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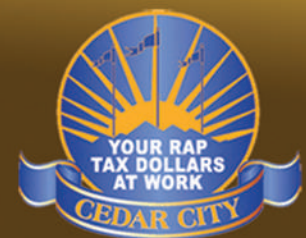


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# IRON COUNTY

# today



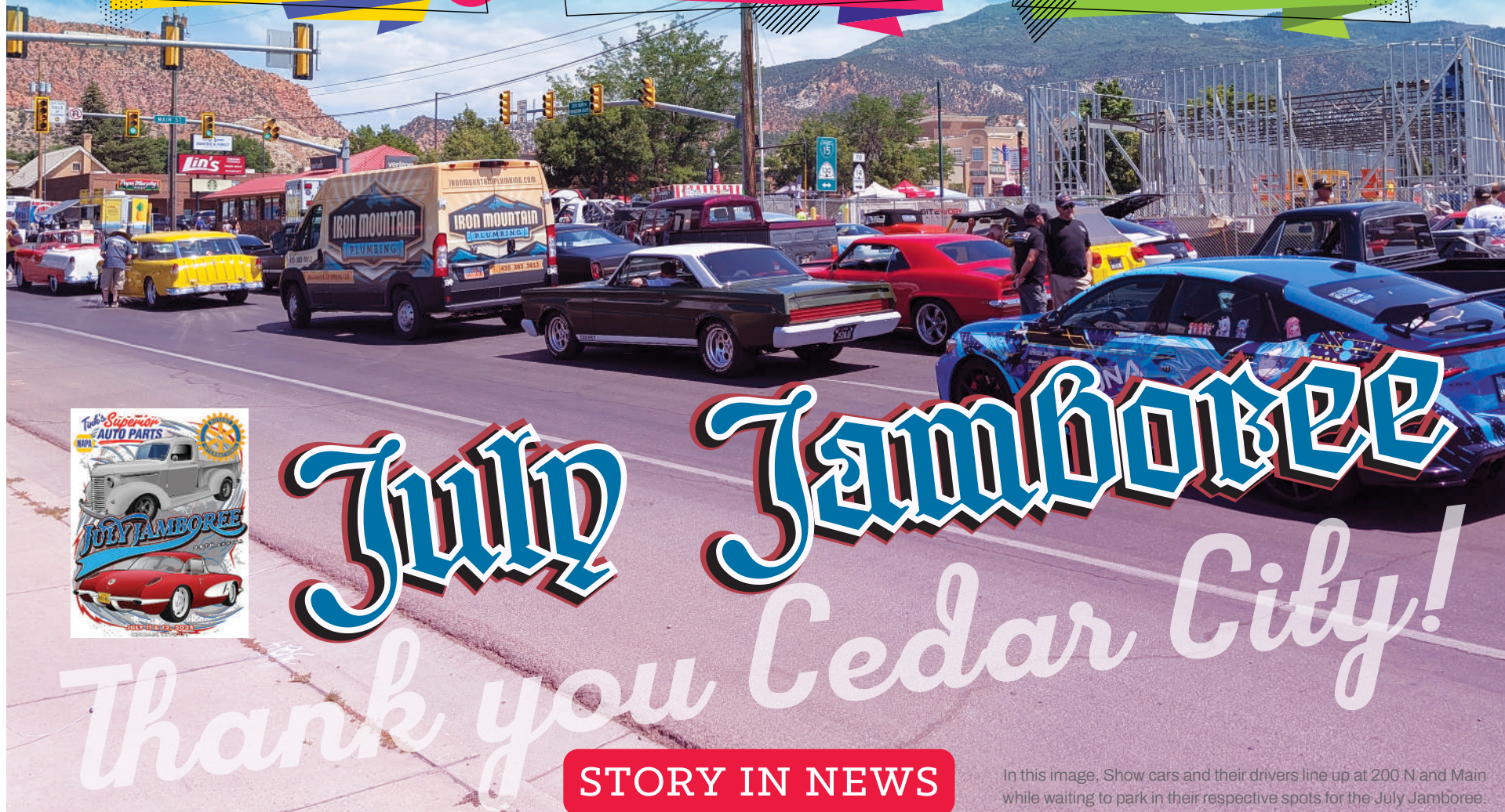
ERA Realty, Jennifer and Billy Davis and team along with happy home shoppers



Main Street Park filled with happy attendees under beautiful Cedar City Skies.



D and P Performance, Laci Werner, and Team



# July Jamboree

Thank you Cedar City!

STORY IN NEWS

In this image, Show cars and their drivers line up at 200 N and Main while waiting to park in their respective spots for the July Jamboree.

# Drug Task Force Executes Coordinated Warrant, Finds Mushroom Grow and Weapons Cache in Parowan

by *Tracie Sullivan*

FOR IRON COUNTY TODAY

Hidden inside a quiet Parowan home, officers found a mushroom grow operation and a cache of firearms — the result of a months-long narcotics investigation that ended in felony charges earlier this week.

Agents with the Iron-Garfield-Beaver Narcotics Task Force had been investigating Matthew Joseph Metcalf, 45, for several months after receiving information he was cultivating psychedelic mushrooms for distribution.

Because of Metcalf's prior felony convictions, the team brought in the Iron Metro SWAT unit to assist

with the search warrant.

However, while SWAT was present, officials emphasized that this was not a raid in the traditional sense. Unlike many warrant operations that involve immediate entry and heightened alarm and risk, this one was planned in advance and designed to reduce trauma to the children and keep everyone safe.

Rather than rushing through the front door, officers intercepted the suspect off-site on his way to work and allowed him to contact his wife so the children could be removed from the house before police entered.

"We wanted him to be able to get the kids out of the house so that they didn't have to wake up 6 o'clock in the morning to guns and police lights and helicopters and everything like that," said Iron County Sheriff Lt. Shawn Peterson.

