advantage of the new amenities available with the CRJ-900 by upgrading to first class or the comfort class option. On behalf

of Cedar City leadership and staff, thank you to all who choose to book your travels through the Cedar City Regional Airport. You can travel anywhere in the world, right from your local airport!

MILTS STAGE STOP Open 7 Days a Week 586-9344 miltstagestop.com	Dinner for Two \$50.00 CHOOSE FROM 4 ENTREES: 10 oz. Prime Rib • Jumbo Shrimp 8 oz. New York Strip • 7 oz. Salmon Includes Salad Bar and a Side Reservations Recommended Takeout Not Available With coupon. Excludes Feb. 14. Exp. 3/10/24	Cedar City's Original Steakhouse EXPERIENCE CANYON DINING Just a few miles up Cedar Canyon - SR14	RUSTY'S RANCH HOUSE Open Mon-Sat 586-3839 rustysranchhouse.com	Dinner for Two \$40.00 CHOOSE FROM 4 ENTREES: Coconut Shrimp • Half Rack Ribs Pork Flat Iron • Salmon Includes a Salad and a Side Reservations Recommended Takeout Not Available With coupon. Excludes Feb. 14. Exp. 3/10/24
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opinion

FROM THE EDITOR

Time Flies

I remember when I became the editor of this newspaper, just five years ago. They say the first year of anything is always the hardest (and it definitely was!), and hopefully you survive. I hope that I've done more than survive. I hope I've made a difference each and every week to not only inform, but to transform and motivate each reader to reach higher and live better.

True, five years may not seem like a long time—and the five years before I became the editor prepared me well for the work.



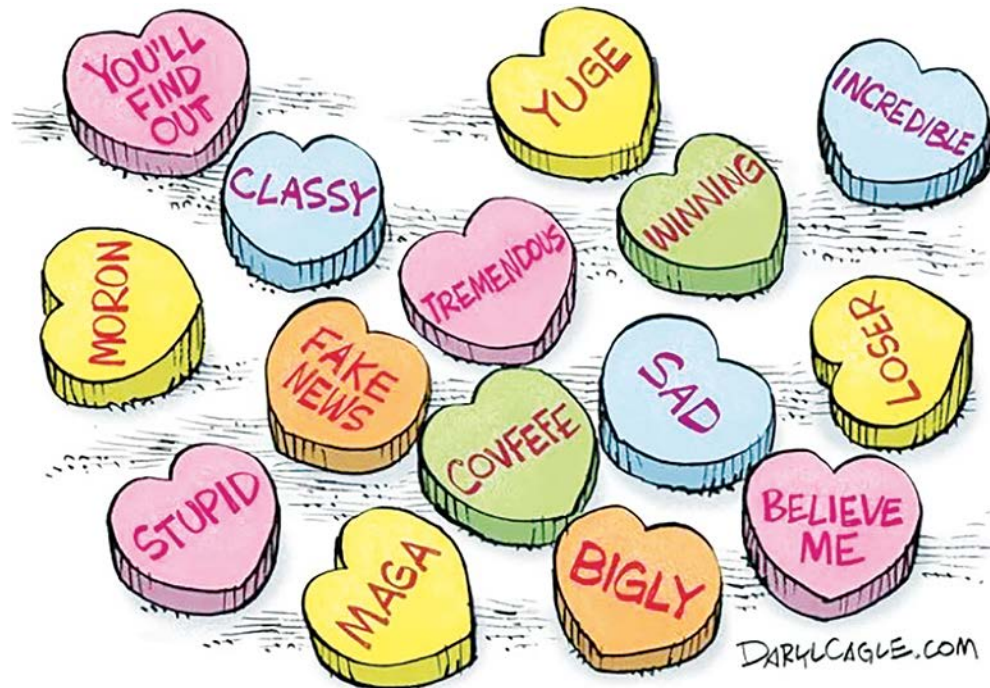
COREY BAUMGARTNER
MANAGING EDITOR

However, I haven't counted the years as much as I've tried to make the years count—one weekly edition at a time. Throughout my Iron County Today career, I've written thousands of articles and

taken millions of pictures (just ask my cameras!). Of course, the pics weren't all published, but the ratio works out to get a few good photos here and there, if you're patient and persistent enough. Just like life—we remember the good and delete the bad—then replace the space with something better.

If you asked me what my favorite part about this “job” has been I would tell you that's it's the people I've met along the way. It's the relationships I've built from the bottom to the belfry in Iron County. It's not the notoriety, but the camaraderie that's kept me going and enjoying this journalist journey. It's also the confidence entrusted to me to do my best in helping share your stories and create your legacies in our communities.

With that being said, I say, “Thank you” for allowing me and my words to be part of your life. Here's to a great future of making a difference with our time, talents, and treasures!



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

TO THE EDITOR

Cedar City “Redmen” makes national headlines on FOX News

Fox news reported on January 31st (foxnews.com/lifestyle) that many communities are fighting to reclaim their local heritage after cancel culture and “wokeness” robbed them of their pride and traditions that honored Native American themed schools. Quoting from a Cedar City resident, the article states,

“We're actually fighting an Anti-American movement. The people trying to erase Native American culture are the same people trying to remove Thomas Jefferson and bashing American heritage.”

When the signs came down from Cedar High School, we were reminded of how we felt when we watched Washington and Lincoln statues destroyed before our eyes a few months later. The Fox news reporter was shown the petitions of over 6,000 people (5,430 from Iron County) wanting to keep the REDMEN and only 1,400 wanting to remove it. (Residents of Iron County unknown.)

This Fox report came on the heels of York County Pennsylvania Board of Education voting to reinstate the Susquehannock Warriors, subsequently reported by Jesse Watters and others. A Cedar High graduate and Navajo Julie Casuse Gagnon was interviewed. She tells of coming to Cedar City at 12 years old to attend school. Feeling lost and alone, her host family took her to a Cedar High football game, she heard the drums, saw the school's name, and knew she was “home” and things would be okay. She was later an active member of the Pep Club.

The REDMEN water tank and picture of CHS are included in the article with information from Native American Guardians Association (They did a forum in 2019 at CHS) whose motto is Educate don't Eradicate. The Article quotes NAGA in its affirmation “that these decisions are never popular, and the taxpayers are being ignored. It's Marxism and it's taken over the school boards.”

Utah is a Native name, as is Parowan, Paragonah, Quichapa, Kanosh, and Toquerville, to name a few. The flag ship of the Utah Higher Education system calls themselves the Utah Utes. If we can cheer for the Utes, we can cheer for the CHS REDMEN. Indian imagery is

see **REDMEN** » 6

IRON COUNTY **today**

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Vaping bill resurfaces in Washington, with help from Romney

from Heather Peterson

FOR IRON COUNTY TODAY

SALT LAKE CITY — Youth vaping is back in the national spotlight with a bi-partisan bill that has support from Sen. Mitt Romney. Romney and four other senators want e-cigarette manufacturers to pay fees to the FDA. It's an attempt to create more industry oversight and is similar to rules in place for tobacco companies in the United States.

The Resources to Prevent Youth Vaping Act would tighten a loophole in the law that governs tobacco companies. Under the law, e-cigarette companies would be required to pay the FDA a user fee. The money would increase oversight within the vaping industry. Consequently, fees paid by e-cigarette companies to the FDA would fund public education

"...these Chinese products target young people...and are designed to deliver stronger nicotine levels at a higher volume."

Sen. Mitt Romney

campaigns, similar to the fees tobacco companies pay.

Data from the American Lung Association shows that 20% of American youth use e-cigarettes. That number is up 135% from 2022. Bill co-sponsor Sen. Jeanne Shaheen, D-NH, likens e-cigarette use in America to an epidemic that exploits American kids. Sen. Romney is also concerned about illegal vaping products.

"Illicit vaping products—over 90% of which come from China—have flooded the United States vaping market," Romney said in a statement. "Most concerning is that these Chinese products target young people with flavors such as blue cotton candy and

WORD OF THE WEEK

AMBIGUOUS

[am-big-yoo-uhs] Open to or having several possible meanings or interpretations, Vague, Unclear, Puzzling

I am a big believer that for you and us, the thesaurus is an ambiguous collection of cryptic vocabulary words waiting to be discovered and equipped.

Members of Utah Vapers gather before attending a meeting about e-cigarettes at the Capitol in Salt Lake City.



RAVELL CALL, DESERET NEWS

pink lemonade and are designed to deliver stronger nicotine levels at a higher volume."

Authorizing the FDA to collect user fees on e-cigarettes would help efforts to ease the crisis, according to Romney. Additionally, the senator said it would protect children from the addictive and illicit products. Similar legislation was introduced in 2021, but it didn't make it out of committee.

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IRON COUNTY FORECAST

SNOW SHOWERS ARE LIKELY TO CLOSE THE WORKWEEK AS COLDER AIR CONTINUES TO FILTER IN. THE CHANCE OF SNOW GRADUALLY WINDS DOWN THROUGH THE WEEKEND WITH SKIES LIKELY BEING DRY BY SUNDAY WITH BELOW AVERAGE TEMPERATURES. INTO NEXT WEEK IT'S A MIX OF SUN AND CLOUDS WITH A STEADY WARM UP.

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



THURSDAY	Snow Likely 35°/23° PRECIP: 70% WINDS: SW 10-15
FRIDAY	Snow Likely 33°/21° PRECIP: 60% WINDS: SW 10-15
SATURDAY	Chance Snow 32°/17° PRECIP: 40% WINDS: NNW 10-15
SUNDAY	Partly Cloudy 35°/18° PRECIP: 0% WINDS: WSW 5-10
MONDAY	Mostly Sunny 38°/20° PRECIP: 0% WINDS: SW 5-10
TUESDAY	Partly Cloudy 41°/21° PRECIP: 0% WINDS: SW 5-10
WEDNESDAY	Partly Cloudy 45°/23° PRECIP: 0% WINDS: SW 5-10

public & health

Balancing Act: Tips and Tricks for Fall Prevention and Wellness

by Ashley Butler

FOR IRON COUNTY TODAY

How can a trip to the emergency room or a long hospital visit be prevented? Falls are a major cause of traumatic injury that brings people into the emergency room at Intermountain Health Cedar City Hospital. You can save yourself from that first fall or prevent repeat falls by being realistic about what puts you at risk.

A great way to assess your level of risk is to answer the following questions:

- » Have you ever frightened yourself by almost falling?
- » Do you have any trouble getting up and out of a chair?
- » Do you experience regular dizziness or weakness?
- » Have you changed your daily activities because they have become too difficult or frightening?
- » Does diminishing strength have you missing out on enjoyable activities?
- » Has your home started to feel like a dangerous obstacle course?
- » Do you stay home because the world has become too hazardous to navigate?



Falls are notoriously common among older adults. As we age, our muscles weaken, our balance falters, and our reflexes slow. But it's not just older adults who are at risk. People with mobility impairments, those on medications that can affect

balance or blood pressure, individuals with vision impairments, and those with cognitive issues like dementia are all at heightened risk. Recognizing if you are in one of these vulnerable groups is the first step in prevention.

Often, our environment can play a subtle yet significant role in falls.

Hazards like loose rugs, wet floors, uneven pavements, poor lighting, and cluttered spaces can be treacherous. Environmental risks, however, are among the most controllable. Simple home modifications, like installing bathroom grab bars, improving lighting, and securing carpets, can significantly reduce the risk of a fall.

Medications can be double-edged swords; they are vital for health but can sometimes increase the risk of injury. Sedatives, antidepressants, and even some over-the-counter

medications can put you at risk for a fall. Regular medication reviews with healthcare providers are essential, especially when new medications are introduced.

Maintaining physical health is a cornerstone of fall prevention. Participating in regular exercise that focuses on activities designed to enhance balance, strength, and flexibility, like Tai Chi, yoga, or simple walking, can drastically reduce fall risks. Tailored exercise programs under professional supervision are beneficial for those with mobility issues.

Adequate nutrition and hydration are vital in maintaining muscle strength and overall health, reducing fall risks. A diet rich in calcium and vitamin D is essential for bone health and mitigating the impact of falls.

Regular eye exams ensure that

vision impairments are detected and corrected, reducing the risk of falls caused by poor vision. Similarly, appropriate footwear is also important. Shoes should provide good support and have non-slip soles.

With correct information, precautions, and lifestyle adjustments, the risk of a fall can be significantly reduced. It's about creating a safer environment, maintaining physical health, and being aware of hazards.

Ashley Butler has worked at Intermountain Health for twenty-one years in Labor and Delivery and the Emergency Room. She currently serves as an Injury Prevention and Outreach Coordinator for Trauma Services, educating on how to live the safest and healthiest life possible. Ashley has four children and a distinguished black lab.

REDMEN

« CONTINUED FROM PAGE 4

used abundantly at the state Capital and throughout Utah. There are over 3,000 petroglyphs (that we know of) within a short drive in all directions from Cedar City. Including some not 200 yards from the district offices.

Many people(s) have lived, traveled through, and are a part of the history of this area including Paiute, Navajo, Hopi, Anasazi, Fremont, and

some we just call Ancient Ones. REDMEN is not only acceptable but is an exceptional name for Cedar High School. We are the only school west of the Mississippi that (has) had that name. It is unique and uniquely suited to our legacy.

The next time Cedar is recognized nationally it should be in a good way – choosing to honor tradition and legacy of our land and people.

Sincerely,

Voices of Iron County Education (VOICE)

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public & health

Renowned geologist to speak at Cedar Lions Club Meeting

from Cedar City Lions Club

FOR IRON COUNTY TODAY

The Cedar City Lion's club will be meeting at the Cedar City Welcome Center at 581 Main Street on February 13. The meeting will begin at noon and the public is welcome to attend.

We are excited to have as our speaker Dr. Alan Chamberlain a well-known geologist. He has worked for Exxon, Gulf, Marathon, and Placid oil companies. He was encouraged to leave Placid in 1984 and advance the first Great Basin geological survey initiated by Shell Oil Company in the early 1950's. He has been directing the survey ever since as president and chief geologist of Cedar Strat Corp, and president of TMA (Toiyabe Mining Association Cooperative).



Southwest Technical College launches surgical technology, medical office receptionist programs

from Karyn Keanaaina

FOR IRON COUNTY TODAY

Southwest Technical College is proud to announce the launch of two new programs: Surgical Technology and Medical Office Receptionist. This brings Southwest Tech's total pro-

gram offerings to 21.

Surgical Technology:

Southwest Technical College received grant funding from Talent Ready Utah to establish its new Surgical Technology program. Talent Ready Utah is dedicated to promoting industry in Utah and providing educational pathways for individuals to secure high-paying jobs in occupations that align with local industry needs.

"We are thrilled to introduce the Surgical Technology program to our campus and appreciate our strong partnerships with Intermountain Health and other surgical partners in our service region," said Brennan Wood, President at Southwest Technical College. "This exciting opportunity will significantly contribute to the growing healthcare workforce in Southern Utah."

Surgical Technologists set the stage for successful surgical procedures by preparing the operating room (OR), sterilizing instruments, and getting everything ready before the surgery. During the surgery, they assist the surgical team, handle instruments, and manage surgical specimens. These individuals are detail-oriented, work effectively under pressure, and hold a crucial role as members of the surgical team.

The Surgical Technology program at Southwest Tech takes about a year to complete, and is eligible for Federal Financial Aid, Veteran Post-9/11 GI Bill benefits, and other grants and scholarships. The Utah Department of Workforce Services classifies Surgical Technology as 4-star, which means that the occupation has a good employment outlook and relatively high wages.

Medical Office Receptionist:

Medical Office Receptionists serve as the first point of contact for patients and visitors in a healthcare setting. Their primary responsibilities involve administrative tasks related to managing the front desk and ensuring the smooth operation of the medical office. Typically, duties include greeting patients and visitors, scheduling appointments, checking in and registering patients, process-



ing payments, maintaining patient records, and handling administrative tasks and confidential information. The Medical Office Receptionist pro-

gram at Southwest Tech takes around six months to complete and is eligible for Veteran Post-9/11 GI Bill benefits and other grants and scholarships.

Mercedes Carter, M.D.

Amber Dalton, FNP-C

The Cedar City Institute of Women's Health

Women Caring For Women

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UTAH LEGISLATIVE UPDATES

House of Representatives

Greetings! It's the end of the 3rd week of session, and it's been a blur!

Supported Bills

This week was full of presentations, with my bills HB 291, HB 297, and HB 113 now out. My bill HB 113 passed the House unanimously with 74 yes votes and one absent. With a neutral stance from the Tax Commission, I believe this bill will be another tool in the rural counties' toolbox. I presented the same bill to the Senate Revenue and Tax Committee on Thursday and it passed with a favorable recommendation. I'm hopeful about this bill and its pending success.

I also presented HB 291 and HB 297 to the House of Natural Resources Agriculture and Environment Committee and both passed out unanimously with a favorable recommendation. HB 291 Department of Agriculture and Food Amendments is a bill that changes the Local Food Advisory Council appointments so roughly half the council is up for reelection every four years. It also removes weight and measuring regulations so it makes it easier to register. This bill is a cleanup bill for the Agriculture and Food Department. HB 297, which doesn't allow municipalities to restrict beekeeping, except in certain circumstances, was also passed by the committee. This bill is important to our local farmers and small gardeners.

SUU Day on the Hill

Tuesday was SUU Day on the Hill, and minds of tomorrow. I had Becki Bronson, the Assistant Vice President of Community and Government Relations, join me on the House floor. It was lovely to speak with her and talk about her plans for SUU. I was also joined by the President of SUU, Mindy Benson on the House floor, and as always I love to interact with such bright minds. I am honored to represent such a wonderful university and intelligent people.