The operation reflects a shift in how the task force has begun to approach warrants at homes

where children are present. In recent months, the agency has faced some public criticism for conducting high-intensity entries — pounding on doors, shouting commands, and entering with guns drawn — even when young children were inside.

Peterson said those concerns have prompted internal discussions about how to better balance safety with reducing trauma in sensitive situations.

"That was the goal of planning the operation the way we did. We wanted to reduce the trauma the kids would have gone through while also ensuring the safety of our officers, Peterson said. "We can't always do it this way. But when we can, and it's safe to slow down and plan it like this, we should."

Inside the home, agents located a clandestine mushroom grow. Equipment found on site included petri dishes, dehydrators, growing containers, syringes filled with spores, and a mini fridge used to store cultures. A shed behind the home was also being used in the operation.


Eleven firearms were recovered, including handguns and rifles. Because of Metcalf's prior convictions for aggravated assault and robbery, he is prohibited from owning or possessing weapons.

Because the grow operation was located inside the residence and spores were present in the air, investigators also charged Metcalf with two counts of child endangerment, citing the potential health risk to the two minor children living in the home.

Psilocybin mushrooms, being a fungus, can release airborne spores that pose respiratory risks — especially in enclosed spaces. Officers wore protective gear when entering the home to avoid

see **DRUG TASK FORCE** » 6


## 4 WARN WEATHER



### IRON COUNTY FORECAST

ISOLATED STORMS MAY VISIT THE AREA TO CLOSE OUT THE WEEK, BUT THE MAIN WEATHER STORY WILL BE THE HEAT AND ELEVATED FIRE DANGER THROUGH NEXT WEEK.

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



<b>THURSDAY</b>	Isolated Storms <b>89°/59°</b> PRECIP: 20% WINDS: SW 15-25
<b>FRIDAY</b>	Isolated Storms <b>87°/60°</b> PRECIP: 20% WINDS: SW 15-25
<b>SATURDAY</b>	Isolated Storms <b>89°/59°</b> PRECIP: 20% WINDS: SW 15-25
<b>SUNDAY</b>	Isolated Storms <b>91°/60°</b> PRECIP: 20% WINDS: SW 15-25
<b>MONDAY</b>	Sunny/Breezy <b>92°/59°</b> PRECIP: 10% WINDS: SW 15-25
<b>TUESDAY</b>	Sunny/Breezy <b>92°/58°</b> PRECIP: 10% WINDS: SW 15-25
<b>WEDNESDAY</b>	Sunny/Breezy <b>93°/58°</b> PRECIP: 10% WINDS: SW 15-25

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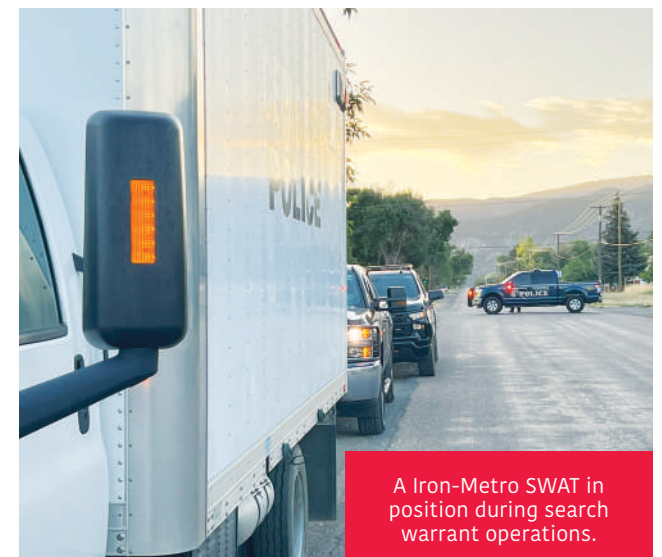
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A Iron-Metro SWAT in position during search warrant operations.

Courtesy of ICSO

# JULY JAMBOREE THANK YOU, CEDAR CITY!

by Jenifer Terry

PRESIDENT CEDAR CITY ROTARY CLUB

On behalf of the Cedar City Rotary Club, we have a "shout out" to the amazing people of Cedar City and Iron County who help us bring this amazing JULY JAMBOREE event to our community. This was the 28th consecutive year that we had the opportunity to enjoy this family focused, free event for all. This was all made possible with the countless volunteer hours of so many people, along with very generous contributions from our Sponsors, Vendors, and Car Enthusiasts. The proceeds from this event are donated to many local beneficiaries in our community. Please note the many sponsors highlighted on the poster. We encourage you to support those businesses who so consistently support our community. We also want to express our appreciation for the City of Cedar City, the Parks and Recreation Department, the City Events Director, the Utilities department, Mayor Green and the City Council, Cedar City Police Department, Gold Cross Ambulance, Utah Highway Patrol, UDOT and of course, the many businesses along Main Street who allow and encourage this event. Most of all... We thank THE CITIZENS OF CEDAR CITY for coming, enjoying, and making this the greatest single day event in Cedar City every year.



Parowan officer assists with scene containment while Iron-Metro SWAT serves search warrant.



Evidence of a clandestine mushroom grow and firearms recovered during a recent search warrant.

## DRUG TASK FORCE

« CONTINUED FROM PAGE 4

potential exposure.

"If those spores get into your lungs, you can have all sorts of problems," Peterson said.

In all, Metcalf faces 13 felony charges. These include five counts of drug distribution, four counts of possession of a dangerous weapon by a restricted person, two counts of child endangerment, one count of operating a clandestine lab, and one count of possession with intent to distribute a controlled substance.

Peterson said the mushrooms had already been harvested, but the grow setup was fully operational and prepared for another cycle.

"He had sold everything that he had grown before that," Peterson said. "The syringes are full of the spores ... it was a legit thing. I mean, he's just getting ready to regrow."

According to the charging documents filed in 5th District Court, agents recovered messages from Metcalf's phone arranging mushroom sales and showing photos of large mushrooms, including one that weighed 14 ounces.

Task Force Commander Zac Adams praised the officers who worked the case.

"The agents did a fantastic job working this case," Adams said. "A lot of man hours went into this investigation, and it's nice when all the hard work comes together and an investigation of this magnitude works out."

Peterson said the team prioritized both officer and civilian safety throughout the operation.

"This was a textbook narcotics joint operation," he said, "using a tactical team to ensure the safety of everybody. They did a really good investigation. They slowed down, they identified stuff, they used the search warrant matrix to check the risk and then requested our tactical team to assist them in their service so that everybody was safe."

Metcalf remains in custody at the Iron County Jail.

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## opinion

### FROM THE EDITOR



**CASSI SCHMUTZ**  
COPY EDITOR

*I'm baaaack!*

**T**his paper is printing the week of my new son's three month birthday.

We have had a wild few months in the Schmutz household. We welcomed our new son who, although is much loved by us and his older brother, has been a rather grumpy newborn. Plus, we found ourselves in the midst of an unexpected move! Let me tell you, moving with a very vocal, grumpy newborn and a three year old coping with life changes isn't for the faint of heart. Not that I'm tooting my own horn, mind you, I've barely made it out with my sanity.

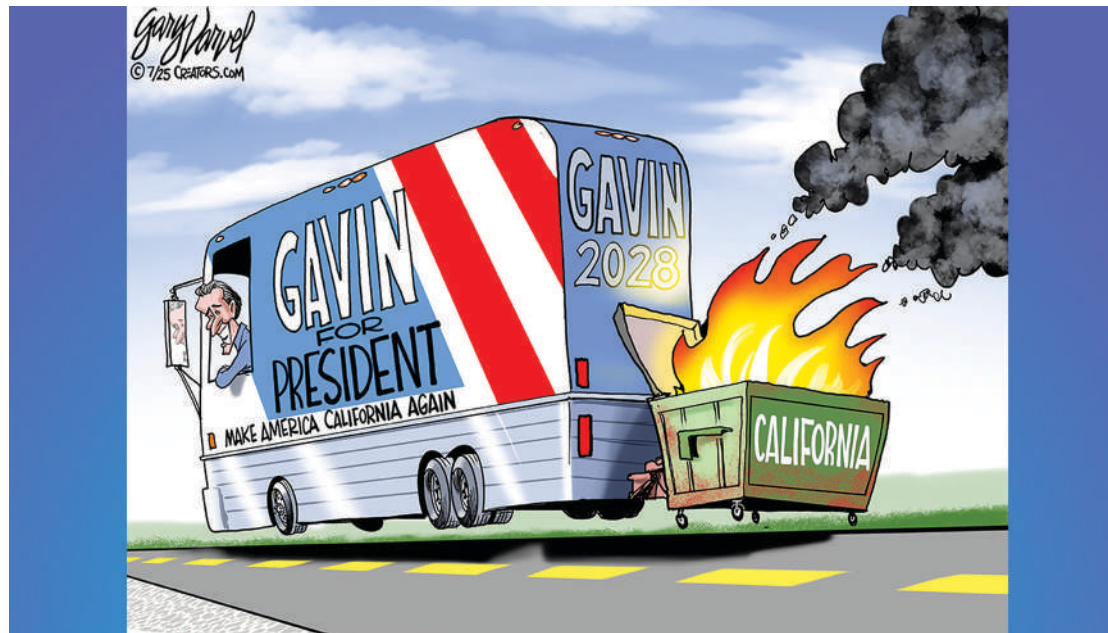
All that said, we are settled, the grumpy cloud looming over the baby is lifting more everyday to reveal a very smiley, chatty baby and my toddler is loving all the new found space to run amuck in. Now that the dust is beginning to settle, I find myself back with you all and once again able to help publish the paper. I so appreciate Esther stepping in in my absence to deliver our weekly paper to our readers! We have such a great team at Iron County Today and I'm lucky to work with such a supportive crew!

I've missed so much on my leave, but I hope you've all had a lovely start to your summer and a fantastic 4th of July.

### QUOTE OF THE WEEK

*"The Constitution is the guide which I never will abandon."*

- George Washington



### LETTER TO THE EDITOR

*"What's in a name?"*

*I was just reading through this weeks Iron County Today (July 10, 2025) and came across the article "Jensen Sawmill, Miracle up the Mountain" by May Hunter. This is a great reminder of how important SUU is to our community and highlights the great men and women who dedicated and gave so much to our great university. I do want to point out that there is one big mistake that keeps being repeated through the years. The family has let it slide over and over, not wanting to ruffle any feathers or cause a scene but I think that it is a disservice to my family heritage to not speak up for my ancestors. The family name is "Jenson" who derives from Sweden. Whereas "Jensen" originates from Denmark and Norway. These are two unrelated families with two distinct spellings. I am the great-great grandson of Heber C. Jenson. My grandfathers ran the Jenson Sawmill up until the mid 1990's when it was donated to the Frontier Homestead State Park after the death of my grandfather John (Jack) H. Jenson. I have many memories of standing beside my father Robert C. Jenson and grandfather John (Jack)*

*H. Jenson running that mill, cutting lumber for the local community. It seems that the name was misspelled once and no one noticed so is continually misspelled. For further proof you can go and look at Heber's headstone in the Cedar City cemetery, along with his son's (Robert), grandson (Jack) and great-grandson (Robert) for proof of spelling. You can also take a look on Family Search. There is a wagon that my family donated to SUU that sits outside of the bookstore. There was a request to correct the spelling but I'm unaware if it has been done. My hope would be that Iron County Today, SUU, Frontier Homestead State Park, and the Mammoth Creek Fire Station would all take a look at their spellings of the Jenson family name and make the changes needed where possible. This just goes to show that when one mistake is not corrected, it can repeat for generations until the name loses its origins. I love and appreciate that my ancestors are remembered but let's make sure we get the names right.*

*Sincerely,  
Robert Brock Jenson*

### WORD OF THE WEEK

#### BIVOUAC

[biv-ouac]

noun

a usually temporary encampment under little or no shelter



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## opinion

### LETTER TO THE EDITOR

#### The Redmen Name: A Community Betrayed

Years after the removal of the Redmen name from Cedar High School, it's clearer than ever that the decision was not made in good faith. Board members Stephen Allen, Michelle Lambert, and Michelle Jorgensen-Jones, along with then-superintendent Shannon Dulaney, orchestrated a biased and closed process to strip the school of a name that had represented pride and unity for generations.