Utah Seeking MLB Team

I had the amazing opportunity to talk to the baseball superstar, Dale Murphy. As a former baseball player and coach, this was a delightful interaction. The House and I voted in strong support of SCR 3, a resolution to support Major League Baseball (MLB) in Utah. Personally I believe it's about time that Utah has an MLB team. Utah is passionate about sports and SCR 3 will only improve our great state. In addition to meeting Dale Murphy, I had the chance to sit with Kelsey Berg, who works with Larry H. Miller and has voiced support for an MLB team.

Mental Health Care and Teacher Pay

This session has also pushed for things like expanding mental health care in rural Utah and increasing teacher pay. Rural Utah needs more resources concerning mental health and youth suicide prevention. The legislature is working to make teaching more desirable, and worthwhile. Bills that strive to improve teacher recruitment and retention include paid professional hours and more resources for teachers. Overall this Legislative Session has been lively and spirited and as always it's an honor to serve District 71 at the Capitol.

— Rep. Rex Shipp

Working For Utah

We've been celebrating Energy Week here on the hill, and I'm happy to have been an integral part of it. Throughout our third

week my colleagues and I have been collaborating on how to improve our energy infrastructure and independence. The workload will only continue to ramp up, but I hope everyone knows we are fighting for Rural Utah. I encourage everyone to follow along online at le.utah.gov or to join us on the hill.

Legislation Updates

Here is a brief update on my legislation, for a more in-depth look follow the session at le.utah.gov. HB54 COAL MINER CERTIFICATION PANEL AMENDMENTS passed the Senate and is headed for Governor Cox's desk. HB31 AGRITOURISM AMENDMENTS passed its final vote in the House. HB239 STATE EMPLOYEE CYBERSECURITY TRAINING REQUIREMENTS and HB241 CLEAN ENERGY AMENDMENTS which promotes nuclear, geothermal, and pump energy both passed their final vote and are headed for Senate Committee.

I had three more bills that were introduced and sent to committees this week. HB124 ENERGY INFRASTRUCTURE AMENDMENTS is a supplement to a bill I ran last year that provides tax credits for energy related projects in rural Utah. HB124 amends that bill to also include nuclear, geothermal, pump storage, and carbon sequestration technology to the



REP. REX SHIPP
UTAH HOUSE DISTRICT 71



REP. CARL ALBRECHT
UTAH HOUSE DISTRICT 70



SEN. EVAN VICKERS
UTAH SENATE DISTRICT 28

list of projects that qualify for this credit. HB363 LIVESTOCK GRAZING AMENDMENTS establishes within Utah code that those who hold existing permits and grazing allotments on federal lands have a RIGHT to continue to graze. Our ranchers and farmers have long been the greatest stewards of our environment. These families have labored over these lands for generations, and it is imperative that this does not change.

Constituents And Guests

This week I was joined by CaDance Church, a senior from North Sevier High School, who plans on attending Utah State in the fall to study Aviation. My wife and I also joined SUU President Mindy Benson and other SUU students for dinner on Monday night before they held their Day on the Hill Tuesday. I was also happy to see my former Richfield neighbor Rod Elmer with Utah Highway Patrol and his K9 Titan sweeping the house floor throughout the week. I also joined members of the Sportsman's Caucus Tuesday morning to discuss bills that concern hunting and fishing and how we can protect the heritage of those sports. The members of the Utah Rural Electric Cooperative Association were here Friday morning to discuss the bills that impact energy policy for rural customers.

MLB in Utah

This week, we were joined by baseball legend Dale Murphy as we passed a joint resolution in support of Major League Baseball in the Beehive State. From little league to AAA ball, Utah has some of the most passionate sports fans in the country and we are eager for the opportunity to bring a major league team to Utah. Members of the Miller Group also joined us for Rural Caucus breakfast to discuss their commitment to protect the

heritage of agriculture near the Utah State Fairpark. Funding for the ballpark could come from the State as a loan to be paid back, including interest. 85% of Utahns support this opportunity.

— Rep. Carl Albrecht

Utah Senate

Friends and neighbors,

We completed our third week of the legislative session. At this point, the Senate reviews many House bills and the House reviews many Senate bills. The legislative process ensures each proposal is vetted before becoming law, and I appreciate the public has multiple opportunities to voice their opinions on proposed laws as they move through. Listening to public comment provides legislators valuable insight into how laws will impact a given demographic. It's crucial for crafting meaningful and effective legislation that will stand the test of time.

S.B. 127 Nurse Apprentice Amendments

Amends the process for a nurse apprentice to become a registered nurse. A nurse apprentice has a one-year apprentice license that allows them to receive hands-on training to become a nurse. An apprentice must take the national nurse licensing exam (NCLEX) to become a registered nurse. Under the current program, if an apprentice fails the NCLEX on their first attempt, the apprentice loses their nurse apprentice license. I am sponsoring S.B. 127, which allows the apprenticeship license to remain in effect during the NCLEX retesting period if the one-year period of state licensure is still in effect. The bill is currently in the Senate; I anticipate it going to the House next week for their approval.

S.B. 52 Educator Salary Amendments

Last year, the Legislature increased the salary for our outstanding, dedicated Utah educators by \$6,000. This increase is a demonstration of our deep gratitude for the noble work our teachers do in building Utah's future educating our children and grandchildren. However, the definition of "teacher" used in last year's bill inadvertently excluded a small subset of qualifying educators—many in rural communities—from receiving the pay increase. My bill amends this oversight by including this small subset to receive the \$6,000 pay increase moving forward.

SUU Day on the Hill

Legislators had the opportunity to meet with students, teachers and administrators to hear about the remarkable work they're accomplishing at SUU. Part of SUU Day on the Hill included an historic 3-year partnership agreement where the Utah Summer Games at SUU will also host the Utah Special Olympics, starting in 2025. I'm thrilled for this important collaboration and excited for this opportunity to come to southern Utah. I was honored to welcome President Mindy Benson to the Senate floor and tell my colleagues about the growth and development happening in Cedar City. I am sponsoring several appropriation requests for SUU this session to encourage support for improvements to the university. Our area of the state is incredible, and I am proud to help other legislators see our contributions to the state. Go T-Birds!

Thank you, as always, for your continued support as I work to represent you at the Utah Legislature. I welcome your feedback and ideas.

— Sen. Evan Vickers

Senator Lee takes tech CEOs to task on online child safety

LEE INTRODUCES P.R.O.T.E.C.T. ACT

WASHINGTON — Amidst a Senate Judiciary Committee hearing titled “Big Tech and the Online Child Sexual Exploitation Crisis,” Sen. Mike Lee announced the introduction of the Preventing Rampant Online Technological Exploitation and Criminal Trafficking (PROTECT) Act. This legislation addresses the pressing issue of online sexual exploitation and imposes stringent requirements on internet service providers.

The PROTECT Act compels sites to verify the age of all participants in pornographic images and those uploading pornographic images. Additionally, it requires sites to obtain verified consent forms from

images of themselves on social media platforms. A recent study by the National Center for Missing and Exploited Children revealed a chilling statistic: a single image of child sexual abuse material resurfaced more than 490,000 times after being reported.

Sen. Lee pressed Meta CEO, Mark Zuckerberg, inquiring why more robust and proactive measures were not being taken to ensure the safety and protection of children who use Meta’s platforms.

Victims have had to wage an uphill battle for years, pleading with online platforms to remove images they never consented to share. Sadly, their efforts have often yielded little

“Tech companies need to do more to prevent the exploitation that is occurring on their platforms and allow individuals to remove images shared without their consent. The PROTECT Act is a step in that direction.”

Sen. Mike Lee

individuals uploading content and those appearing in uploaded content. It also stops the sharing of child sexual abuse material and revenge pornography online by mandating that websites quickly remove images upon receiving notice they were uploaded without consent or face potential civil and criminal liability.

Of the bill, Sen. Lee said, “Tech companies need to do more to prevent the exploitation that is occurring on their platforms and allow individuals to remove images shared without their consent. The PROTECT Act is a step in that direction.”

Sen. Lee’s bill responds to a disturbing trend wherein survivors of sexual abuse are repeatedly victimized through the widespread distribution of non-consensual

images of themselves on social media platforms. Homeland Security investigations have documented cases where victims of unauthorized images were stalked even two decades after the image’s creation. In some instances, predators have targeted survivors’ children years later.

The PROTECT Act marks a significant step forward in addressing the critical issue of online sexual exploitation and image-based sexual abuse. By holding tech CEOs accountable and proposing legislation that puts the onus on websites to protect their users, Sen. Lee is pushing for much-needed change in the digital landscape. The PROTECT Act offers hope for survivors and their families, aiming to create a safer online environment.



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Southern Utah University

Turning Point USA comes to SUU

from Hannah Mackey

FOR IRON COUNTY TODAY

In the words of Arizona Senate candidate Kari Lake, “God put us here at this moment. Gave us talents and skills to use at this moment. Not 10 years ago. He strengthened us for this moment to save this nation.”

In this increasingly darkening world, it has become very difficult to find a good source of light and truth. And as a young adult at a major point in life, decisions have to be made—life-altering, future determining decisions. How can I as a young college student make a change and make decisions when the world around me cannot even decide how many genders there are, let alone find a common ground amongst disagreements? A change needs to be made.

We are at a turning point. And that is where our club, Turning Point, comes in. Our founder and American activist Charlie Kirk describes TPUSA's mission to “Identify, educate, train, and organize students to promote freedom.” Our focus as a

we all have the right to pursue happiness, greatness, and the ability to share our truth. However, in our world it is not as easy as one might think to pursue our truth and

afraid to voice their opinions with the fear of being cancelled. Or, our biggest competitor, students that have been so influenced by the media, the woke left, and even the adversary,

stand for what is right in a calm, yet unwavering manner. Despite that, we have been faced with major retaliation from other people and groups. We kindly and respectfully thank them for their opinion and ask that they give others the chance to come and learn and know for themselves. It would be easy to yell and scream back but that does not solve anything. Fire cannot be fought with fire.

What people don't understand they fear. When people cannot speak they scream. And when they cannot scream they tear things down. They turn their weakness into chaos, into fire. In other words, we cannot stoop down to the level of our foes and fight weakness with weakness. We, however, have the opportunity to make a choice, weakness or strength. Greatness or decline.

Journalist Tucker Carlson has said, “You get strong inside by telling the truth in your private and public



PHOTOS COURTESY TPUSA

TPUSA's mission is to “Identify, educate, train, and organize students to promote freedom.”



TPUSA Team with members of our amazing community.

club and chapter is to help students that have decisions to make in their life, and want the support, freedoms, and opportunities we deserve as citizens.

As students and as Americans,

promote freedom. Students in TPUSA are often the minority that think this way. This may come as a shock with how crazy the world has become, but a majority of students either don't care about the political world, are too

that all they do is yell, scream and argue against the truth.

Our TPUSA at SUU chapter may be small but we have the ability to dream big and make a difference. We are here to promote freedom and

life. You don't need to tell them how good you are. They can tell. They can feel it...” With consistent and persistent efforts, we can bring greatness, light, and strength together and promote freedom for all.

Maloy introduces bipartisan bill to ensure federal dollars go to verified, women-owned small businesses

from Bella Pinnock

FOR IRON COUNTY TODAY

WASHINGTON, D.C. — Rep. Celeste Maloy (R-UT) and Rep. Hillary Scholten (D-MI), members of the House Committee on Small Business, introduced The WOSB Integrity Act of 2024. This bill would require the Small Business Administration (SBA) and third-party, certifying entities to take reasonable action to verify that women-owned small businesses meet the SBA's small business size standards for receiving federal contracts.

The WOSB federal contracting program has become susceptible to abuse and fraud, and self-certification is driving much of its misuse. Since women-owned small businesses do not have to verify that they are both women-owned and small, large companies are able to self-certify as small businesses to take advantage of the program. Additionally, the federal government has a goal of awarding 5% of federal

contracting dollars to women-owned small businesses each year. However, it has yet to reach that goal.

"Many women entrepreneurs call Utah home, and I want to make sure even more are able to enter the marketplace, compete and succeed. However, that requires a level playing field," said Rep. Maloy. "This bill will help ensure that larger, more established firms aren't able to exploit federal contracts, grants, or loans at the expense of women-owned small businesses."

"When women small business owners enter the WOSB program,

they should have the peace of mind that large firms are not misrepresenting themselves as small businesses to gain access to this vital contracting program," said Rep. Roger Williams (R-TX), Chairman of the House Committee on Small Business. "Congresswoman Maloy's important legislation addresses this issue, and I am looking forward to having her join us in her first markup on Committee."

"I commend Rep. Maloy's efforts and leadership on this commonsense legislation. We must not allow large corporations to masquerade as small

businesses, snatching up opportunities intended for Main Street USA. Self-proclaiming an enterprise as a small business does not make it so, and it's only fair to ensure they meet a common definition," said Rep. Blaine Luetkemeyer (R-MO), Vice Chairman of the House Committee on Small Business.

After the bill was passed, Congresswoman Celeste Maloy applauded the passage of the WOSB Integrity Act of 2024 through the House Committee on Small Business.

"This critical piece of legislation will ensure that only true, small businesses owned by women can access the full benefits of the WOSB contracting program," said Rep. Maloy. "I'm grateful to my colleagues on the House Committee on Small Business for their support of this bill. I'd also like to encourage the other members of the House to support this legislation on the floor so that we can level the playing field for women entrepreneurs in Utah and across the nation."

"Many women entrepreneurs call Utah home, and I want to make sure even more are able to enter the marketplace, compete and succeed. However, that requires a level playing field."

Rep. Celeste Maloy (R-UT)

Biden-Harris admin. announces new actions to help communities

from Office of President Joe Biden

FOR IRON COUNTY TODAY

WASHINGTON — Expanding on the Biden-Harris Administration's historic investments in the nation's climate resilience, Homeland Security Secretary Alejandro N. Mayorkas and FEMA Administrator Deanne Criswell announced that the agency will expand funding to tackle the climate crisis, improve resilience and cut energy costs through net-zero projects.

For the first time, FEMA will fund net-zero energy projects, including solar, heat pumps and efficient appliances, through its largest grant program — Public Assistance, which covers the rebuilding of schools, hospitals, fire stations and other community infrastructure investments post-disasters. FEMA is also funding net-zero energy projects for its Hazard Mitigation Grant Program (HMGP) and now offers incentives through its Building Resilient Infrastructure and Communities (BRIC) annual grant program to

encourage more communities to use net-zero projects that increase community resilience.

The announcement aligns with FEMA's Year of Resilience commitment to building local capacity to withstand tomorrow's hazards and furthers the Administration's goal of reaching net-zero emissions economy-wide by 2050 and ensures that rebuilt community infrastructure projects are built with the future in mind. These activities are enabled by President Biden's Inflation Reduction Act, the largest investment in clean energy and climate action in the history of the nation.

"Whenever and wherever a community is impacted by a natural disaster, the Department of Homeland Security is there to help recover and build back stronger," said Homeland Security Secretary Alejandro N. Mayorkas. "Now, that work will include incorporating smart, net-zero energy techniques and technology — like solar panels and heat pumps — into the rebuilding of critical infrastructure like hospitals and fire stations. The Biden-Harris Investing in America agenda is proof

that we can both meet the safety, security and stability needs of local communities, and do so in a responsible, climate-conscious way that increases their resilience."

"As the increase of extreme weather hazards become more severe due to climate change, we need to adapt the way we are helping communities rebuild post-disaster," said FEMA Administrator Deanne Criswell. "Thanks to President Biden's Investing in America agenda and the Inflation Reduction Act, FEMA will now cover the costs of net-zero energy projects since they are the single most effective measure FEMA can take to reduce greenhouse gas emissions and address the climate crisis."

"After a disaster, communities don't just want to build back. They want infrastructure that will last and will serve them better in a future that promises more extreme weather events fueled by the climate crisis," said John Podesta, Senior Advisor to the President for Clean Energy Innovation and Implementation. "FEMA is doing just that thanks to President Biden's Inflation Reduction Act."

showcase

ARTS + ENTERTAINMENT IN IRON COUNTY



Dylan Dalton helps produce the film "Homestead" shot at the Frontier Homestead State Park in Cedar City, Utah.

COURTESY SUU

SUU student recognized at global film competition

by Nikki Koontz

SUU MARKETING COMMUNICATION

SUU student, Dylan Dalton, recently won two prestigious recognition awards from the Accolade Global Film Competition for the short film "Homestead." The SUTV film received "Awards

"It's great that students are recognized for a project that serves the community and also one that provides a real-world, hands-on learning experience."

Professor Jon Smith

of Recognition" in the "Special Purpose Productions" and "College/University/Government" categories.

The competition recognizes film, television, videography and new media professionals

see **FILM AWARDS** » 14

Epic symphonic music for “Enlightenment” concert

from Rebekah Hughes

FOR IRON COUNTY TODAY

The Orchestra of Southern Utah offers a feast of traditional symphonic music conducted by Director Carylee Zwang, Thursday February 15th, 2024, at the Heritage Theatre in Cedar City, UT. Enjoy the popular melodies from Mendelssohn, Holst and Dvorak as the Orchestra explores the inspiration that music provides in this concert themed “Enlightenment.”

The evening will open with Richard Strauss’ magnificent and bold “Also sprach Zarathustra.” This famous and well-known piece of music has been used as the theme song in BBC’s coverage of the Apollo space missions,

the song I Vow to Thee My Country.