They touted a "cultural review" that excluded meaningful input from the Native American community, especially those who supported keeping the name. Public feedback was cherry-picked. The results were pre-determined. The community's voice was ignored.

Since then, Iron County has suffered the consequences — failed bonds, declining academic performance, and division where there was once unity.

The Redmen name was not a caricature or slur. It was a symbol of Cedar's identity, embraced by students, alumni, and local tribes alike. The way it was removed was dishonest and disrespectful to the people of this community.

We deserve better. It's time for accountability — and a return to local leadership that listens to the people it serves.

Sincerely,  
Kelly Jordan

by Edy Meredith

FOR IRON COUNTY TODAY

It is worth reading Paul's Epistle/letter to the Romans. Paul formerly called Saul was miraculously saved and changed when he saw the Risen Christ on the Road to Damascus where Paul was on his way to persecute the followers of the Risen Christ. Paul's experience reminds us that seeing the Risen Jesus always changes a person. Paul became the apostle to the Gentiles and because as a Roman citizen he could travel the length and breadth of the Roman Empire spreading the gospel to the Gentiles. Paul later wrote 13 out of the 27 books of the New Testament, including Romans, 1st and 2nd Corinthians, Galatians, Ephesians, Philippians, Colossians, 1st and 2nd Thessalonians, 1st and 2nd Timothy, Titus, and Philemon. Paul's Epistle to the Romans is the great doctrinal treatise of Christianity, dealing with human sin, justification, sanctification, glorification, and how we are to live. In Romans 8-11 Paul took up a new subject of Israel. The word Israel means in ancient Hebrew the one who fights with God. Understanding what Paul said in Romans is essential to understanding God's dealings with Israel and knowing whether the Israel Paul is talking about is the modern-day nation of Israel. In Romans 9:1-5, we read: "I am telling the truth in Christ. I am not lying, my conscience testifies with me in the Holy Spirit, that I have great sorrow and unceasing grief in my heart. For I could wish that I myself were accursed, separated from Christ for sake of my brethren, my kinsmen according to the flesh, who are Israelites, to whom belongs

# Apostle Paul on Israel

## PART VII

the adoption as sons, and the glory and the covenants and the giving of the Law and the temple service and the promises, whose are the fathers, and from whom is the Christ according to the flesh, who is over all, God blessed forever. Amen."

From this passage we learn the subject of Paul's discussion is his kinsmen according to the flesh, i.e. Jews, and that to them belonged God's blessings of the adoption as sons, the glory, the covenants, the Law, the temple service, the promises, the fathers, and the Messiah. Paul was not talking about Gentiles or the Church. Gentiles had no part of God's covenantal dealings with

Israel (see Ephesians 2:11-13) other than the general blessing under the Abrahamic covenant (Genesis 12:3) Continuing with Romans 9:6-18, we find that God has not failed because "they are not all Israel who are descended from Israel, nor are they all children because they are Abraham's descendants...it is not the children of the flesh who are children of God, but the children of the promise are regarded as descendants." So, who are the children of the promise? Because Paul received the good news, the gospel, directly from the Risen Jesus, we should give great

see **APOSTLE PAUL**» 8

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# IRON COUNTY GOVERNMENT RECAPS

## Cedar City Council Meeting

by Iron County Today Staff

FOR IRON COUNTY TODAY

The Mayor shared his positive experience at the Utah Shakespeare Festival, praising “Gentleman’s Guide to Love and Murder” and encouraging attendance.

A Council Member thanked the Mayor for attending the Korean memorial and commended the young ambassadors’ presentations. He also requested code enforcement for weed issues at the Verizon store and property concerns at 545 S. 3rd West.

Another council member thanked the fire department for the successful July 4th fireworks, noting extra efforts to secure fireworks. They also acknowledged the first responders’ luncheon, catered by the Mayor’s son.

Chief Roden introduced two new hires:

Heather Connor, a code enforcement officer from Montana with a physics degree and POST training, began work on nuisance issues.

Seth Rogers, a Marine Corps veteran from Santa Clara, is completing POST training at Utah Tech and recently moved to Cedar City with his family.

Both were sworn in at the meeting with their families present.

Youth Service Learning 4-H presented their annual report, highlighting over 1,500 service hours since 2024, with 32 active youth and ongoing monthly projects like animal shelter visits, senior center activities, and food drives.

The group is working to restore local recycling through a partnership with Recyclops. The council discussed promoting their efforts and placing recycling bins at events like the July Jamboree.

The council debated requiring costly road upgrades—estimated at \$120,000—for a single home on 325 South and 400 East. Concerned about fairness, they approved a compromise: a development agreement deferring most improvements until neighboring lots develop. The agreement includes a double chip seal and rolled curb when the adjacent property develops, with no sidewalk requirement—acknowledging past inconsistencies in east-side infrastructure standards.

The council approved consolidated parking restrictions near Iron Springs Elementary to enhance student safety. Changes include a bus zone on 400 West, new no-parking areas, and updates on Airport Road. The school district will cover initial signage and markings, with the city handling long-term maintenance.

The council approved ordinance updates to align with state laws, adjusting procedures for subdivisions, boundary changes, warranty bonds, and inspections with minimal financial impact.

They awarded a \$395,775.50 runway sealing contract to Maxwell Asphalt, the lowest bidder, following federal guidelines.

An ordinance was also changed to remove the requirement for council members to serve on the planning commission, reducing conflicts of interest while keeping current members until replacements are named.

The council updated the fee schedule, adding a \$100 charge for Main Street spider box use during events and adjusting airport fees based on regional comparisons.

## Parowan City Council Meeting

by Jennelle Zajac

FOR IRON COUNTY TODAY

**Public Comments** - One resident suggested turning off irrigation timers after storms, while Councilmember Burton expressed concerns about a previous vote on the AJM Development Agreement and Annexation, citing discomfort with approval before code ratification and potential

infrastructure impacts.

**Building Inspection Software Contract** - The council discussed and approved a three-year contract for building inspection software, My City Inspector. The software is intended to streamline the building permit process and ensure consistency with the county. The annual maintenance fee is \$2,500, with a one-time upfront cost of \$5,800.

**Business Beer License Renewals** - The council approved the business beer license renewals for fiscal year 2025-2026, including High Voltage Barbecue, On the Run, Maverick, Southern Country (Chevron), TA, and the Iron County Fair. Two businesses, Pizza Barn and Family Dollar, were not included due to a lack of response.

**Moving City Council Meeting Date** - The council approved moving the next city council meeting from July 24th (Pioneer Day) to July 31st.

**Chamber of Commerce Presentation** - Kade Bryant, the president of the Parowan and Brian Head Chamber of Commerce, provided an update on the Chamber’s activities. Key highlights included Main Street America Program recognition for having no vacancies on Main Street, progress on a grant for wayfinder signs, and tourism funding for events like Winter Wonderland and the Sweet Tour. The Chamber is also seeking a new executive director and planning a strategic planning meeting in August.

**Prime West Development Annexation Agreement Discussion** - The City Manager Dan Jessen introduced the annexation agreement with Prime West Development, focusing on road improvements to 200 North and the need for a second point of ingress/egress. The proposed agreement requires improvements to 200 North from the development to 600 West and the installation of another access route. Dallas Buckner, representing Prime West Development, raised concerns about the definition of “improve” and the extent of required upgrades to an existing city road.

Council members discussed the need for sidewalks and wider roads to accommodate increased traffic and pedestrian safety as a result of the housing density of this annexation. The council considered the possibility of working with Painted Hills RV Park to create a frontage road as an alternative access point. The discussion reverted to the city’s Transportation Master Plan and future annexations as well as the need for a traffic study. The council decided to postpone a vote on the agreement until the next meeting to allow for further consideration and clarification of the road improvement requirements.

**Discussion on Banning Feeding of Feral Cats** - The council discussed a proposed ordinance banning the feeding of feral cats. A resident, Margarita Martin, shared concerns about a neighboring property attracting feral cats and creating unsanitary conditions. The city

## BUDGET SUMMARY

YEAR	STATE OF UTAH	IRON COUNTY	SCHOOL DISTRICT	CEDAR CITY	COUNTY POPULATION	INFLATION RATE
2020	\$18,500,000,000	\$64,397,882	\$97,275,145	\$84,121,067	57,286	1.4
2021	\$20,300,000,000	\$68,529,185	\$111,206,179	\$82,661,906	58,672	7.0
2022	\$25,600,000,000	\$80,413,678	\$116,183,977	\$82,219,239	62,508	6.5
2023	\$26,000,000,000	\$78,255,317	\$172,080,787	\$97,198,239	64,211	3.4
2024	\$29,400,000,000	\$67,789,445	\$200,512,950	\$150,125,060	65,765	3.2
2025	TBD	\$132,282,649	\$221,113,931	TBD	TBD	TBD
<b>ANNUAL INCREASE</b>	11.78%	20.57%	21.23%	15.58%	2.96%	4.3

\* Information was obtained directly from the governmental entities listed.

## IRON COUNTY GOVERNMENT RECAPS

attorney agreed to work with the police chief to resolve this issue using Parowan's nuisance ordinance. Ultimately, the council decided to rely on the existing nuisance ordinance to address the issue rather than creating a specific ban on feeding feral cats.

**Discussion on Fencing Requirements** - The council discussed various fencing requirements in the city code, aiming to clarify definitions and address inconsistencies. The council reviewed Cedar City's fencing code as a potential model. The council agreed to revisit the fencing code at a future meeting with proposed language changes.

**Reports, Updates, and Business Follow-Up** - Council members provided updates on various activities and projects. Councilmember Burton reported on the success of the 4th of July celebrations and the upcoming water recharge project. Councilmember Dean noted the high attendance at the 4th of July parade and the success of the Shade Tree Committee's tree raffle. Dan Jessen announced the upcoming RFP for the airport Fixed Base Operator (FBO) and the progress on the Goodfellow Corporation's building project near the airport.

Residents are encouraged to attend City Council Meetings on the second and fourth Thursday of each month at 5:30 p.m. at the Parowan City Council Chambers. Alternatively, the meetings can be viewed at <https://www.youtube.com/@parowancity2030>

## opinion

### APOSTLE PAUL

« CONTINUED FROM PAGE 7

credence to what Paul teaches because Paul understood the role faith played even among the Jews. There was more to being a Jew than just being a physical descendant of Abraham. Paul understood that God “will have mercy on whom I have mercy.” Paul understood that God is sovereign. His plan for Israel had not failed just because the nation’s religious leaders had failed to recognize the Jewish Messiah in His first advent. Continuing to read in Romans, chapter 9, verses 19-33: “You will say to me, then, “Why does He still find fault? For who resists His will. On the contrary, who are you, O man, who answers back to God? The thing molded will not say to the molder (or potter), “Why did you make me like this, will it? Or does the potter not have a right over the clay, to make from the same lump one vessel for honorable use and another for common use. What if God, although willing to demonstrate

His wrath and to make His power known, endured with patience vessels of wrath prepared for destruction? And He did so to make known the riches of His glory upon vessels of mercy, which He prepared beforehand for glory, even us, whom He also called, not from among Jews only, but also from among Gentiles. As He says also in Hosea, “I will call those who were not My people, ‘My people.’ Her who was not beloved, ‘beloved.’”