Dvorak, enlightened composer of the New World Symphony No. 9, serves as a representative of romantic and modern music heralding in a new age of exploration and creativity. The Orchestra will perform the beloved and soulful Largo movement, that poses thoughtful contemplation amidst turmoil and brings peace to the soul in a world swirling with activity and excitement.

In the ultimate homage to enlightenment the orchestra will perform the entire Symphony no. 5 in D Minor by Felix Mendelssohn, also known as the “Reformation Symphony”. Each movement will bring recognition of hymns, movie themes and classic



COURTESY OSU

movie space themes, as well as the opening of Elvis’ concerts. While the title of the piece is not commonly well-known, this melody of epic proportions is known by all. Often used as the portent of a significant event to come, this piece will herald the opening of the orchestra’s inspiring concert “Enlightenment.”

The Orchestra will then explore the inspired and otherworldly compositions and explorations of Gustav Holst, an enlightened creator inspired and ahead of his “time”. Performing highlights from his collection of the planets the orchestra will perform Mars, the bringer of war, that was inspiration for John Williams’ Imperial March and also the Majestic Jupiter, the bringer of jollity whose poignant and beautiful melody served to inspire

tunes you will enjoy and be uplifted by. The melodies of Mendelssohn’s inspiration serve to bring joy that is unparalleled in person. The orchestra invites you to experience the energy and inspiration of these composers in person in a full symphonic orchestra performance that cannot be replicated. Lobby music before the concert will be performed by Tanisa Crosby and April Richardson.

Come celebrate with OSU on Thursday, February 15 at 7:30 p.m. at the Heritage Theater. Tickets are available online at www.myosu.org \$12 for adults, \$6 for students over six years. \$40 for a group of six individuals. Children over six years are welcome. No babies, please, as concerts are recorded. Tickets are now available online at www.myosu.org.

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“FROM THE NEW WORLD” 2ND MOVEMENT

GUSTAV HOLST
THE PLANETS, OP. 32
I. MARS & IV. JUPITER

FELIX MENDELSSON
SYMPHONY NO. 5 IN D MAJOR/D MINOR, OP. 107
“REFORMATION”

RICHARD STRAUSS
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A great Saturday: Farmers Market and Artisans Gallery

by Mary Anne Andersen

CEDAR CITY ARTS COUNCIL

“Are we going to market this morning?” my companion asked. “Oh, I forgot. I’m into my regular Saturday morning routine of cooking and didn’t think of market. Give me an hour and then we can go. It looks like the weather will be fine for it.”

Which it wasn’t the last couple of times we tried. One time it was so cold that I just kept drifting back toward where we had parked the car. There was nothing there that I was willing to stay outside for. And then another time, we got to the proper location and no one was there. It was really cold that day, too, and apparently the person in charge had decided to cancel the market for that morning. So we went to a different venue that day. We ended up buying



tamales instead of the chicken potpie I had in mind.

But this day was beautiful: brilliant sun and no breeze. The 40’s are warm enough if there is no wind. So, with the heat under my soup turned off, we headed for the market on First West. Even though parking was easy, there were several other patrons there besides our hopeful selves. And enough vendors to make it worth our while.

Now, I have a strategy when I go to an open market. I take only a predetermined amount of cash with me—no plastic—so I can’t overspend, no matter how many vendors are selling their homemade bread that day. And I always buy something. I really want to encourage the vendors who go to all the work of setting up their booths.

I think of the jewelry makers, for instance, who load their cars and then

have to set up their tables so that each pair of earrings or necklace is attractively displayed. The honey guy has to carefully transport his breakable jars. And of course, the food vendors were working all the day before to make their breads, or jams, or cookies that have to be transported and displayed

done so much cooking at home, I’d have bought one of her chicken potpies for Sunday dinner. I will go with that intention next time.

We came home with a loaf of sourdough bread from the MegaLoaf lady. I have eaten that before and know it is a sure thing. We also

“I take only a predetermined amount of cash with me—no plastic—so I can’t overspend, no matter how many vendors are selling their homemade bread that day.”

on their tables. All of that work needs to be rewarded.

I went on this particular day looking for the hot dog guy, so I could buy one and take it home to LeGrand for his lunch, but alas, he wasn’t there. Someone was making tacos that looked wonderful, and the lady at the end in her trailer was selling all kinds of yummy edibles. If I hadn’t

bought some cookies from some young women who encouraged us to try samples.

On the way back to our car, my companion asked about Artisans Art Gallery, so we stopped in and I introduced him to Steve and Diane and we looked at all the beautiful stuff in there. It was a great Saturday morning!

FILM AWARDS

« CONTINUED FROM PAGE 12

who demonstrate exceptional achievement, as well as projects that are standout entertainment or contribute to profound social change. Entries are judged by highly qualified professionals in the film and television industry.

“It’s great that students are recognized for a project that serves the community and also one that provides a real-world, hands-on learning experience,” said Professor Jon Smith, who taught the advanced film class that completed this project.

Produced during the 2023 spring semester, “Homestead” was shot at Frontier Homestead State Park in Cedar City, Utah, and was produced to help the park celebrate its 50th anniversary. The film featured a homesteader ghost living at the park because she felt that was the best life for her—forever. “Homestead” features excep-

tional “ghost special effects” and a fun storyline. The film was written by Dalton’s instructor, Jon Smith, and shot entirely on location.

“I have lived in Cedar City my whole life and used to visit Homestead State Park on field trips for school,” said Dalton. “It was a very rewarding experience to come full circle from learning about the park myself to educating visitors about the park. This film definitely taught me a lot about directing, working with a crew, and how to tell a story.”

The SUU Communication program provides students with many opportunities to expand their screenwriting and video production skills through projects like long-format news, online, sports, public affairs, narrative, experimental and documentary productions. Students have the opportunity to work individually and in groups to learn pre-production, production, and post-production techniques in videography and film.

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SOUTHERN UTAH CELEBRATES Bald Eagle Viewing Day

by May Hunter

FOR IRON COUNTY TODAY

Bald Eagle Day in Southern Utah was held on February 2, 2024, at Rush Lake. Every winter, bald eagles fly south to find food and escape colder conditions farther north. About 100 people joined the Utah Division of Wildlife Resources for a free bald eagle viewing event at Rush Lake on Minersville Hwy. Despite the cold, rainy, windy weather, 8 eagles was the most they had roosting in the cottonwood trees at Rush Lake.

"This year's bald eagle day went great, despite the weather trying to run it. These events

are great opportunities for people to see the eagles. While also being able to speak with DWR biologists about these amazing birds." - Johnny Neil, Wildlife Recreation Specialist.

Personnel from the Utah Division of Wildlife Resources were there to answer questions about the bald eagles. They helped spot the bald eagles, and shared their experiences and concerns protecting these birds. They also had several spotting scopes set up. Free Bald Eagle Month 2024 pins were available as well as bird watching literature.

Utah hosts one of the largest state population of wintering bald eagle. More than 1,200 bald

eagles have been counted in Utah during recent years. About 3,000 to 4,000 of the 13,000 bald eagles that winter in the lower 48 states are west of the Rocky Mountains. Twenty-five to thirty percent of these western eagles spend the winter in Utah, because of the significance of Utah's winter habitat.

By March, bald eagles begin leaving Utah to move north again to summer breeding grounds. However there are a few mates that stay year-round in Southern Utah.

For more information about the bald eagles, visit www.wildlife.utah.gov.



The eagles returned to Rush Lake for viewers to enjoy these majestic and patriotic plumed pilots.



PHOTOS BY DONNIE HUNTER

family

Swim the snow away

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

CONTRIBUTOR



It's barely February and my kids and I are starting to crave spring sunshine and warmer temperatures. But the weather has other plans! To help change up our schedule we have added swimming to our list of homeschool PE options one day each week.

Taking the kids to the pool under the best conditions can be tiring, let alone in the dead of winter. Having learned a few tricks over the years, I have compiled them in an effort to make your rec center indoor winter swimming experience as smooth as possible.



SHUTTERSTOCK

1. Everyone uses the bathroom before leaving the house

And again before getting in the pool. And even then you can plan on a trip to the restroom at least once during your swim time. To help ease the stress of trailing soggy kids in and out of a bathroom, I suggest utilizing the family bathroom that is large enough to accommodate as many kids as needed if they are too young to wait outside.

2. Pack plenty of toy options to ensure you're there long enough to make it worthwhile

While the rec center pool offers a lot of play options that should keep any kid busy for hours, there's always that one kid who claims boredom after 20 minutes. Considering the amount of effort it requires to get everyone to and from the pool, I insist on an hour and a half minimum swim time. To ensure that time is enjoyed by all, we keep two water footballs and a plethora of dive rings and toys in our pool bag.

3. Pack pajamas

I prefer late afternoon swim trips. When everyone is sufficiently waterlogged we change right into pajamas and hurry home to cozy in for a movie before bed, for anyone who doesn't fall asleep within the first 15 minutes. I like to keep as much of the soggy mess out of my car as possible, so again, we utilize the family bathroom for those who aren't old enough to change themselves. I pack dry clothes in a waterproof bag and wrap wet swimsuits up in a towel, ready to go right into the washer when we get home.

4. Plan ahead for a quick and warm meal

After a full afternoon of swim play and a lot of work for mom and dad, everyone is starving, and the last thing anyone wants to do is cook. Or wait for their meal. Our go to is Walmart's Marketside cheese pizza. It's a take and bake option out of the deli and tastes exactly the same whether you bake it fresh from the store or thaw to bake after two weeks in the freezer. In fact, we are never without at least one of these pizzas in our freezer! On swim day I pull one out to thaw. When we return I turn the oven on to heat while starting our family movie and getting everyone settled in. Minutes later we're filling our tummies with hot pizza and relaxing for the night after a fun afternoon of swimming.

Next time you're battling spring fever in the dead of winter, grab your suits and head for the pool! Use these tips to keep things smooth and fun while you wait for warmer weather.

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history

John Wesley Powell's Western Legacy – Part I

by Jay M. Jones

FOR IRON COUNTY TODAY

John Wesley Powell is best known for the great adventure trip he led through the Grand Canyon of the Colorado in 1869. He also led other explorations and scientific studies in the Colorado Plateau Region. His leadership at the Bureau of Ethnology and with the U. S. Geological Survey paved the way to increased federal government oversight and involvement in the development of the West. He directed explorers and scientists that made significant contributions of their own. This is the first in a series that looks at some of the work and the lasting legacy of a remarkable American.

John Wesley Powell began a humble career that led to a search for knowledge and adventure, which expanded to positions of power and influence, which left a profound impact on the Western United States.

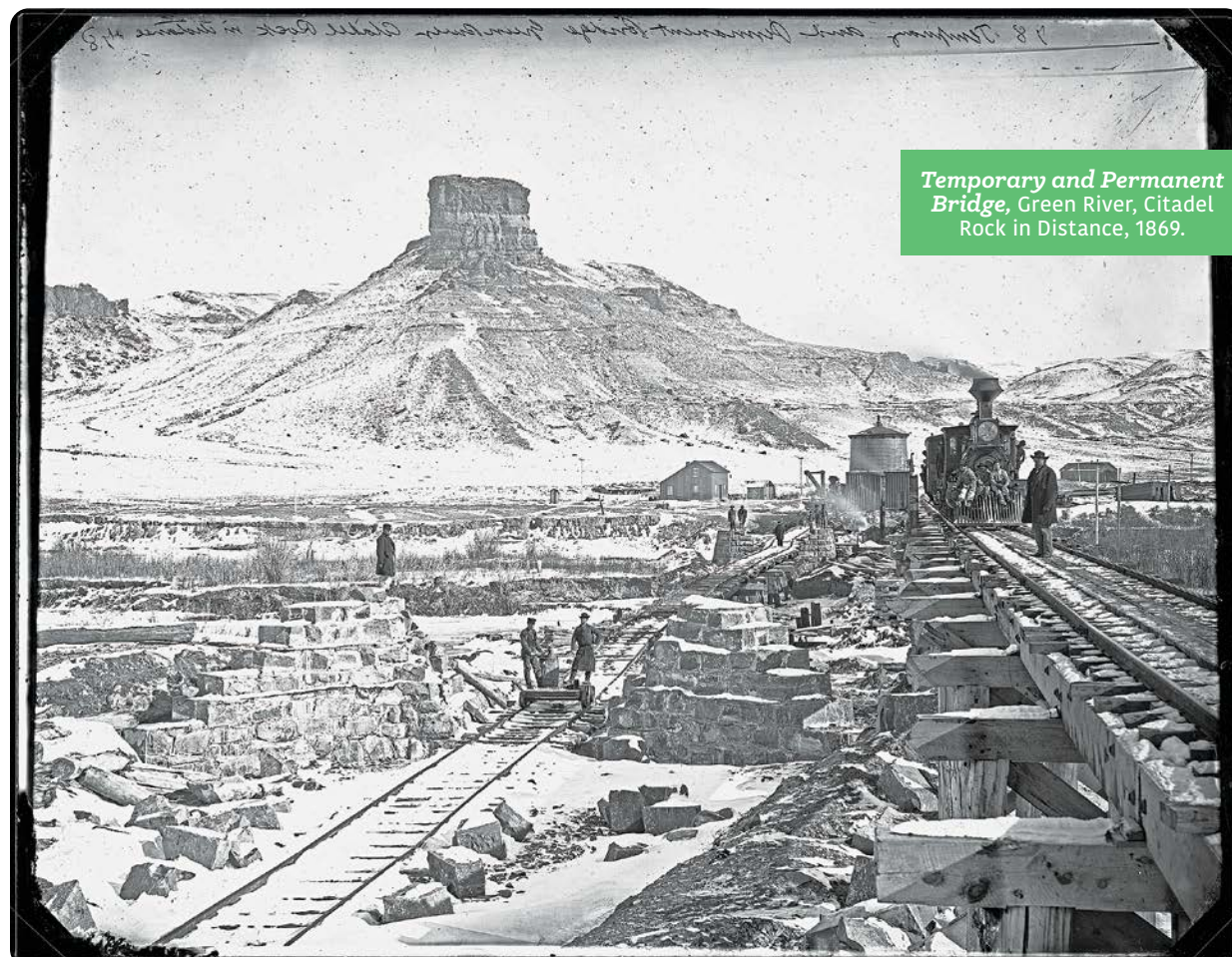
Powell was born in 1834 in Mount Morris, New York to English immigrants Joseph and Mary Dean Powell. The family moved to Ohio and Wisconsin before settling in Illinois, where Powell became a teacher in 1852.

It was with difficulty that he saved money for college tuition from several years of teaching in one-room schoolhouses. He attended college intermittently as opportunity permitted, but he never received a degree. His interests included the natural sciences – gathering plant specimens and shells and fossils and observing the surrounding environment on self-financed trips along the Mississippi and Ohio Rivers.

When the Civil War erupted, Powell enlisted in the Union army and became a second lieutenant. A bullet shattered his right forearm during the Battle of Shiloh in western Tennessee, and his lower arm was amputated two days later. After recuperating, Powell returned to active duty and was promoted to the rank of major. He commanded artillery batteries under Generals Sherman and Thomas.

According to William Culp Darrah in his book “Powell of the Colorado,” Major Powell became a professor of geology at Illinois Wesleyan after the war. But he yearned to travel to deserts and mountains he had never seen. “So he promoted a trip to the Rocky Mountains of Colorado [in 1867] to collect material for the Illinois State Natural History Museum. And that did it. He was never the same again. As soon as he returned, he announced his determination to continue the exploration the following year. That second exploration led him to the trip down the Colorado [in 1869].”

Powell's preparations for the 1869 river trip included his design for four boats, which were cus-



Temporary and Permanent Bridge, Green River, Citadel Rock in Distance, 1869.

ANDREW J. RUSSELL, COURTESY OF THE COLLECTION OF THE OAKLAND MUSEUM OF CALIFORNIA

“John Wesley Powell began a humble career that led to a search for knowledge and adventure...”

tom built in Chicago and delivered, courtesy of the Union Pacific Railroad, to the recently built bridge over the Green River in Wyoming. The bridge was part of the first transcontinental railroad.

Powell followed up his first wild ride down the Green and Colorado Rivers with a more deliberate second trip in 1871. He then devoted time to filling in the “Gap in the Map,” the careful survey of previously unexplored lands in Southern Utah and Northern Arizona. This was accompanied with detailed geologic observations of the amazing

area and ethnologic studies of the equally amazing Native Americans that call it home.

Wallace Stegner, author of “Beyond the Hundredth Meridian: John Wesley Powell and the Second Opening of the West” wrote:

“His understanding of the West was not built on a dream or on the characteristic visions of his time.” Stegner asserted that the mythologies of the 1870's and 1880's had little hold on him. “Also, he knew a good deal about the human habit of distorting facts for personal gain.” This he viewed as repugnant.

Powell was instrumental in building bureaucracies to manage the complexities of the vast federal lands in Western America. He developed policies intended to promote the greater public good. A study of Powell's work may yield important clues for charting a wise path forward through the maze of conflicting interests that dominate the western political landscape today.

Next in this series, the spectacular first recorded trip through the Grand Canyon of the Colorado.

The love less traveled

Happy Valentine's Day next Wednesday! Whether you're hoping to be standing in, or avoiding Cupid's crosshairs, don't cross love off your list. Because no matter what seasonal sweets and treats the stores stock their shelves with, love needs to be demonstrated and celebrated every day.

Unfortunately for some, Valentine's Day is the dreaded day that brings back bitter-sweet moments where Cupid's arrow missed, or he conveniently ran out of arrows at the wrong place and the wrong time. We can talk about that in next week's Rut. For now, let's talk less about romantic love and more about the love we need every day of the year.