Next week, we will continue to discuss this puzzle as to whom God is calling to be His people, as we read further in Romans 10:12-21: “For there is no distinction between Jew and Greek; for the same Lord is Lord of all, abounding in riches for all who call on Him; for whoever will call on the name of the Lord will be saved.” Are there any Biblical references making the current Nation of Israel His people or was it always only a remnant that is the “true” Israel? Remember, “for they are not all Israel who are descended from Israel” (Romans 9:6 and Isaiah 9:8).

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# Iron County man sentenced to prison following brutal domestic assault; had nine prior convictions

by *Tracie Sullivan*

FOR IRON COUNTY TODAY

A Cedar City man with a long history of domestic violence was sentenced this week to prison after a brutal April assault left a woman injured, terrified, and unable to call for help.

James Lawrence Hildebrand, 33, was sentenced July 8 in 5th District Court to up to five years in the Utah State Prison after pleading guilty to aggravated assault, a third-degree felony. He also received two additional one-year sentences — to run concurrently — for property damage and drug possession, both class A misdemeanors.

The case stemmed from an April 17 domestic incident that police

described as violent and dangerous.

According to the charging documents, neighbors reported hearing yelling coming from the unit, and officers arrived to find a woman in visible distress.

At the time, the victim told police that the male involved had left and that nothing more than an argument had occurred. But after Hildebrand was located and taken into custody on a felony warrant out of Las Vegas — also related to domestic violence — the woman opened up.

“She felt safe in reporting several crimes,” officers wrote in the affidavit. “The victim states that the night before James had punched her, threatened her with a knife and shoved her into a bathtub so forcefully that she popped out her hip and received a cut on her vagina.”

On the day of the arrest, the woman told officers Hildebrand had strangled her “almost to the point of losing consciousness,” pulled out chunks of her hair, thrown her to the ground, and threatened to harm her if she called police.

She also reported that Hildebrand took her phone and iPad to prevent her from calling for help. Officers later found the iPad smashed and a broken glass pipe that tested positive for methamphetamine.

Hildebrand was initially charged with 13 offenses, including two counts of aggravated assault, assault with substantial bodily injury, tampering with a witness, unlawful detention, and possession of a controlled substance.

At least seven of the charges were flagged as domestic violence-related

felonies or misdemeanors. Several counts were later dismissed as part of the plea deal.

The victim told police that Hildebrand had continued to contact her after she had told him not to.

Officers noted that Hildebrand had a history of domestic violence, including violations of protective orders. They said both police and the victim believed “she would be in grave danger if James is released on bail.”

Prosecutors pushed for a prison sentence due to Hildebrand’s violent criminal history.

“Deputy County Attorney Dallin Brooks argued for prison and the court agreed,” Iron County Deputy Attorney Trajan Evans said in an email. “This man had at least nine prior DV convictions.”

## Utah Secures \$720 Million Nationwide Settlement from Eight Opioid Drug Makers

from *Madison McMicken*

UTAH ATTORNEY GENERAL’S OFFICE

(Salt Lake City, Utah) – Utah Attorney General Derek Brown and Utah Department of Commerce Executive Director Margaret Woolley Busse today announced approximately \$720 million nationwide in settlements with eight drug makers that manufactured opioid pills and worsened the nationwide opioid crisis. Based on the overwhelming participation by states across the country, all eight defendants have agreed to proceed with a sign-on period for local governments. Utah could receive up to \$8.8 million.

“The opioid epidemic has stolen the lives of too many Utahns and done immense damage to our communities. Today’s settlement brings in millions of dollars to help Utah heal from this epidemic and ensures families see

the justice they deserve,” said Utah Attorney General Derek Brown. “We will continue to work to hold accountable those who harm Utahns.”

The eight defendants and the total amount they will pay in funds to address the opioid crisis as part of the deal are:

- Mylan (now part of Viatris): \$284,447,916 paid over nine years
- Hikma: \$95,818,293 paid over one to four years
- Amneal: \$71,751,010 paid over 10 years
- Apotex: \$63,682,369 paid in a single year
- Indivior: \$38,022,450 paid over four years
- Sun: \$30,992,087 paid over one to four years
- Alvogen: \$18,680,162 paid in a single year
- \$14,859,220 paid in a single year

“These settlements are monumental in holding drug manufacturers accountable for their role in the opioid crisis

that has devastated communities across Utah,” said Margaret Wooley Busse, Executive Director of the Utah Department of Commerce.

“Our Division of Consumer Protection is dedicated to protecting consumers and ensuring settlement funds combat the opioid epidemic and support those affected.”

Seven of the companies (not including Indivior) are prohibited from promoting or marketing opioids and opioid products, making or selling

any product that contains more than 40 mg of oxycodone per pill, and are required to put in place a monitoring and reporting system for suspicious orders. Indivior has agreed not to manufacture or sell opioid products for the next 10 years, but it will be able to continue marketing and selling medications to treat opioid use disorder.

Utah, along with North Carolina, California, Colorado, Illinois, New York, Oregon, Tennessee, and Virginia, negotiated the nationwide settlements.

The Commerce Department’s Division of Consumer Protection (DCP) and the Office of the Utah Attorney General (OAG) are committed to continuing to combat this epidemic. Both the OAG and DCP have also secured previous settlement agreements with major corporations, including Walmart, Walgreens, Kroger, CVS, Publicis Health, McKinsey, Cardinal, Johnson & Johnson, Allergan, Teva, McKesson, AmerisourceBergen, and Mallinckrodt. In December 2024, the OAG and DCP filed their most recent litigation against pharmacy benefit managers, who played a secretive role as intermediaries in the opioid crisis.

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# Southern Utah University Receives \$1.35 Million Federal Grant to Expand Rural Psychology Internship Program

by Brooke Heath

SOUTHERN UTAH UNIVERSITY

CEDAR CITY, UT — July 8, 2025

— Southern Utah University (SUU) has been awarded a federal grant from the Health Resources and Services Administration (HRSA) totaling \$1.35 million over three years to significantly expand the Utah Psychology Internship Consortium (UT-PIC). This groundbreaking initiative aims to recruit, train, and retain highly skilled behavioral health professionals dedicated to serving Utah's rural communities—areas facing critical shortages in mental health and substance use disorder care. The first-year award of \$450,000 will launch the project, with an additional \$900,000 in anticipated funding over the following two years. The proposal earned a high score from the HRSA review committee, which praised its clear workforce data, strong partnerships, and effective strategies. Reviewers highlighted the program's detailed planning and commitment to ongoing improvement. SUU also received bonus points for successfully training psychologists to work in integrated care settings and underserved communities. Utah, like many states, faces an urgent and growing need for qualified mental health providers, especially in rural Health Professional Shortage Areas (HPSAs) where access to behav-

ioral health services is limited. UT-PIC, established in 2019 and supported by the Utah Center for Rural Health at SUU, is a collaborative, accredited psychology internship program designed to meet this challenge by preparing culturally competent psychologists ready to serve these communities. Since its inception, UT-PIC has successfully graduated 25 doctoral interns with a perfect 100% completion rate, with 80% of graduates employed in medically underserved areas. This new funding will allow UT-PIC to increase its internship capacity, enhance stipends to attract top candidates with strong connections to Utah, and provide advanced training focused on trauma-informed care and opioid and substance use disorder prevention and treatment.

*“We are excited to expand UT-PIC and strengthen Utah’s behavioral health workforce,”*

*said Rita Osborn, Executive Director of the Utah Center for Rural Health and Principal Investigator for the grant.*

*“This grant will help us ensure that more qualified, compassionate psychologists are prepared and motivated to serve rural populations where the need is greatest. It augments an established program that was built by many committed local partners.”*

The program will also invest in retention efforts by creating a comprehensive support network for interns and alumni, including ongoing professional development, leadership opportunities, and enhanced alumni engagement. These measures are designed to foster long-term commitments to serving Utah's most vulnerable communities. This initiative reflects SUU's commitment to addressing health disparities and improving access to quality behavioral health services across the state. A key strength of the project is its collaboration with partners like Intermountain Health, whose clinical sites and experienced providers offer interns hands-on training in integrated care. These partnerships play a vital role in preparing future psychologists to meet the needs of rural and underserved communities.

**Funding Acknowledgment:** The Health Resources and Services Administration (HRSA), Department of Health and Human Services (HHS), provided financial support for this project. The award provided 100% of total Year 1 costs and totaled \$450,000. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, HRSA, HHS, or the U.S. Government.



UT-PIC Training Committee Supervisors

## public & health

# FIRST RESPONDER & MILITARY APPRECIATION LUNCHEON

by May Hunter

FOR IRON COUNTY TODAY

The Iron County Home Builders Association, Cedar City Chamber of Commerce, and the Iron County Board of Realtors proudly came together

once again to host the 7th Annual First Responder and Military Appreciation Luncheon. This heartfelt event, held annually, is our way of showing deep gratitude to the brave men and women who serve and protect our community.

A special thanks to R. Scott Phillips for his additional sponsorship of this event, and to SW Plumbing Supply, who fired up the smoker and served delicious smoked burgers and brats for all to enjoy.

We also extend a big thank you to everyone who helped make this event such a success. It takes a lot of planning and preparation to bring everything together.

In addition to honoring our local heroes, the luncheon also serves as a monthly member event for each of the three hosting associations. It's a great chance for members to mix and mingle while supporting a worthy cause.

We extend our sincere thanks to all first responders and military personnel, past and present. Your service does not go unnoticed, and we are honored to celebrate and recognize your dedication

each year through this event. The turnout for this event was overwhelming—over 250 in attendance—including members of the Iron County Sheriff's Department, Gold Cross Ambulance, EMTs, Search & Rescue, healthcare workers from SUU and Southwest Tech, Fire Department, and the Cedar City and Parowan Police Departments. We even had fire representatives from Kanarraville. According to Ryan Talbot of the Iron County Home Builders Association, first responders from all across the county participated.

Being a first responder involves dedicating oneself to assisting others in emergencies. These are trained professionals. Take a moment to reflect on the bravery and dedication of first responders. By showing your appreciation, you can make a positive impact on the lives of those who work tirelessly to keep our communities safe.

THANK YOU,  
FIRST RESPONDERS



# Utah ranked as the 9th most expensive housing market in the country in 2024

REPORT DETAILS CURRENT HOUSING MARKET CONDITIONS IN UTAH AND PROVIDES A FORECAST FOR 2025

from Nick Thiriot

KEM C. GARDNER POLICY INSTITUTE

(Salt Lake City)

– The 2024-2025

edition of

the Kem C. Gardner Policy Institute's *State of the State's Housing Market* report provides a detailed analysis of current housing market conditions in Utah. The report indicates that high but stable housing prices characterized the state's housing market in 2024, with Utah ranking as the country's 9th most expensive housing market that same year. Stable prices, however, offered little relief to potential homebuyers as high interest rates and housing prices excluded many households from homeownership.

"Utah housing prices and rents showed little-to-no growth in 2024," said Jim Wood, Ivory-Boyer Senior Fellow at the Gardner Institute and lead author of the report. "Home sales and listings increased, and residential construction declined as apartment developments tumbled. Slower economic growth presented challenges for Utah's homebuilding and real estate industries but helped to dampen price increases for potential homebuyers."