When you think of love, do you usually think about the love you give to and receive from your family, friends and even co-workers? What about the love you need to give to yourself? That concept may sound foreign, or funny, but think about it. Can you say that you can truly love others without first loving yourself? And what does loving yourself even look or feel like?

It's the kind of love you can have without a "special someone," without flowers, chocolates and exploited expectations. Although, chocolate is amazing whether you're single or not! Regardless of a holiday or special day, remember that no matter your relationship status, you are always a "special someone."

Loving yourself is also about taking care of yourself. It's about health, hygiene, and living a life you can be proud of. It's doing the things you love

and becoming your best self. Most importantly, it's about loving yourself right here, right now, no matter who or where you are, because you really are worth it.

If I'm speaking to you, then please make time to love yourself more. Yes, it's noble and necessary to sacrifice your time for your companion, kids, career, and community. But if it comes at the cost of your joy and happiness on a consistent basis, eventually you will be too worn down and worn out to really be that loving and supporting influence for others, especially for yourself.

the rut
LESS TRAVELED

Corey Baumgartner

news@ironcountytoday.com



I'm not suggesting you forget or forsake your current commitments. I'm just saying that if you don't love yourself more and first, your love for others may miss the mark more often than you think. Therefore, this week's rutty challenge is for you to make a list of those things you love about yourself. If you need help, ask one of the people you love to help you. I think you'll find there are plenty of reasons to love yourself. I dare you to look in the mirror right now and say to yourself, "I love you." Remind yourself each day and then show yourself more compassion, patience and love. Remember that we all need love.

If you still can't think of any reasons to love yourself, send me a valentine email and I will help you find some great reasons to love you and to choose the love less traveled.

calendar

THURS, FEB 8

GIVING HEARTS DAY

100 YEARS OF UTAH FILM & TV EXHIBIT (9-5PM, M-Sat) @ Frontier Homestead State Park Museum (635 N Main St, Cedar City). FREE. Make sure to mention you are there to see the traveling version of the 100 Years of Utah Film & Television. Presented by Utah Film Commission.

FRI, FEB 9

CHOCOLATE 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.

UT PAIUTE INDIAN SWEETHEART ROUND DANCE (6pm) @ PITU Gym (440 N Paiute Dr, Cedar). Everyone welcome to endo the invited drum group Medicine Thunder as well as performances of Potato Dance, Owl Dance, and Cake Walk. \$20 buy-in for the Paiute Circle song competition. Sponsored by the PITU Pouw'wan, Cultural, and Environmental Programs.

VALENTINE'S DAY CONCERT: (7:30PM) @ Heritage Center Theater (105 N 100 E, Cedar). Tickets \$28-\$45 available online. A Romantic Irish Evening featuring Emmet Cahill from Celtic Thunder to create a magical atmosphere to celebrate love.

SAT, FEB 10

CHINESE NEW YEAR

CEDAR CITY FARMERS MARKET (10AM-1PM) @ IFA (905 S Main St, Cedar). FREE. Farmers, food, artisans. Drawings, bingo, more! INFO: Facebook, Cedar Saturday Market, or Nancy 435-463-3735.

FESTIVAL CITY MARKET (10AM-1PM) @ (CENTER St. & 100 W) By Bristlecone Coffee. FREE. Handmade treasures and a bounty of local farmers, backyard gardeners, fresh fruits, veggies, with local artisans for jewelry, art, wood, pottery.

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

SUN, FEB 11

AUTISM SUNDAY

IT WASN'T DIAGNOSED UNTIL THE EARLY Eighties when my wife persuaded me to see a doctor. One of my symptoms included my

obsession with ghosts and law enforcement. I became obsessed by Hans Holzer, the greatest ghost hunter ever. That's when the idea of my film Ghostbusters was born." Dan Akroyd

CEDAR UNITARIAN UNIVERSALISTS MEETING. (2nd Sun, 11am) @ 1280 E. Midvalley Rd (Enoch). INFO: Call/Text Bonnie at 435-590-0596 or email Dr.Bonnie8@gmail.com.

MON, FEB 12

HUG DAY

"BE THERE FOR OTHERS, BUT NEVER LEAVE yourself behind." Dodinsky

TUES, FEB 13

APOLOGY DAY

VALENTINE'S COUPLE YOGA (6PM) @SPIRIT Wellness (1615 N. Main, Cedar). INFO: 435-867-5582. Candlelight, Chocolate, Connect and have fun. Members free, \$8 drop-in fee (non-members).

WED, FEB 14

ORGAN DONOR DAY

WONDER WEDNESDAY - (4-6PM) @ CEDAR CITY Library (303 N 100 E, Cedar). FREE for all students K-5. Children, accompanied by an adult, join for fun make-and-take activities. INFO: (435) 586-6661.

CHARACTER SKETCHES (WEDS, 6:30-8:30PM) @ Cedar City Library (303 N 100 E). Weekly drawing/painting sessions using live models as characters from art, literature, books, movies, TV, video games. INFO: 435-586-6661.

THURS, FEB 15

SINGLES AWARENESS DAY

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

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

Speaking From The Heart • M – Sa, Noon

Steps and Traditions • M – Su, 7 am

Red Road to Sobriety • Mon, 6 pm Paiute

Tribe, 440 N Paiute (435) 586-1112 Ext. 307
Misfits • M – F, 6 pm
Cedar Group • Tues, 8 pm
The Great Fact • T, F, Noon. True Life Center 2111 N. Main. (702) 802-1332 or (702) 533-7856
Red Creek Group • Wed, 7 pm • 685 N 300 E, Parowan • (435) 477-8925
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

KKC Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed
Al-Anon • 1st, 3rd Tues, 7-8 pm • 435-704-8984
Easy Does It • Tues, 7-8 pm • (435) 559-3333
Hope for Today (Family Groups) Thurs, 6 pm • (435) 559-3333

Alzheimer's/Dementia

Last Tues, 5:30-6:30 pm • Cedar Library (303 N 100 E). Learn, access resources, connect. Virtual option available. Raven Albertson, 385.831.7124, utahprograms@alz.org.

ARP—Addiction Recovery

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

Caregivers

3rd Thurs, 5:45-7 pm • Zion's Way Home Health, 369 N 100 W #1, Cedar. All levels of the caregiver's journey from pre-caregiving to bereavement and rebuilding welcome. INFO: Kat at 702-292-9911.

Celebrate Recovery 12-Step

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

Embrace Grace

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

Grief Support Group

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

Grief Support - Child Loss

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

Helproom

Fri, 2-3 pm • Free online support group for survivors of Domestic Violence, Sexual Assault. Safe to communicate, share perspectives on healing, recovery. Join: affiliaterainn.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 KKC Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

Hope Without Dope • Thurs, 8 pm
Live and Let Live • Fri, 8 pm
Candle Light Mtg • Sat, 9:30 pm (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 • KKC Club 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.

Take Action for Freedom

Wed, 7 pm • Stahl West 600 N. Airport Road, Cedar • Preserve Constitution, Republic, voting laws, medical freedom, education, rights, ed. on CRT & boarder illegal immigration, Legislature

Top Bar Hive Bee Keeping

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

TOPS—Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

Wed Noon-1 pm • Create Better Health. 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.

schools

IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

from Braylie Tullis

IRON COUNTY SCHOOL DISTRICT

Three Peaks Elementary

Three Peaks Elementary recently celebrated Crayola Creativity Week. Crystal Hopkins, our awesome librarian, served as a panelist for Crayola and received several pallets of items and supplies to use with the students. Creativity is an integral part of education and this year Mrs. Hopkins recruited Lisa Stewart, the Beverley Taylor Sorenson Arts Integration Educator to help with the activities. Day 1, students listened to the story, "Sankofa" by Eric Adjepong and learned how food and family traditions/culture can bring a community together. Students drew foods that were special/unique to their families. Day 2, students read "Firebird" by Misty Copeland and illustrated by Christopher Myers. They learned that through hard work and dedication people can achieve their dreams. The students also learned how to create a collage and used the same artistic techniques as the author. Day 3, students listened to a book called, "Always Looking Up" by Laura Gehl. This story was about Nancy Grace Roman who led the NASA team that built the Hubble Space Telescope. Students used metallic markers and magical markers to create pictures of space. Day 4, the students learned so much from the book, "I Am A Masterpiece!" by Mia Armstrong which taught about growing up with disabilities and to never stop believing in yourself. Thank you so much to Crystal Hopkins and Lisa Stewart for helping our students learn and grow through books and creativity.

*South Elementary*

During SEP week at South Elementary, Mr. Rahm held a BTS Afternoon of Art With Your Young Artist event. He invited the fourth grade and fifth grade students to come and paint a mask with a parent. The students had a great time! Here are some masks from Mrs. Dickinson's fourth grade class.

*Fiddlers Canyon Elementary*

Kindergarteners recently celebrated King and Queen Day and their 100th day of school. Students and teachers are working

hard on reading, writing, math, listening, and playing well with others. We love seeing these students make progress and have fun doing it! Keep an eye out for more information on our annual Share the Love Food Drive, February 12-16. Watch homework folders and the Fiddlers Canyon Elementary PTA Facebook page for updates and details. Our next PTA meeting will be Thursday, February 15, at 1 pm in the faculty room. We will discuss nominations for next year's executive board and other plans for the rest of the school year. We hope to see you there!

*Canyon View Middle School*

Canyon View Middle School combined with CVHS to perform in their annual Pops Concert. It was a great success and enjoyed by many.

*Enoch Elementary*

Enoch Elementary's students aged overnight! The halls were filled with gray hair and sweaters on the 100th day of school. Classes enjoyed special math, crafts, and more to celebrate. The first graders morphed into 100th Day Superheroes. They performed amazing feats like building a gumball machine with one hundred bubblegum balls, learning how to

spend \$100, and stacking 100 Legos, dominoes, or cups. The Kindergarten teachers may have gained a few extra wrinkles, but they looked great for their old age of 100 years old! Thank you to the PTA for hosting the book fair to raise funds for our school. Another thanks to all the parents who attended conferences to collaborate with teachers and support education!

*Iron Springs Elementary*

Iron Springs Elementary has had a busy SEP week. Students and parents have had the opportunity to visit with teachers about their academic progress and enjoy some fun activities. Monday we had a Family Night at our Book Fair where children were able to make friendship bracelets, sun catchers, decorate cookies and browse the Book Fair. Thursday morning we held our annual Breakfast with a Buddy. Students brought a buddy to school with them to eat breakfast and walk through the book fair before school started for the day. It is always a fun week.

schools

Cedar High teacher to continue teaching at SUU

NEWS FROM THE DEN

by **Tsadakah Wilberg**

FOR IRON COUNTY TODAY

Cedar High School has a wide range of teachers. Each has different strengths and ways of teaching. Some have been with the school for many years and others have joined very recently. Bryan Werber, a teacher of 30 years is about to leave Cedar High.

Mr. Werber has taught a few different subjects over the years because he likes to teach what students need the most help with. He makes it a priority to make sure the students understand everything about the subject. Right now, that subject is chemistry.

Mr. Werber also teaches guitar because he has had many years of experience playing guitar. He has collected many of the instruments over the years and has played with different groups. While chemistry is the subject he teaches the most, guitar is more of a fun subject that he can share with students.

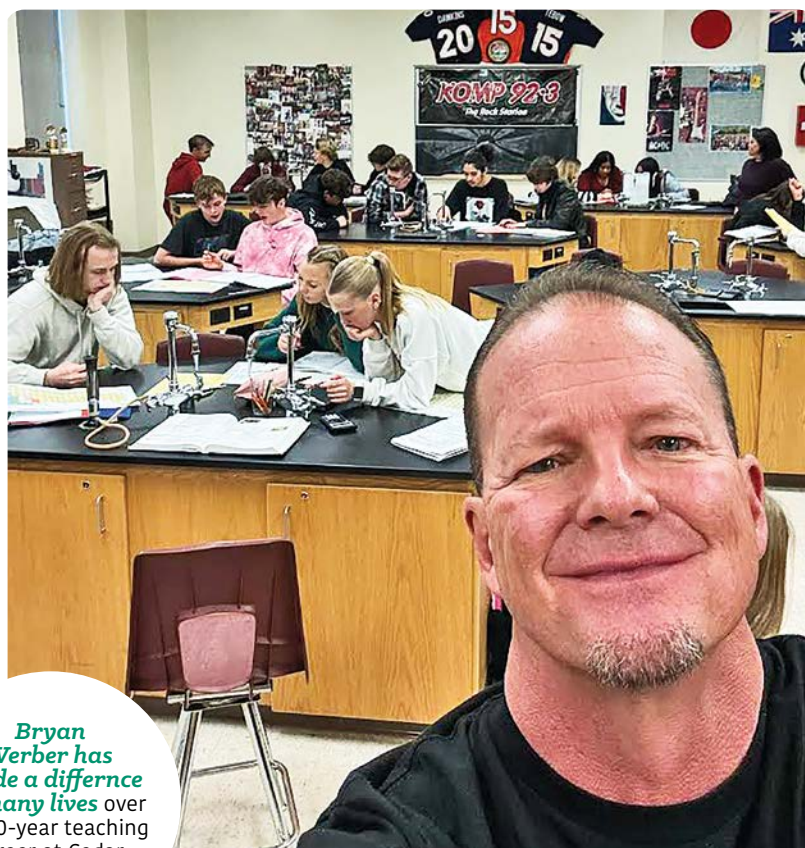
Mr. Werber is most known for his stories and the way he makes every student a priority, whether they are in his class or not. He works hard to make sure they understand all of the material, whether they have a natural affinity to chemistry or not. He understands how difficult high school can be for students after years of his own troubles and so he wants to make it as good an experience as possible. In response to questions about his job, Mr. Werber responded, "I picked

the best career and have enjoyed it for 30 years."

He didn't always want to be a teacher. As a youth, Mr. Werber wanted to work as either a dentist or play for the NFL. After struggles with sports and changing from an

started anyway. After just two days of student teaching, he realized that it was what he really wanted to do.

Mr. Werber is a teacher liked and respected by his students. He has been a great source of support and guidance to many of them. Many students will miss him. After retiring from his career as a high school teacher, Mr. Werber plans to



Bryan Werber has made a difference in many lives over his 30-year teaching career at Cedar High.

TSADAKAH WILBERG

English degree, he began pre-dental schooling. He explained that it just didn't feel right to him so he left dental school. After a while of being unsure what to do next, he was given a recommendation to get a degree in education. At first, Mr. Werber was skeptical about it but he

begin teaching part time at SUU. Although worried about the difference in the kind of students he will be teaching, Mr. Werber is excited to begin working with young adults and perhaps begin teaching students he remembers from his classes in high school. Good luck, Mr. Werber!

celebrations



90TH BIRTHDAY

Sam Kravetz

Sam Kravetz will be celebrating his 90th birthday on February 16th, 2024. To know Sam is to know he never falls short to help a friend or stranger in need. We love and appreciate him every day, in every way! His entire family and many friends wish him a very happy birthday!!!



RETIREMENT

Daniel J. Stauffer

Daniel J. Stauffer retired on February 1st, 2024. At 33 years old, Daniel started driving for Sysco Intermountain Food Distributor and Restaurant Supplies in March of 1991. He started out as a day time driver delivering to local restaurants, and after some years under his belt, he became a shuttle driver. He shuttled empty trailers up to Salt Lake City, then he would return a full load back to Cedar City. He did this for 31 years before he transferred to Sysco Las Vegas where he continued to shuttle. During his time at Sysco Intermountain Food, Daniel was twice the recipient of the Hall of Fame Award, which recognizes top drivers for their outstanding records of service and safety. Daniel worked with Sysco for 32 years and 11 months. His family is proud of his commitment to Sysco, and they look forward to watching him enjoy his future adventures in retirement.

Want to submit a celebration announcement?

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

obituaries

Kerry Jo (Rudd) Fain



Kerry Jo (Rudd) Fain, age 42, passed away peacefully surrounded by her beloved family in her Cedar City, Utah home on January 13, 2024. Kerry battled cancer valiantly for four years. She was born December 30, 1981, in Salt Lake City, Utah, to Monte and Barbara (Lucier) Rudd.

Kerry grew up with her 8 sisters in West Haven, Utah where she attended Fremont High School, and met the love of her life, Chad Fain. Kerry and Chad were married in 2002 and began a life in Ogden, Utah, where they had their first son, Zack, and daughter, Alyssa. The Fain family relocated to Cedar City, Utah in 2006, and added three more sons to the family, Miles, Luke, and Bo. Kerry loved music, singing, dancing, telling stories,

camping, spending time with her family, and being a hockey mom. Many felt the unconditional love that Kerry so graciously gave.

Kerry spent many years involved in the Utah hockey community. In 2011, she founded the non-profit group, Youth Enthusiasts Together for Ice (Y.E.T.I.), where she became a mother figure to countless youth and friends with many within her community. Kerry was an unmatched supporter and advocate of Utah girl's hockey, especially the Lady Grizzlies organization. She served on many boards within Utah Hockey including, High School Hockey Board Southern Utah Trustee, Hockey Disciplinary Board Member, Eligibility Board Member, and Iron Ice, Inc. Secretary.

Kerry was the president of the Southern Utah Yeti, the organization that runs and facilitates the local youth ice sports throughout Southern Utah. She also volunteered her time as a coach, a level 4 USA Hockey certified and Silver Goaltending, and Team Manager and Trustee for the local Southern Utah Independent high school hockey team. Most of her time outside of work was spent with her family, on ice with the youth, traveling for her children's hockey events, or with the teams in the Y.E.T.I organization. She was fortunate enough to volunteer as a manager for our local rinks and oversaw day-to-day operations since 2009. In 2022, Kerry's hard work paid off and her dream of a year-round ice rink facility in Southern Utah, KJ's Ice Barn, came to fruition. Kerry's memory will live on with everyone who will enjoy KJ's Ice Barn.

Kerry is survived by her husband of 27 years, Chad; her son, Zack; her daughter, Alyssa; her sons, Miles; Luke; and Bo; grandson, Preston; her mother, Barbara (Lucier) Rudd; her brother, Steven Brown (Kristie); her sisters, Randi; Vallaree; Amberly (Todd); Riki (Joe); Shari (Scott); Marty (Graham); Hillary; and Gracie. She is preceded in death by her father Monte Rudd; brother-in-law Miles Fain; and her dogs Jane, Autumn, and Akima. She will be greatly missed by the many people whose lives she touched.

A celebration of life in Kerry's honor will be held on Friday, February 9, 2024, at The Barn at Cedar Meadow 1419 W 3000 N, Cedar City, UT 84721 from 6 pm to 10 pm. All are welcome to come in their hockey jersey to share memories of Kerry. In lieu of flowers, we ask that you instead consider donating to Iron Ice, Inc. to Venmo (@Iron-Ice) for a youth sports scholarship fund in Kerry's name or to the family to aid with medical costs to Venmo (@Kerry-Fain).

The Fain Family would like to express their deepest gratitude to all the health-care workers who helped Kerry in her fight. A special thanks to the nurses and staff at the Cedar City Cancer Center for the loving care, attention, and kindness they showed Kerry. Online condolences can be sent to www.HeartlightFS.com.

Want to submit an obituary?

There is a charge of \$100 for obituaries to be published.

Submissions can be made online at ironcountytoday.com, 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.

Richard John Lonas



Richard John Lonas was born to Alfred Hugh and Beatrice Killian Lonas on October 9, 1943, at Hollywood Presbyterian Hospital in Los Angeles, California. A little sister, Nancy Louis, would soon follow in 1945, born in Payson, UT. The family resided in Provo, UT. Richard was born with a congenital deformity we know as a

clubfoot. In his own words, "This would shape my compassion and empathy for others throughout my life, as the struggles and pains I experienced both, physical and emotional, have been a great blessing given me by a loving Father in Heaven...it brought about the closeness with my dear mother that I cherish still."

Despite the challenges associated with recoveries from surgeries in his youth (he had to repeat the third grade due to excessive absences), Richard found relief and freedom on his maternal grandfather's farm in Salem, Utah. Despite his physical challenges, he would meet his best friend Dean McDonald from Dean's invitation to play baseball. Richard and Dean enjoyed playing baseball and tennis throughout their high school and college years.

Richard served a mission (1963-1965) in the Spanish American Mission of the Church of Jesus Christ of Latter-day Saints learning Spanish, a language he used throughout the rest of his life. The mission home was in San Antonio, Texas, and covered the states of Texas and New Mexico. Through Richard's letters home, his mission experience had a profound effect on his father who was a nonmember at the time. Richard had struggled with his relationship with his father who he described as "...not loving, kind or forgiving." After returning home from his mission, his father joined the Church. Richard's father was sealed to his wife and family in the Salt Lake Temple a year later. Soon his parents would serve a mission to Virginia where his father served as the branch president.

Richard joined the Army Reserves during the height of the Viet Nam War. He reported to Ft. Ord in May of 1967 for four months of basic training. It was quite an experience for a young man from Provo. Unfortunately, his foot continued to hamper his ability to perform his duties and he was honorably discharged in March of 1969.

In 1968, Richard met and then married Gretchen Brack, also a student at BYU. This union, however, was dissolved in 1980. They had two sons, Jason and Scott, whom he loves very much. Richard graduated from BYU in 1970, with a double major in Public Health and Zoology, and ultimately earned his master's degree in 1980 in Hospital and Health Administration (MHA) from California State University Northridge. He was offered a position at CSUN as an adjunct professor which he accepted for 9 years on a part-time basis while also working full-time as a hospital administrator.

He taught Hospital Administration, Healthcare Management, Health Planning and US Healthcare Organization. He fulfilled a distinguished career of over 40 years in healthcare administration that

included the Licensing and Certification Division of the Los Angeles Department of Health Services, and 10 years with USC and Norris Cancer Research hospitals, among other important institutions. He finished his career at Kaiser Permanente. He was an American College of Healthcare Executives Fellow.

Richard met Terri (Jones) Warr at a Church social. They dated for four years! He asked her to marry him on two other occasions, but it wasn't to be, until one day when they had completed a temple endowment session. Outside the L. A. Temple, overlooking Santa Monica Blvd., Richard popped the question again. She said, "Well, sure!" The third time was the charm. They were married on January 23, 1999, civilly and sealed in the temple one year later. Richard helped Terri raise her children, Sara and Michael, and supported her as a full-time mother. They purchased a lot in Cedar City nearly four years before they began building their home. They moved in at the end of 2011 after Richard retired.

During the next ten years Richard and Terri traveled the world, enjoyed cruises, and visited out-of-state family and friends. Richard was a voracious reader and loved to share his thoughts with an attentive audience. He had a prodigious vocabulary that was lost on many of his friends. In one of his priesthood quorums they requested that he share a new word with them on a regular basis so they could catch up and understand him better. He was a member of the Cedar City Trap Club and enjoyed his associations there. He loved to hunt and shoot. The South African mounts that hang in his home are a testament to his love of hunting.

Richard was a faithful servant of the Lord. One could always depend on his best effort to fulfill any assignment. He loved Jesus Christ and His prophet, Russell M. Nelson; the great work of the gathering; was a faithful temple-goer; and, looked forward to visiting his ministering families.

Prior to Richard's more serious health issues, he served as a temple worker in both the L.A. temple and, upon relocating to Cedar City, in the St. George temple. Studying his family's genealogy had become an enjoyable pastime in his later years. One of his favorite family history stories was to explain how his grandfather (b. 1836) fought in the Civil War.

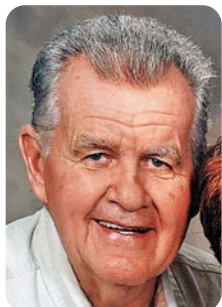
Richard loved visiting friends and family, and taking his grandchildren on rides through the neighborhood in his red Ranger. Richard passed away peacefully while surrounded by loved ones on Sunday, January 14, 2024, at the Cedar City Hospital due to severe pulmonary hypertension and congestive heart failure perhaps aggravated by a recent surgery. His wife is thankful to the many wonderful nurses and hospital staff, especially nurses Nan and Mary, who cared for Richard during his recent multiple hospital admissions.

Richard is survived by Terri, his beloved wife of 25 years; his two sons Jason and Scott; Terri's children Sara, her husband Aaron, their children: Grant, Violet and Charlotte; and Michael and his wife, Katilynn.

Funeral services including a viewing were held on Saturday, January 27, 2024, at the LDS Church on Laurie Lane in Cedar City under the direction of Southern Utah Mortuary. Graveside services were held at the Salem City, Utah, Cemetery on Monday, January 29, 2024. To view a recording of the funeral service and share online condolences and memories, please visit mortuary.org.

obituaries

M Blake Hyatt



Our beloved husband, father, grandfather, and brother, Blake Hyatt, passed away on January 28, 2024, after a very courageous battle with colon cancer.

Blake was born on August 9, 1937, in Parowan, Utah to Alma Hyatt and Thelda Bleak Hyatt. He was the fourth child of six in his family. He graduated from Parowan High School in 1955. After high school, Blake enjoyed various jobs throughout his career. He worked for Union Pacific Railroad as an agent telegrapher,

Cream O' Weber Dairy in Rawlins, Wyoming as a route salesman, the Iron Mines west of Cedar City driving large ore trucks and finished his career and retired from UPS delivering packages for 20 years. Blake was most proud of his time served as a military policeman in the 204th Military Police Company 5th Army.

On January 17, 1961, Blake married the love of his life Betty Jean Bills. Along with Blake's four children (Earl, Jerri Ann, Jordan & Albert), they were blessed with twin boys to complete their family (Darren & Darrell). Blake and Betty enjoyed 63 blissful years together spending every waking moment with each other. They are the true definition of soul mates.

One of Blake's greatest accomplishments was taking flying lessons at Color Canyon Aviation and obtaining his pilot's license. He and Betty were able to purchase their own plane and fly anywhere they wanted. It was something they enjoyed very much. After Blake retired, they would fly their plane to Bryce Canyon and work in the store at Ruby's Inn for a few hours a day. Blake also became an avid hiker later in life. He enjoyed countless hours constructing and maintaining the original Valentine's Peak trail with his good friend Worth Orton and Cousin Gerald Hyatt.

Blake was preceded in death by his parents, his sons Earl and Darrell Hyatt, his daughter Jerri Ann, his grandson Josh, his granddaughter Shelly, his sisters Yvonne Ashdown & Jeanenne Dalton, and his brothers Earl & David Hyatt. He is survived by his wife Betty; children Darren (Cori) Hyatt, Jordan (Cassi) Hyatt, Albert (Kim) Hyatt, siblings Darlene Rowley and Davie Duel, and 16 beautiful grandchildren.

A Viewing was held at Southern Utah Mortuary in Parowan, Utah on Friday, February 2, 2024 from 11:00-12:30 pm. Graveside services followed at the Parowan City Cemetery at 1:00 pm under the direction of Southern Utah Mortuary.

Can a nation sin?

BLACK HISTORY MONTH – PART 2

by Edy Meredith

FOR IRON COUNTY TODAY

What can be considered the two greatest national sins of the United States committed before my ancestors immigrated here? As I study American history, I find that human slavery and the treatment of indigenous peoples still trouble our country. While they both happened years ago, we continue to fight the terrible consequences of those sins.

And because of the relatively new science of epigenetics, we are beginning to understand how traumatic experiences get passed down through generations. Can trauma be passed down from one generation to the next? There is very strong evidence that parental trauma can alter how genes are passed down. Even healthy Black women have high maternal mortality rates during pregnancy, with Black women 25 and older 2.6 times more likely to die from pregnancy related complications than White women. Even worse, for Black women over 25, pregnancy related mortality is four times higher than it is for White women of similar ages. Socioeconomic status or education level doesn't change this problem; the pregnancy related mortality ratio is five times higher for well-educated Black mothers compared with well-educated White mothers.

Epigenetic studies have really taken off in the expansion of scientific knowledge. Simply, epigenetics is the study of the biological control mechanisms of DNA that demonstrates that experience affects both parents and their still-to-be-born children on a genetic (inherited) level. So, even though slavery was abolished on January 1,

1863, Americans of all colors still have a lot to do to support those whose ancestors were held in bondage and later subjugated with Black Codes.

The National Portrait Gallery, a subdivision of the Smithsonian Institution in Washington D.C., has hosted a show called "I Dream a World: Selections of Brian Lanker's Portraits of Remarkable Black Women who changed the world, struggled with adversity and won." Among the remarkable women represented in the showing are Maya Angelou, Leah Chase, Shirley Chisholm, Septima Poinsette Clark, Lena Horne, Barbara Richards, Wilma Rudolph, Sarah Vaughan, Alice Walker, Mary Frances Berry, Elizabeth Catlett, Angela Davis, Katherine Sanchez, Betty Shabazz, Ellen Steward, Cicely Tyson, and Oprah Winfrey. You can contact the museum at npg.siedu. You can also purchase a copy of the book, "I Dream a World: Portraits of Black Women Who Changed America" for about \$6.00 at Thriftbooks.com on the Internet or at Interlibrary Loan at the local library for \$3.00.

Please check the following website, mymodern-met.com/african-american-artists/, for 14 famous African American artists that any art lover should know: Joshua Johnson 1763-1824; Henry Ossawa Tanner 1859- ?; Horace Pippin 1888-1946; Augusta Savage 1892-1862; Romare Howard Bearden 1911-1988; Jacob Lawrence 1917-2000; Alma Woodsey Thomas 1891-1978; Jean-Michel Basquiat 1960-1988; Kerry James Marshall 1955; and finally Kehinde Wiley born in 1977 and who painted the portrait of President Barack Obama with a background of beautiful green plants and flowers. Remember that the 2024 Theme for African American month of February 2024 is African Americans and the Arts when we celebrate diversity.



CHECK US OUT ONLINE...

ironcountytoday.com



faith

St. Jude's Church labyrinth: A journey of heart and soul

by Ruth Scovill

FOR IRON COUNTY TODAY

The St. Jude's Episcopal Church in Cedar City contains a beautiful replica of the labyrinth in the famous Chartres Cathedral in France. Although generally the labyrinth serves as the floor for the sanctuary, on the last Saturday of each month between noon and 2:00 pm, the labyrinth is made available for walking and meditation. St. Jude's Church is currently fortunate to have a labyrinth facilitator, Ann Stein, who is studying labyrinth work. This leads to the question of what is a labyrinth and what is the purpose of a labyrinth?

In school, you probably studied the story of how King Minos had the Labyrinth built to house the Minotaur monster, and how Theseus escaped from the maze and the monster with a ball of thread he had been given by the king's daughter to mark his trail. Labyrinths and mazes are also popular among gamers. It is interesting to note that in modern parlance, there is a difference between labyrinths and mazes in that a labyrinth has a single long, winding pathway which you cannot get lost on because there are no alternative routes. On the other hand, a maze has distinct alternate pathways branching off the main path which are meant to confuse the wanderer and lead them astray. Thus, by this definition the labyrinth in the story of Theseus, would probably really be considered a maze.

So, what is the spiritual significance of a labyrinth? During the Middle Ages, Christians took pilgrimages to holy destinations such as Jerusalem to fortify their faith. This is still a common practice among people of many faiths, such as the Muslim pilgrimages to Mecca, or Jews visiting the temple site in Jerusalem to pray at the Wailing Wall. These pilgrimages are intended to promote faith among believers. However, many people don't have the time or money to take such long journeys. Shorter versions of a pilgrimage can be used such as the Stations of the Cross which honors the route and events that led Christ to His crucifixion.

You may have seen smaller labyrinths in all kinds of places. Some hospitals have them to help their patients as they heal. You might also find



PHOTOS BY RUTH SCOVILL

A finger labyrinth (L) and singing bowls (BL) help make one's meditation more meaningful.



them in wilderness retreats, gardens or other places. Usually, they are smaller than the one at St. Jude's and may consist of a simple spiral into the center.

As long as you are considerate of others walking the labyrinth, there is really no right or wrong way to go about a labyrinth walk. You may have a particular issue to meditate on or pray about. You may just try to open yourself up to your own thoughts and feelings. Each time can be quite different. Because people walk at different speeds, and the pathway in is the same as the pathway out, there are a few common sense etiquette practices, such as stepping aside to let someone pass, and maintaining a respectful, reverent feeling in the church.

At the church, they also have a finger labyrinth which is a replica of the labyrinth path carved into wood that a person can use as an alternative to actually walking the stone path. Paper labyrinths can also be made and used, allowing a person to replicate the experience at any time or place. Some people like to use props such as oriental singing bowls to help with their meditations, and there are a couple available at the church to use. Come try it once for the experience, but you just may find that you get hooked on this fascinating form or meditation.

faith

TO THE ONE

LUKE 15:3-7

It's been said that the greatest lie the devil ever told was convincing the world that he doesn't exist. However, I believe that there are even greater lies. The lies that once you are lost you cannot be found and that there is no way back from a broken heart or a broken life.

You may feel like a lost sheep today, but you are not a lost cause. In the parable of the Good Shepherd, who leaves the ninety and nine sheep to find the one, is a powerful example and reminder of Jesus' love for you. He's not leaving the ninety and nine because He loves them less, but because He loves you as much as each one of them. He trusts them to stay together while He goes on a search-and-rescue mission. He may even ask one of them to accompany Him on the journey; not as a witness, but as an accomplice in one of the greatest works one can do in life.

If you're already found, would you go with Him? Perhaps you may be tempted to stay in the comforts of the fold. You may be tempted to think that because the lost sheep foolishly wandered off alone it deserves to find its way home alone. However, there are so many places to get lost in this world. Some lost sheep may not even realize they are lost or may have become weary and wounded by the wolves of wickedness and cannot make it back on their own. Some may even feel that they have strayed too far, or for too long to be welcomed back, even if they did return.

To the one who feels this way, to anyone who wonders as you wander, if there is a way back; there is! To the one who feels that there is

not enough mercy for your misery, I humbly remind you that if you have lost your way and don't know how to get back home, the tender mercies and love of Jesus will not only find you but will accompany you every step of the way back home. Jesus Christ not only has a map to show the way home, He is the Map! You cannot fall farther than His outstretched arms can reach and catch you. And you cannot be

trapped in a darkness where His light cannot shine through to guide and guard you back home.

No matter where you are on (or off) the covenant path, don't give up on Jesus. He will never give up on you. The last part of verse 4 doesn't say He will try to find you until it gets too dark, or too cold. Or that He'll look for you until he gets tired, hungry, or feels He has looked in enough places. No, it says He looks for the lost sheep until he finds it—until He finds you and we all rejoice. It's time to be found and come home.

VERSE OF THE WEEK

PSALM 119:105

*"Thy word is a lamp unto my feet,
and a light unto my path."*

Navigating life's obstacles without light would be daunting. God's word is that light to guide and guard us both day and night. As long as we flip the switch and pay the spiritual light bill through personal prayers, scripture study, worship, service, repentance and covenant keeping, we'll be able to illuminate and eliminate any obstacles in our path.

GOD'S
porch

Corey Baumgartner

news@ironcountytoday.com



finances

ASK RUSTY: SOCIAL SECURITY

Can someone work while collecting social security disability?

Dear Rusty: If a person is collecting Social Security disability benefits, can they, at any point, work at all? If they can, what is the maximum they can earn and still keep the disability benefit? I am asking because my husband is still young, but his injuries will not allow him to go back to the job he had prior to his injuries and surgeries. He does not just want to sit at home doing nothing! Signed: Concerned Wife

Dear Concerned: Actually, the Social Security Administration (SSA) encourages those collecting SSDI (Social Security Disability Insurance) benefits to attempt to go back to work and they provide considerable leeway for them to do so. The monthly earnings limit for those collecting SSDI benefits in 2024 is \$1,550 and as long as your husband earns less than the limit while working, his SSDI benefits will not be in jeopardy. Your husband should contact Social Security's Ticket to Work program directly to protect his disability status and discuss returning to work while collecting SSDI benefits.

The Ticket to Work program assists those now receiving SSDI benefits who wish to test their ability to return to work without putting their SSDI benefits at risk. The program provides considerable assistance, including new career training opportunities and connection to potential employers, and it is voluntary and costs nothing. Here is a link to Social Security's information on the Ticket to Work program: <https://choosework.ssa.gov>

It's not mandatory for your husband to enroll in the Ticket to

Work program but, in addition to other available assistance, he can request a Trial Work Period (TWP) which would allow for 9 months, over a rolling five-year period, during which he can earn any amount (even over the normal monthly limit mentioned above) without risking his SSDI benefits. Within the Trial Work Period, only those months he earns over the normal monthly SSDI limit would count as a Trial Work Month. So, for example, your husband could work part time regularly earning under the normal monthly limit and if, in some months (up to nine), he earned more it wouldn't affect his SSDI benefits.

So, your younger disabled husband can, indeed, work while on Social Security disability, for as long as he wishes while earning under the monthly SSDI limit (the SSDI earnings limit changes yearly). He may also wish to enroll in Social Security's Ticket to Work program for assistance with developing a new career. Plus, he can take

advantage of using trial work months in the event his work earnings will, at times, exceed the monthly SSDI limit. If your husband earns over the SSDI limit for more than the 9 trial work months and his benefits are consequently stopped, he can - within the 5-year Trial Work Period - have his benefits reinstated (without again going through the full application process) if his disability, once more, renders him unable to work full time. For starters, I suggest your husband contact Social Security's Ticket to Work program directly at 1.833-889-0108 to discuss returning to work part time. Social Security will guide him through the entire process.

This article is intended for information purposes only. Visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org.



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sports

SCORES + RECAPS FROM IRON COUNTY COMPETITION

REDS HANG ON, BEAT THUNDER

by Tom Zulewski

IRON COUNTY TODAY

Cedar girls basketball coach Corry Nielsen knew his team hadn't been very good at the free-throw line in the recent past. With the game on the line on the road against the Desert Hills Thunder, one trip to the free-throw line made all the difference.

Gabby Gomez hit a free throw with 1.9 seconds remaining, and the Reds hung on to beat the Thunder, 54-53 in double overtime on Jan. 30. For the game, Cedar made 77 percent of their free throws (17-of-22).

"That was just huge for us tonight," Nielsen said of the free throws. "We have been in so many close games this year that we're used to them. We've been there and we know what to do."

Cedar led by as many as 12 in the first half, but Desert Hills (5-4 Region 9, 8-9 overall) kept chipping away at the deficit until Mylee Villanueva – who led all scorers with 27 points – drove for a layup with 9 seconds left in regulation to tie the game at 42-42 and set the stage for the overtimes.

Ashtin Hansen hit a jumper that gave the Thunder its first lead of the night to start the first OT, but the Reds stayed close. Gomez (14 points) drained a 3-pointer late in the period, but Villanueva countered with her only triple of the night in the waning seconds to force a second overtime tied at 49-49.

Villanueva started the second overtime with two free throws, and the game would be tied for the ninth time at 53-53 when Kiara Hansen (10



Cedar

54

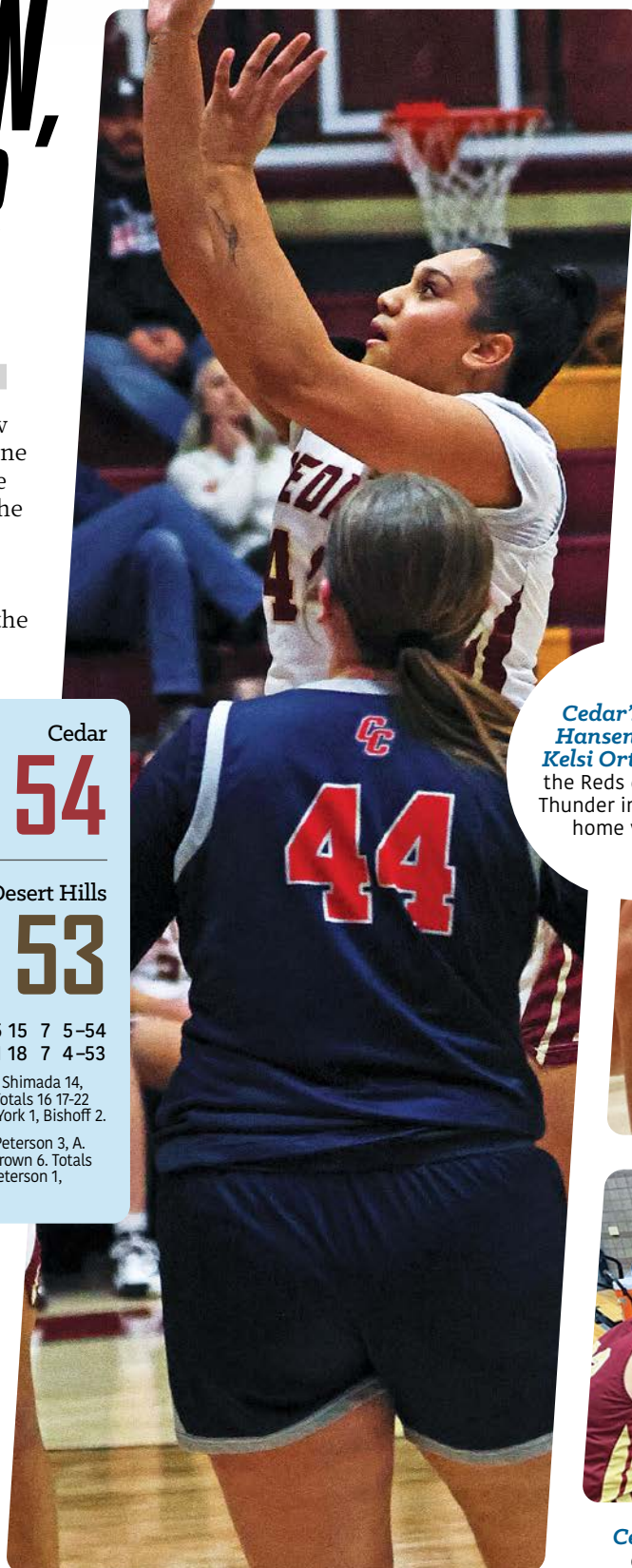

Desert Hills

53

Cedar	8	14	5	15	7	5-54
Desert Hills	4	9	11	18	7	4-53

Cedar – Gomez 14, York 6, Shimada 14, Bishoff 10, K. Hansen 10. Totals 16 17-22 54. 3-pointers – Gomez 2, York 1, Bishoff 2.

Desert Hills – Riding 10, Peterson 3, A. Hansen 7, Villanueva 27, Brown 6. Totals 16 19-35 53. 3-pointers – Peterson 1, Villanueva 1.



Cedar's Kiara Hansen (L) and Kelsi Orton helped the Reds defeat the Thunder in a thrilling home victory.



COREY BAUMGARTNER



TOM ZULEWSKI

Cedar head coach Corry Nielsen talks with his team during the Reds' 54-53 win over Desert Hills in double overtime on Jan. 30.

 see **REDS** » 27

COREY BAUMGARTNER

CV girls hold off Juab

by Tom Zulewski

IRON COUNTY TODAY

Maylee Spencer and Kamryn

Brush scored nine points apiece, and the Canyon View Falcons girls basketball team broke a third-quarter tie to beat the Juab Wasps on the road, 41-34, on Jan. 30. CV outscored Juab 17-10 over the final eight minutes to finish off an important victory.

The Falcons were only 4-of-9 from the free-throw line in the game, but made 18 field goals to 11 by the Wasps. Addison Hyatt led all scorers for Juab with 11

points and Lucy Richards added 10. In Canyon View's second game of the week, Kenadie Maughan led

three players in double figures with 18 points as the Emery Spartans cruised in the second half to beat the Falcons, 58-41, on Feb. 1. CV fell to 7-5 in Region 12 and 11-10 overall.

Brooklyn Davie led Canyon View with 13 points in the loss and Bethanee Vargas added 11. Emery secured the victory by outscoring CV 18-9 in the fourth quarter.

Standing at No. 6 in the RPI, the Falcons entered the final week of the regular season by playing its Senior Night home finale against the Delta Rabbits on Tuesday, which was too late

for press deadline. They finish on the road with a game at Carbon tonight that starts at 7 p.m.

Canyon View		41	
Juab		34	
Canyon View	6	7	11
Juab	8	5	11
Totals 18 4-9 41. 3-pointers - Spencer 1.			
Canyon View - Spencer 9, Brush 9, Vargas 7, Miles 7, Farrow 5, Nichols 4. Totals 18 4-9 41. 3-pointers - Spencer 1.			
Juab - Hyatt 11, Richards 10, Cuff 6, Wright 5, Hall 1, Blankenagel 1. Totals 11 6-8 34. 3-pointers - Hyatt 3, Richards 2, Wright 1.			

REDS

« CONTINUED FROM PAGE 26

points) got inside for a layup. After Cedar called a timeout, Gomez was fouled before the ball was inbounded. The sophomore, who finished with 14 points, made the first free throw, but missed the second. Desert Hills got the rebound, but time ran out before they could get a shot off.

Nielsen credited a defensive adjustment for helping the Reds hang on and get into the win column again.

"About four or five times, my assistants kept telling me to change the defense," he said. "I got stubborn, but we changed it and I think we did some good things."

Annalyse Shimada matched Gomez as leading scorer for Cedar with 14 points, including a pair of key free throws with 21 seconds left in regulation and two more in the first overtime.

"It was definitely stressful, but I really enjoy intense games like that," Shimada said. "I thought it was super

fun, and our teammates made some big plays."

The Reds played their first multiple-overtime game since beating Richfield on Dec. 20, 2018, during the team's first of back-to-back 4A state title seasons.

In Cedar's second game of the week, Gomez led the way with 19 points and Shimada added 16 as the Reds beat the Crimson Cliffs Mustangs, 59-48, on Feb. 1 to improve to 6-2 in Region 9 and 15-4 overall. Gomez hit five 3-pointers in the win and has made 23 in her last four games.

The Reds didn't have to contend with nearly as much stress this time around as they built a 35-24 lead at the break and kept it steady throughout the second half.

At No. 3 in the RPI, Cedar went on the road for the final time in the regular season with a game at region leader Snow Canyon on Tuesday, a game that was too late for press deadline. The Reds will return home tonight for a matchup with the Pine View Panthers that starts at 7 p.m.

Falcon boys edge Wasps, split week

by Tom Zulewski

IRON COUNTY TODAY

As the regular season winds down, the Canyon View Falcons know the finish line and playoff time are almost in sight. Still without two key players, the team's defense made all the difference and the supporting cast added key contributions to push the Falcons to an important victory.

Carson Miles hit a key 3-pointer with 40 seconds left, and freshman Jack Meyer added two free throws that helped CV hang on for a 45-43 win over the Juab Wasps at the Nest on Jan. 31. The Falcons survived a third-quarter cold spell of more than five minutes and found just enough to survive. Miles blocked a potential game-tying shot from Austin Park on the final possess to help CV hold on.

"It all starts with our defense," Falcons head coach Kim Blackner said. "We were able to get some stops and we had guys who were gritty tonight."

CV needed every bit of grit it could muster in the early going as they fell behind 14-5, but they held the visiting Wasps without a point for nearly five minutes in the second quarter. The Falcons used an 11-0 run to briefly lead before a Jay Wright 3-pointer put Juab back in front at 17-16 with 3:22 to play until halftime.

Canyon View would trail 23-18 at the half and would go without a point for more than five minutes in the third quarter before reserve Seth Morris nailed a 3-pointer to cut the Juab lead to 28-20. By the end of the period, the Falcons would trail 34-28, but they kept on pushing and

inching closer to the lead.

"We're trying to get guys to just trust the process, believe in each other and give ourselves a chance," Blackner said. "The difference in the game is we got a couple of (defensive) stops and then we got a couple of buckets. All of a sudden, the basket got a little bit bigger."

After the Miles 3-pointer, Juab missed a shot at the other end and fouled Meyer, who sank both free throws at the line with 22.2 seconds left to push the lead to 44-40. It would prove valuable because Park would score inside and convert the 3-point play to cut the Falcon lead to one at 44-43. The Wasps fouled Miles immediately and he would make a free throw with 14.5 seconds left, then the senior came through with the clutch defensive stop to secure the win.

In Canyon View's second game of the week, the visiting Emery Spartans pulled away in the second half and cruised to a 63-38 victory Feb. 2. The Falcons fell to 7-5 in Region 12 and 12-8 overall. CV stayed close through the first half and trailed only 28-25 at the break, but Emery outscored the Falcons 21-6 in the third quarter to break the game open. Miles was the only player to finish

in double figures for Canyon View with 13 points.

As the season heads to its final week, the Falcons were ranked at No. 6 in the RPI. They played a road game at Delta on Wednesday that was too late for press deadline, and the team will finish the regular season with a home game against the Carbon Dinos on Friday that starts at 7 p.m.

Canyon View		45	
Juab		43	
Juab	14	9	11
Canyon View	5	13	10
Totals 17 5-9 43. 3-pointers - Wright 1, Park 3.			
Juab - Hooper 11, Rowley 2, Wright 3, Mattinson 4, Park 19, Hopoate 4. Totals 17 5-9 43. 3-pointers - Wright 1, Park 3.			
Canyon View - Farrow 10, Camba 9, Miles 15, Morris 7, Meyer 4. Totals 15 10-16 45. 3-pointers - Farrow 1, Camba 2, Miles 1, Morris 1.			

T-Birds vanquish Vaqueros in home victory

by Parker Haynie

SUU ATHLETIC COMMUNICATION

Men's basketball got back in the win column with a dominant 79-59 win over the Vaqueros of UT Rio Grande Valley Saturday

night. Thunderbirds improve to 9-13 overall and 4-6 in conference play. We are in a tie for seventh place with Utah Tech and Utah Valley.

"I am really proud of our guys. We have dealt with a lot of

adversity this season, and we always bounce back. So I am proud of these guys and glad that they won in front of this home crowd," said Head Coach Rob Jeter.

The Thunderbirds closed the first half on a 25-7 run, sparked by 15 points from Zion Young in that stretch, and headed into halftime with a 48-28 lead.

The second half wasn't pretty on either side, with UTRGV only making two field goals in the first 10 minutes. The Vaqueros only had 18 made field goals in the contest, shooting just 27% from the floor and 2-15 from three.

Young finished the game with 20 in 24 minutes, shooting 6-14 from the floor and 3-9 from three. Parsa Fallah finished the game with 17 points on 7-8 from the field; he also had five rebounds and two assists. Dominique Ford finished the game with just nine points but tied for a team-high eight rebounds and dished two assists. Prophet Johnson was great off the bench again, scoring four points, pulling down eight rebounds, and dishing a team-high six assists. Brock Felder set a career-high with four blocks on the night to go along with six points, four rebounds, and an assist. Chazz Hutchison was perfect from the field, scoring nine points on 4-4 shooting; he also had eight rebounds, a block, and a steal.

The Thunderbirds had a season-high 18 assists on the night. They also held the Vaqueros to a season-low 29% from the field.

The Thunderbirds will hit the road and head south to Utah Tech tonight, Feb 8 at 7 p.m. and then head

further south to Grand Canyon to take on the Lopes on Saturday, Feb 10 at 7 p.m.

Stay up to date during the 2023-24 Southern Utah

Men's Basketball season by following @SUUBasketball on Twitter and Instagram and by liking the Southern Utah Basketball page on Facebook.

Prophet Johnson dunks with authority during SUU's definitive defeat of the Vaqueros.



SUU ATHLETICS

"We have dealt with a lot of adversity this season, and we always bounce back. So I am proud of these guys and glad that they won in front of this home crowd."

Head Coach Rob Jeter

PREP SCOREBOARD

SCORES

Region 9 Boys Basketball

1/31	Desert Hills 64, Cedar 52 Dixie 81, Hurricane 49 Snow Cyn. 64, Crimson Cliffs 53
2/2	Crimson Cliffs 68, Cedar 51 Desert Hills 65, Hurricane 60 Snow Canyon 69, Pine View 53

Region 12 Boys Basketball

1/31	Canyon View 45, Juab 43 Emery 59, Manti 57 North Sanpete 54, Delta 49 Richfield 60, Carbon 42
2/2	Emery 63, Canyon View 38 Manti 80, Carbon 52 Delta 56, Juab 53 Richfield 62, North Sanpete 31

Region 18 Boys Basketball

1/31	Parowan 59, Water Canyon 42 Enterprise 82, South Sevier 67 Kanab 53, Beaver 45
2/2	Parowan 53, Beaver 43 Kanab 59, Enterprise 47 Water Canyon 61, Millard 44

Region 9 Girls Basketball

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

Region 12 Girls Basketball

1/30	Canyon View 41, Juab 34 Richfield 68, Carbon 42 Emery 64, Manti 46 North Sanpete 38, Delta 37
2/1	Emery 58, Canyon View 41 Juab 53, Delta 42 Carbon 58, Manti 43 Richfield 62, North Sanpete 34

Region 18 Girls Basketball

1/30	Parowan 46, Water Canyon 29 Kanab 59, Beaver 43 South Sevier 64, Enterprise 43
2/1	Beaver 56, Parowan 12 Kanab 68, Enterprise 45 Millard 75, Water Canyon 23
2/3	Parowan 38, Providence Hall 25

STANDINGS

RPI RANKINGS IN PARENTHESES

Region 9 Boys Basketball

	REGION	OVERALL
Dixie (2)	8-0	17-3
Snow Canyon (8)	6-2	12-6
Crimson Cliffs (14)	5-4	10-9
Desert Hills (15)	5-4	12-8
Pine View (11)	4-4	12-7
Cedar (23)	2-7	4-16
Hurricane (22)	0-9	5-15

Region 12 Boys Basketball

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

Region 18 Boys Basketball

	REGION	OVERALL
Kanab (1)	8-2	16-5
Enterprise (3)	8-2	15-6
South Sevier (4)	8-2	15-6
Beaver (9)	5-5	9-9
Parowan (16)	5-6	6-14
Water Canyon (17)	2-9	4-9
Millard (25)	0-10	0-21

Region 9 Girls Basketball

	REGION	OVERALL
Snow Canyon (2)	8-0	17-1
Cedar (3)	7-2	15-4
Desert Hills (10)	5-4	8-9
Dixie (9)	4-4	9-10
Hurricane (8)	4-5	11-9
Pine View (15)	2-6	4-15
Crimson Cliffs (18)	0-9	4-15

Region 12 Girls Basketball

	REGION	OVERALL
Richfield (2)	11-1	17-4
Carbon (3)	11-1	16-5
Juab (5)	7-5	13-8
Emery (8)	7-5	12-8
Canyon View (6)	7-5	11-10
North Sanpete (12)	2-10	7-14
Manti (13)	2-10	7-14
Delta (17)	1-11	5-16

Region 18 Girls Basketball

	REGION	OVERALL
Kanab (2)	9-1	19-2
Beaver (3)	9-1	18-3
South Sevier (5)	7-3	16-3
Enterprise (10)	5-5	9-12
Millard (15)	4-6	7-13
Parowan (17)	1-9	3-18
Water Canyon (20)	0-10	2-14

Cedar boys hoops falls twice

by Tom Zulewski

IRON COUNTY TODAY

For the final three quarters of its road game at Crimson Cliffs, the Cedar Reds played the Mustangs on even terms. A difficult first-quarter beginning led to another rough loss.

Landon Kreitzer scored 19 points, but Cedar fell behind by a large margin early and dropped a 68-51 decision to the Mustangs on Feb. 2 to fall to 2-7 in Region 9 and 4-16 overall. The Reds managed only a single 3-pointer from Tate Stubbs in the opening quarter and found themselves down 20-3.

Head coach Tyler Monks found the biggest positive from his team's ability to stay in the moment and compete. The Reds were able to trim the deficit to 12 points in the second half, but couldn't get closer.

"We made a good run at it. The kids came out at halftime and attacked (the basket) and got downhill in the zone," Monks said. "We did a better job of executing our game plan, but credit Crimson. They hit shots and extended the lead back out, but we kept fighting."

Cedar fell behind 25-3 early in the second quarter, but Kreitzer hit a pair of 3-pointers to ignite the offense. The Reds trailed 33-15 at the half, but closed the third quarter with a 12-3 run and cut the Crimson Cliffs lead to 13 at 45-32.

The Mustangs (5-4 Region 9, 10-9 overall) countered in the fourth with a 17-6 run that included two of McKay Lindquist's six 3-pointers to seal the win. Cedar would score the game's final seven points to finish off the night. Lindquist led all scorers with 25 points and 6-foot-11 senior Sean Felts added 20 in the win for Crimson. Easton Albrecht added 13 points for the Reds in the loss.

In their opening game of the week, Cedar stayed on equal terms with Desert Hills, but the Thunder pulled away in the fourth quarter and finished with a 64-52 win on Jan. 31 at the Wolf Den. Eli Allred led four players in double figures with 15 points for Desert Hills, who made only four 3-pointers. Albrecht led the Reds with 16 points in the loss and Carson Visser added 13.

With three games left in the regular season, Cedar played a home game against Snow Canyon on Wednesday that was too late for press deadline. They will travel for a road game at Pine View on Friday that tips off at 7 p.m.



(Clockwise) Taylor Davis, Landon Kreitzer, and Tate Stubbs helped the Reds fight to the end in a tough loss to the DH Thunder.



Crimson Cliffs

68



Cedar

51

Cedar 3 12 17 19 - 51
Crimson Cliffs 20 13 12 23 - 68

Cedar - Albrecht 13, Stubbs 5, Jeter 6, Kreitzer 19, Davis 2, Visser 6. Totals 17 10-17 51. 3-pointers - Albrecht 2, Stubbs 1, Kreitzer 3, Visser 1.

Crimson Cliffs - Carroll 6, Marsden 8, Felts 20, Taylor 6, Lindquist 25, Murdock 3. Totals 24 12-25 68. 3-pointers - Marsden 2, Lindquist 6.

T-Birds conquer Vaqueros in overtime thriller

by Tyler Francis

SUU ATHLETIC COMMUNICATIONS

EDINBURG, Texas — Four players scored in double-figures as the Southern Utah University women's basketball team defeated the University of Texas Rio Grande Valley in overtime 68-65 on Saturday, Feb. 3 at the UTRGV Fieldhouse. The Thunderbirds improve to 6-14 on the season and 4-7 in Western Athletic Conference Play, while the Vaqueros fall to 4-16 and 3-8 in WAC play.

Head Coach Tracy Mason says, "Road wins are tough and I'm just really proud of our effort. They came together as a group and we had a lot of people make some huge plays on offense and defense."

Samantha Johnston scored a season-high 18 points to go along with a career-best nine rebounds. Daylani Ballena added 16 points, six rebounds, and a team-high seven assists. Alexa Lord recorded an impressive double-double with 14 points and 12 rebounds while shooting an efficient 6-7 from the field. Ashley Banks was the fourth T-Bird to reach double-figure scoring, pouring in 11 points in addition to grabbing five rebounds. The Thunderbirds dominated the boards, winning the rebounding battle 48-40.

The two squads matched each other shot for shot to begin the game, as the score was tied at 7-7 early in the first quarter. The Vaqueros scored five of the next seven points to go up 12-9 with 3:47 on the clock. Then, the Thunderbirds responded with an 11-0 sprint highlighted by a pair of three pointers by Samantha Johnston. Southern Utah led 20-15 at the end of the first quarter. UTRGV came out strong in the second period, using a 6-3 stretch to trim the 'Birds lead to only three, 23-21. Three T-Birds registered a field goal to fuel an 8-0 run to go up 31-21 with 4:15 left in the half. The two squads traded buckets as the Thunderbirds took a 37-29 lead at the break.

Daylani Ballena drilled a jumper to push the Thunderbirds advantage back to double digits, 39-29, at the

beginning of the third quarter. The Vaqueros fought back, using a 16-3 run to retake a 45-42 lead with 4:36 on the clock. However, SUU closed the quarter on a 7-0 run to hold a 49-45 advantage heading into the fourth.

The Thunderbirds relied on a

balanced attack as they extended their lead to 58-51 with 5:10 remaining in the fourth period. UTRGV mounted an 11-3 comeback that pushed the Vaqueros in front 62-61 with only 16 seconds remaining. Ballena was fouled on a shot attempt with five seconds on the clock and

split a pair of free throws to tie the game at 62-62. The Vaqueros missed an attempt at the buzzer at the end of regulation, setting up an overtime period.

Alexa Lord added a point from the charity stripe to give SUU a 63-62 advantage with 4:20 remaining. Ballena raced to the rim for a layup with just under three minutes to play to push SUU in front 65-62. After the Vaqueros drained a three pointer to tie the game, Ballena earned a trip to the foul line where she gave the Thunderbirds a 66-65 advantage with 1:40 to play.

Daylani Ballena added 16 points, six rebounds, and a team-high seven assists in the Thunderbirds' victory.



"They came together as a group and we had a lot of people make some huge plays on offense and defense."

Head Coach Tracy Mason

Lord came up huge for the Thunderbirds defensively down the stretch, drawing an offensive foul on the Vaqueros to return the ball to SUU with 37 seconds on the clock. On the ensuing possession, Johnston was fouled and knocked down both shots at the charity stripe for SUU. The Vaqueros attempted a three pointer to tie the game in the waning seconds, but the Thunderbirds got the stop to earn a 68-65 road victory.

Southern Utah will return to the America First Event Center tonight, Thursday, Feb. 8 to host in-state rival Utah Tech. The game is scheduled to begin at 6:30 p.m. MT. For all the latest on Southern Utah women's basketball, follow @SUUWBasketball on Twitter and Instagram and like the Southern Utah Women's Basketball Facebook page.

SUU ATHLETICS

Season-high for Flippin' Birds spells victory

by Regan Hunsaker

ASSISTANT AD, SUU SPORTS INFORMATION

LOGAN, Utah — The Flippin' Birds competed on the road Friday evening at Utah State University in Logan. The T-Birds finished with an impressive 196.800, a new season-high and a top-ten score in program history. Southern Utah would secure the road win as both teams competed well to the last routine, with Utah State finishing at 196.275.

The Thunderbirds took the top score in three of the four events and won each of those events as a team. Sophomore Kennedy McClain placed first in the vault, and Freshman Niya Randolph grabbed the top spot on the bars. The beam was a tie, with Junior Ellie Cacciola and McClain bringing home the title. Randolph placed first in the all-around, scoring 39.275.

Head Coach Scotty Bauman said, "What an incredible meet for both teams! It was great to see our athletes do exactly what they are capable of doing. We had a goal to compete more confidently going into the meet, which is what we accomplished. We are very proud of our effort tonight!"

Bars (49.250)

The Flippin' Birds would open the meet on the bars with freshman Brinlee Christensen. Christensen scored a 9.750, and freshman Alex Routsis followed her with a 9.750 of her own. Randolph moved the needle with an impressive career-high 9.925, and junior Isabella Neff was next, scoring 9.875. Sophomore Trista Goodman was next with a 9.850, and Senior Aubri Schwartze wrapped up the first rotation with a 9.850.

Vault (49.100)

The Flippin' Birds next moved to the vault, where junior Ellie Cacciola led the team off with a score of 9.850. Randolph was next with a 9.775 before sophomore Kennedy McClain posted a 9.875. True freshman Mackenzie Kelly followed up with a 9.750. Sophomore Kayla Pardue scored well with her vault that earned 9.850. Wrapping up the rotation for the Thunderbirds was junior Taylor Gull, scoring 9.700. The 49.100 team score marks a season-high on the vault for SUU.

Floor (49.075)

The Thunderbirds moved to the floor for the third rotation. Freshman Alyssa Fernandez got things started with a 9.775. Cacciola and Christensen would match her, each adding their own 9.775. Gull dialed up an outstanding 9.900 routine to tie her career-high before Randolph posted a 9.750. Wrapping up the floor rotation was Pardue, who scored 9.850.

Beam (49.375)

Fernandez led off the final rotation for the T-Birds with a 9.875. McClain was next and scored



SUU Junior Ellie Cacciola scored 9.850 on Vault and a 9.950 on Beam, tying the second-best score in program history.

a very impressive 9.950 to tie the second-best score in program history. Cacciola then matched the energy, scoring an outstanding 9.950 to add herself to that record. Randolph picked up a 9 to finish her all-around for the night. Senior Aly Coutu added a solid routine, scoring 9.775, and Anna Hartley wrapped up the rotation, scoring 9.125, to give the Birds a new season-high 49.375 as a team.

The Flippin' Birds will return home to take on former conference foe Boise State. The Thunderbirds will square off with the Broncos on Friday, February 9, at the America First Event Center. The meet will begin at 7:00 p.m. MT and will be broadcast on Overnht. Visit tbirdtickets.com to reserve your seats! For all the latest on Southern Utah gymnastics, follow @SUUGym on Twitter, @SUUGymnastics on Instagram, and like the Southern Utah Gymnastics Facebook page.

SUU ATHLETICS

Christensen, Randolph earn MPSF weekly honors

by Regan Hunsaker

ASSISTANT AD, SUU SPORTS INFORMATION

The NCAA gymnastics season is in full swing, and the Flippin' Birds have once again earned weekly conference awards from the Mountain Pacific Sports Federation. Brinlee Christensen earned the title Freshman of the Week and Niya Randolph was named the Gymnast of the Week.

Coach Scotty Bauman said, "We are

"We are so proud of these two athletes. They go out there each week and prove that they are some of the best at what they do..."

Coach Scotty Bauman

so proud of these two athletes. They go out there each week and prove that they are some of the best at what they do, and it is exciting to see them recognized by the conference for their outstanding performance!"

Southern Utah Freshman Brinlee Christensen has been steadily improving with each week of com-



Brinlee Christensen has been steadily improving with each week of competition. For Niya Randolph, this award marks her second MPSF Gymnast of the Week honors.

petition. This week, when the T-Birds competed on the road at Iowa, the freshman from South Jordan, Utah, was invaluable, tying her career-best 9.825 on the floor. Christensen's score helped the Flippin' Birds reach their highest floor total of the season, 49.125.

For Randolph, this award marks

her second MPSF Gymnast of the Week honors. She also earned the award for her performance at the Super 16 in the first week of the season. Randolph took the all-around title on the road against #20 Iowa, setting a new career best with a 39.325. She tied for first in the bars with 9.850 and tied for second in the

vault, scoring 9.825. Randolph also scored a 9.875, matching her career-high and tying for second in the meet.

Visit tbirdtickets.com to reserve your seats! For all the latest on Southern Utah gymnastics, follow @SUUGym on Twitter, @SUUGymnastics on Instagram, and like the Southern Utah Gymnastics Facebook page.



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ironcountytoday.com





CV wrestling teams send 41 to state tournament

The Canyon View girls wrestlers came through with six individual champions and cruised to the title at the 3A B Divisional meet that was held Jan. 30 at Emery High. The team qualified 25 wrestlers for the 3A state championship that will be held Feb. 16 and 17 at Sevier Valley Center in Richfield.

As a team, CV finished with 305 points, easily outpacing the Juab Wasps, who finished second with 193. Among the likely challengers the Falcons will face, Grantsville qualified 26 wrestlers for the state tournament. The Cowboys claimed the A Division title at Union High in Roosevelt with 296 points, ahead of the host Cougars, who had 172.

For the boys 3A divisional meet, Alex Crawley and Dax Nicoll earned individual titles and Canyon View qualified 16 wrestlers for the state tournament. CV finished second overall in the A Divisional meet that finished Feb. 3 at Union High with 237.5 points.

With the top eight wrestlers from each weight class advancing to the state tournament, here are all of the CV wrestlers who qualified:

- » Girls 100: Mayra Castillo, 3rd; Emma Lytle, 4th. Castillo pinned Lytle in 1:30 to finish 3rd.
- » Girls 105: Brynlee Lauritzen, 2nd.
- » Girls 110: Kristie Jensen, 1st; Raylee McCoy, 4th.
- » Girls 115: Julia Kay, 1st; Taylor Dittmer, 3rd.
- » Girls 120: Marley Castaneda, 2nd; Takyera Taylor, 4th
- » Girls 125: Brooklyn Barney, 2nd; Kenzie McIntosh, 6th.
- » Girls 130: Gwendalyne Gardiner, 3rd; Mya Headlee, 6th.
- » Girls 135: Gemma Carter, 1st; Maya Garcia, 6th.
- » Girls 140: Karissah Haymore, 2nd; Arrian Seely, 4th.
- » Girls 145: Kelsey Weaver, 2nd.
- » Girls 155: Meletilini Matakaiongo, 1st; Lizbet Rodriguez, 3rd.
- » Girls 170: Adriana Sierra, 5th; Yanamarie Zorilla, 6th. Sierra pinned Zorilla in 57 seconds to claim the 5th seed.
- » Girls 190: Eliana "Snail" Santos-Banks, 1st.
- » Girls 235: Tilisa Matakaiongo, 1st; Maitae Cardenas, 2nd. Matakaiongo pinned Cardenas in 14 seconds to win the top seed.
- » Boys 106: Kooper Nowell, 2nd.
- » Boys 113: Gage Nielson, 5th; Malokai Rodriguez, 8th.
- » Boys 120: Tucker McCormick, 5th.
- » Boys 126: Brody Leavitt, 8th.
- » Boys 132: Cole Cavalieri, 2nd.
- » Boys 138: Brant Blood, 6th.
- » Boys 144: Blake Crowley, 2nd.
- » Boys 150: Jack Cavalieri, 5th.
- » Boys 157: Dax Nicoll, 1st.
- » Boys 165: Alex Crawley, 1st; Kaden Nowell, 7th.
- » Boys 175: Trexton Nicoll, 4th.



» Boys 215: Marc Richardson, 2nd.

» Boys 285: Luke Langston, 4th; Tate Killian, 5th.

After combining with 1A and 2A in a single tournament, 3A girls will wrestle as its own classification in Richfield.

With the RPI rankings closed for the week in 2A and 3A basketball, it's down to the final week of the regular season before the playoff matchups are revealed for the respective state tournaments. Games in the first two rounds happen Feb. 13 and 16 for the girls and Feb. 14 and 17 for the boys.

Iron County Today caught up with the rankings just before they were removed from the UHSAA web site. As of Feb. 3, here is how the playoffs



Alex Crawley (left) and Dax Nicoll won individual titles at the 3A Division A meet held Feb. 2 and 3 at Emery High.

would start in each classification:

For 3A boys, the teams in the bottom four positions of the RPI (15 through 18) would have to play a first-round game. Ben Lomond would play at Providence Hall and Delta heads to Summit Academy to face the Bears. Those winners would play at No. 1 seed South Summit and No. 2 seed Emery, respectively.

Through all the difficulties the Canyon View

team has endured with injuries, they are No. 6 and would host No. 11 Union. The other matchups would be Grantsville at Ogden, North Sanpete at Manti, Carbon at Richfield, American Heritage at Juab and Judge Memorial at Morgan.

On the 2A boys side, the field is crowded with 26 teams in the field. The top six receive byes: Enterprise, APA West Valley, Kanab, North Summit, South Sevier and Rockwell. Everyone else plays a first-round game Feb. 14.

Parowan would host Region 18 foe Water Canyon, Freedom Prep at Duchesne, Millard at Grand, Intermountain Christian at Beaver, St. Joseph at Rowland Hall, Draper APA at San Juan, UMA Hill Field at American Leadership, North Sevier at Gunnison and Maeser Prep at UMA Camp Williams.

For the 3A girls, the bottom six teams in positions 14 through 19 play in the first round Feb. 13. Those matchups include Juan Diego at Providence Hall, Ben Lomond at Union and Delta at Ogden. For the second round Feb. 16, Canyon View would open at home against Morgan.

Other second-round games include: Manti at Judge Memorial, North Sanpete at Juab, Layton Christian at Summit Academy and South Summit at Emery.

The top three seeds – Carbon, Richfield and Grantsville – would face the winners of the play-in round.

The 2A girls side has a very crowded field with 28 teams competing for the big trophy. Only the top 4 have first round byes: North Summit, defending champion Kanab, Beaver and Draper APA. All other teams start their playoff runs Feb. 13.

Thanks to a four-spot jump in the rankings after a win over Providence Hall on Saturday, Parowan is at No. 17 and would travel to play No. 16 Waterford. One more spot forward, and the Rams could secure a home game.

Among the other matchups, it's Freedom Prep at South Sevier, UMA Hill Field at Duchesne, Wasatch Academy at American Heritage, Maeser Prep at Grand, Rowland Hall at Intermountain Christian, Gunnison at Enterprise, APA West Valley at Rockwell, Water Canyon at North Sevier, UMA Camp Williams at St. Joseph, Merit Prep at Millard and San Juan at American Leadership.

All second-round matchups are to be determined, and the full playoff brackets will be revealed on the UHSAA web site (uhsaa.org) Saturday morning at 10 a.m. The 2A state tournament happens at America First Event Center, and the 3A tournament is at Sevier Valley Center starting Feb. 22.

Follow Tom Zulewski on X – the artist formerly known as Twitter – @TommyZee81 or email tominator19@yahoo.com.

SUU Track & Field post strong performances at Ron Mann Classic

by James Wilson

SUU ATHLETICS COMMUNICATION

FLAGSTAFF, Ariz. — The Southern Utah University track & field teams wrapped up competition at the NAU Ron Mann Classic on Friday, Feb. 2.

Coach Eric Houle said, "It was a great opportunity for athletes

that needed to post some conference qualifying marks and we definitely had some great performances."

Men's Recap

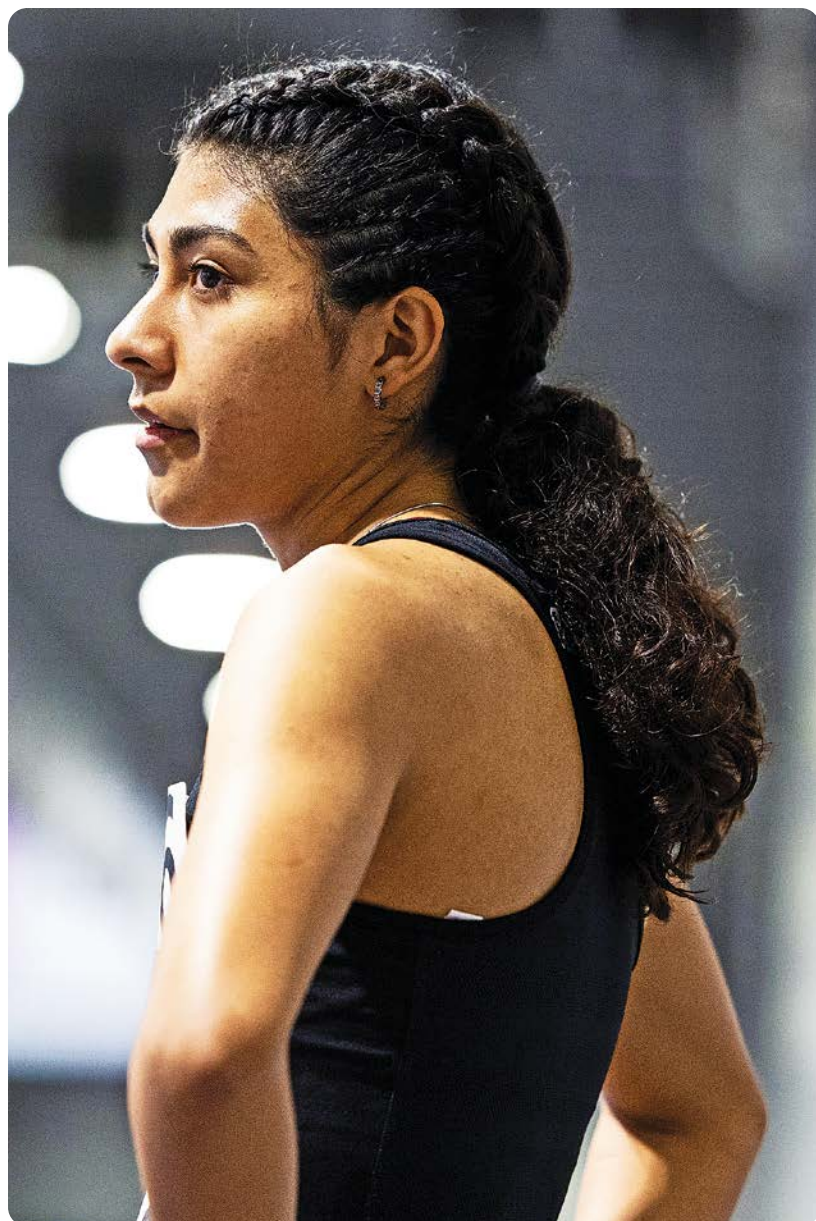
In the mile run, the Thunderbirds finished with four runners in the top 10, including a 4:21.02 and second-place

finish from Jacob Peterson and a third-place finish from Hayden Harward with a time of 4:23.55. Nethaneel (Ban) Taylor and Camden Cox rounded out competition in sixth and seventh place and times of 4:28.27 and 4:29.02 respectively. The T-Birds also posted strong performances in the 800m, with Brady Bettridge and Bailey Oswald securing fifth and seventh with times of 1:58.50 and 2:01.95. Freshman Trent Summers finished strong in the pole vault, clearing 14'07.25", securing a new personal record and tying him for eighth all-time in school history. In the shot put, Victor Pampuch also secured a PR with a fourth-place finish and a distance of 49'06.50".

Women's Recap

Gentry Perkins led the 'Birds to a third-place finish and a time of 2:18.40 in the 800m, setting a new season-best in the process. In the 200m, Secret Mceuen secured fourth with a time of 24.66 seconds. Makalya Pitcher set a new PR in the mile run with a 10th-place finish and a time of 5:21.84. A season-best from Emelia Thurston in the long jump helped her to secure a sixth-place finish at the event with a distance of 18'03.75". Melissa Crane was close behind with a seventh-place finish, setting a new PR with a distance of 17'09.75"

The Thunderbirds will now prepare for their final indoor regular season meet as they travel to the Don Kirby Invitational and Husky Classic on Friday, Feb. 9, and Saturday, Feb. 10. Stay current on the Thunderbird track and field programs by following @SUUTFXC on Twitter and Instagram and like the Southern Utah Track and XC page on Facebook.



SUU ATHLETICS

Sariah Hernandez and the Lady T-Birds performed powerfully, along with the men's team, during their meet at NAU.

TOM'S SPORTS TRIVIA

After last week's Super Bowl quiz, this week our thoughts turn toward baseball – hot dogs, apple pie and better weather still to come – as spring training inches closer. Have fun, embrace the chaos, and please remember... no wagering!

1. Who are the defending MLB champions, a team that won its first World Series title in 2023 and gave its manager, Bruce Bochy, his fourth ring?

2. Since 2000, a World Series rematch has happened once – the first in 2004 and Round 2 in 2013. Name the teams that played in each.

3. Since 2000, how many different managers have won more than one World Series?

4. Who was the last team to repeat as World Series champion? (Hint: this team hasn't played in the Fall Classic since 2009)

5. Name any of the six MLB teams who won division titles in 2023. (one of the teams won only its third division title in the last 26 years, and another won its division for the 10th time in the last 11 years).

6. Which MLB division had two teams finish in a first-place tie in 2023? Both qualified for the playoffs.

7. Which two American League teams – one that lost its best player to free agency in the offseason – are tied for the longest playoff drought?

8. What two National League teams – both

coming into MLB as expansion franchises in the same season (1993) – have never won a division title?

9. The Oakland Athletics may be on their way out of the Bay Area after the 2024 season, but they will be leaving behind a treasure chest of World Series memories. When did the team win its last World Series crown – a year where a major earthquake caused a 10-day delay?

10. Name any of the three MLB teams that have never won a World Series.

11. Which American League team has the longest active streak of playoff appearances (seven years)?

12. The New York Yankees and Los Angeles Dodgers have faced each other the most often in MLB history. How many times have the two teams played – the last coming in the 1981 World Series?

LAST WEEK'S ANSWERS

1. Baltimore. The Ravens finished with 13 wins, the 49ers and Lions were tied with 12, and the Chiefs had 11. The Chiefs will play the 49ers in Super Bowl LVIII on Sunday.

2. New England Patriots.

3. Washington Redskins. The Redskins became the Football Team and are now known as the Commanders.

4. Harbaugh.

5. Patrick Mahomes.

6. Harrison Butker.

7. Cleveland Browns.

8. Scarface. The lead character in the film was named Tony Montana.

9. 50. Denver defeated Carolina in that Super Bowl.

10. Tampa Bay Buccaneers.

11. Cal.

12. Mike Shanahan.

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legal notices

NOTICE OF PETITION

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

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

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

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

Dated this 25th day of January, 2024.

PRINGLE & HERIGSTAD, P.C.

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

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

STORAGE UNIT AUCTION

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

Published February 8 & February 15, 2024
Iron County Today • #0537

SUMMONS

Matthew B. Miles (#16515)
FROERER & MILES, P.C.
Attorney for Petitioner
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Ogden, UT 84401
Telephone: (801) 621-2690
Facsimile: (801) 621-2693
bmfroerer@froererandmiles.com

IN THE FIFTH JUDICIAL DISTRICT COURT

COUNTY OF IRON, CEDAR CITY DEPARTMENT,
STATE OF UTAH 40 North 100 East, Cedar City,
Utah 84720

MISTY MARIE CARHART and
KAY DEE JOHNSON, as Personal Representatives
of the Estate of KEVIN DEAN JOHNSON,

Plaintiffs,

vs.

DARCY L. JOHNSON,

Defendant.

SUMMONS
(THIRTY-DAY)
Civil No. 230500200
Judge Ann Marie Mciff Allen

THE STATE OF UTAH TO DEFENDANT DARCY L. JOHNSON:

You are hereby summoned and required to file an Answer in writing to the COMPLAINT TO QUIET TITLE on file with the Clerk of the above-entitled Court, and to serve upon, or mail to Matthew B. Miles, Attorney for Plaintiffs at 2661 Washington Blvd., Suite 201, Ogden, Utah 84401, a copy of said Answer within thirty (30) days after service of this Summons upon you.

If you fail so to do, Judgment by Default will be taken against you for the relief demanded in said Complaint, which has been filed with the Clerk of said Court and a copy of which is hereto annexed and herewith served upon you.

DATED this 2nd day of January, 2024.

BY: MATTHEW B. MILES
Attorney for Plaintiffs

Published January 25, February 1
& February 8, 2024
Iron County Today • #0534

NOTICE OF TRUSTEE'S SALE

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

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

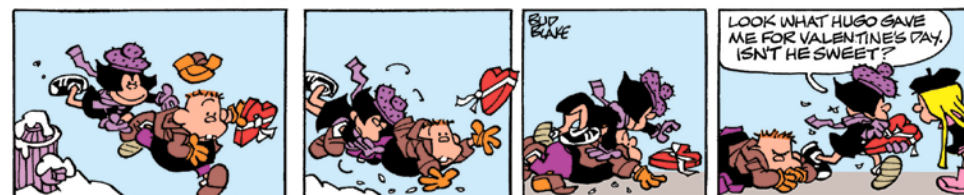
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Amber Waves

by Dave T. Phipps



TIGER



The Spats



Weekly SUDOKU

by Linda Thistle

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

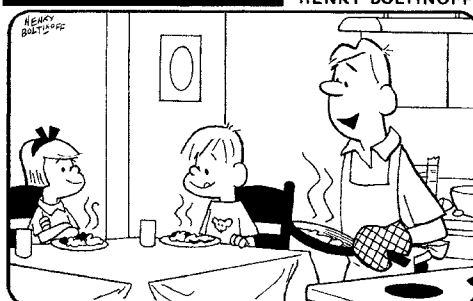
DIFFICULTY THIS WEEK: ♦♦♦

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

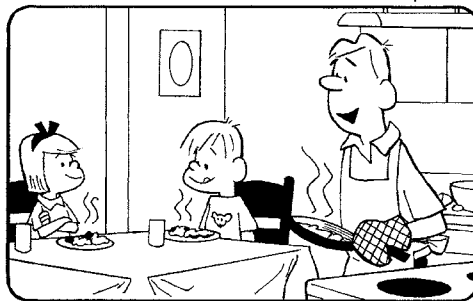
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HOCUS - FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels



Differences: 1. Burner is larger. 2. Hand is not showing. 3. Plate is moved. 4. Glass is moved. 5. Box is missing. 6. Hair is longer.

King Crossword

ACROSS

- 1 Pt. of a sen-
5 Skirt edge
8 Some Gls
12 Nest setting
13 Commotion
14 Inter —
15 Admin. aide
16 Prepared
18 Fake fireplace
20 Baker Street
21 sleuth
21 Competent
23 Roman 151
24 Started
28 Editor Wintour
31 Prior night
32 Wrap up by
34 Martini ingre-
dient
35 Painter
Chagall
37 Coexisted
39 Chinese
chairman
41 "Not so fast!"
42 Pub game
fodder
45 Honor
49 Matured
51 Jazzy James
52 Robert of
"The
Sopranos"
53 Census stat
54 Winter fall
55 Suffix with
song or qab

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
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49						50			51			
52					53				54			
55					56				57			

- | | | | | | |
|-------------|---------------------------|----|-----------------------------------|----|-------------------------------|
| 56 | Chic, to
Austin Powers | 10 | Funny —
(2003 Derby
winner) | 36 | Frolic |
| 57 | Catches
some rays | 11 | Utters | 38 | Most recent |
| | | 17 | Sinbad's bird | 40 | Tin Man's
need |
| DOWN | | 19 | Slender | 42 | Pre-weekend
yell |
| 1 | Men-only | | woodwind | 43 | Actor's quest |
| 2 | — Major | 22 | Fund | 44 | Driver of
"Logan
Lucky" |
| 3 | Porgy's love | 24 | Jewel | 46 | Sicilian peak |
| 4 | Air travel
fatigue | 25 | Eggs | 47 | Thames town |
| 5 | Negotiating a
price | 26 | Little home
wreckers? | 48 | Gulleets |
| 6 | Tokyo, once | 27 | Amassed | 50 | Conceit |
| 7 | Closet invader | 29 | Diarist Anais | | |
| 8 | Spanish dish | 30 | "Life of Pi" | | |
| 9 | Pink wading
bird | | director Lee | | |
| | | 33 | New Mexico
resort | | |

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Trivia

test by Fifi Rodriguez

1. MOVIES: Which movie has the tagline, "May the odds be ever in your favor"?
2. GEOGRAPHY: Which country possesses Baffin Island?
3. AD SLOGANS: Which company's slogan is, "You're in good hands"?
4. LANGUAGE: What is a common saying for the Latin phrase "lapsus linguae"?
5. MUSIC: What country was home to reggae singer Bob Marley?
6. ANIMAL KINGDOM: What is an example of a macropod?
7. TELEVISION: Gordon, Percy, James, Toby and Emily are characters on which children's show?
8. MATH: What is $1/60$ of a degree?
9. LITERATURE: Who wrote the book series "The Chronicles of Narnia"?
10. ACRONYMS: What does the acronym SPF stand for?

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

Answer

Weekly SUBODH

[illegible]

Solution time: 22 mins.

Answers

promssoij butx

1. "The Hunger Games"; 2. Canada; 3. Allstate; 4. A slip of the tongue; 5. Jamaica; 6. Kangaroo; 7. "Thomas the Tank Engine"; 8. A minute; 9. C.S. Lewis; 10. Sun Protection Factor.

Trivia Test Answerst

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