**Key findings from the report include the following:**

**High but stable prices** - Home prices in Utah have increased less than 1% since 2022; however, the state still ranks as the country's 9th most expensive housing market. The median sales price of a single-family home statewide was \$547,700 in the fourth quarter of 2024.

**Stable rental rates** - Rental rates showed little change in 2024 and declined in some submarkets. The average rental rate (composite of all unit types) in Salt Lake County increased from \$1,582 in 2023 to \$1,593 in 2024, less than a 1% increase.

**Housing affordability** - The median multiple ratio measures the severity of housing affordability by dividing the median sales price of a home by the median household income. 2024

median multiple ratios show Washington and Salt Lake counties as severely unaffordable (with ratios above 5.1) and Weber, Davis, and Utah counties as seriously unaffordable (with ratios between 4.1 and 5.0).

**High-density units hit record highs** - High-density units (condominiums, townhomes, and twin homes) accounted for 28% of all existing residential sales and 28% of residential construction in 2024. Statewide, the median sales price of a condominium in 2024 (\$409,900) was 27% below the median price of a single-family home.

**Eagle Mountain leads on building permits**

- Eagle Mountain issued building permits for 1,556 residential units in 2024, the highest level of any Utah city. The second-ranked city, Saratoga Springs, issued permits for 1,354 units, and the fifth-ranked city, Lehi, issued permits for 1,036 units. These three northern Utah County cities accounted for 18% of the residential units receiving building permits statewide in 2024.

**Sales of existing homes and listings increased**

- A larger number of sellers entered Utah's market in 2024 as average monthly listings returned to pre-COVID levels (8,000 to 9,000 active listings). Home sales also received a boost from cash buyers who were not deterred by high mortgage rates. Nearly 18% of all home sales in Utah were cash purchases in 2024 (6,724 homes). Sales statewide reached 37,641 homes, up 7% in 2024.

**Housing demand headwinds** - Economic uncertainty and slower rates of demographic and economic growth will hinder housing demand in 2025. Residential construction, existing home sales, housing prices, and mortgage rates will continue at near the same levels as 2024. Projections include approximately 23,000 new residential units, 36,900 sales of existing homes, a 2% increase in the median sales price of a home, and mortgage rates fluctuating in a narrow range of 6% to 7%.

# showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

Blood Will Have Blood at Utah Shakespeare Festival's Production of

## Macbeth

by Val O'Bryan

RED LICORICE REVIEWS

Popularly known as “The Scottish Play,” William Shakespeare’s *Macbeth* is a dark and gripping tragedy that explores ambition, fate, guilt, and the corrupting power of unchecked desire. In this production, directed by John DiAntonio, the story unfolds in medieval Scotland (no kilts here!) and follows the rise and moral descent of a once-noble warrior, Macbeth.

After witnessing the tragic loss of Macbeth’s child, the audience is launched into a dynamic choreographed battle, staged by choreographer Trey Plutnicki and fight director Geoffrey Kent. Macbeth (Walter Kmiec), a fearless fighter, helps secure victory for King Duncan (Chris Mixon). On their way back from the battlefield, Macbeth and his friend Banquo (Chauncy Thomas) encounter three mysterious witches (Evelyn Carol Case, Kayland Jordan, and Kat Lee). Costume designer Lauren Roark has created distinct and ethereal looks for each witch. These eerie figures greet Macbeth with three titles: Thane of Glamis (which he already is), Thane of Cawdor (which he has not yet been named), and future King of Scotland (which he has a hard time imagining how it will come to pass). When asked, they offer Banquo a cryptic prophecy: though he will never be king, his

descendants will inherit the throne.

Soon after, part of the prophecy is fulfilled when Macbeth is named Thane of Cawdor by King Duncan as a reward for his bravery. This sudden confirmation of the witches’ words ignites a dangerous ambition in Macbeth. Encouraged by the promise of future power and stirred further by his wife, Lady Macbeth (Cassandra Bissell), he contemplates the unthinkable: murdering the king to take the crown for himself. Last season playing Benedick in *Much Ado About Nothing*, Walter Kmiec has demonstrated a sharp gift for comedic timing and delivery—but in *Macbeth*, he proves he’s just as skilled at conveying darker, more complex emotions. Likewise, Cassandra Bissell returns for another season and deftly creates a character dark enough to match Macbeth’s depths. It is a treat to watch the chemistry between stage husband and wife.

When King Duncan visits Macbeth’s castle, Lady Macbeth urges her hesitant husband to kill the king while he sleeps. Macbeth follows through with the murder, but the act immediately torments him with guilt and fear. To cover their crime, Macbeth frames Duncan’s guards, and the kingdom is thrown into chaos. Duncan’s sons, Malcolm (Christopher Joel Onken) and Donalbain (Gabriel W. Elmore), flee the country—Malcolm to England and Donalbain to Ireland—

fearing they may be next. Their flight, however, makes them appear suspicious to others and clears the path for Macbeth to seize the throne.

Now king, Macbeth becomes obsessed with securing his power and eliminating perceived threats. He recalls the witches’ prophecy about Banquo’s descendants and arranges to have Banquo and his son, Fleance (Amara Webb), murdered. Though Banquo is killed, Fleance escapes, deepening Macbeth’s paranoia and sense of instability.

Meanwhile, another nobleman, Macduff (Lavour Addison), begins to question Macbeth’s sudden rise and erratic behavior. Unlike others who flatter Macbeth out of fear or loyalty, Macduff refuses to attend Macbeth’s coronation and travels to England to seek help in restoring rightful leadership to Scotland. In retaliation, Macbeth sends men (including Blake Henri) to Macduff’s castle, brutally killing Macduff’s wife (Kathryn Tkel) and children (Jacob C. Rosengren and Benjamin E. Rosengren) in his absence—one of the most chilling acts of violence in the play. Despite having little stage time, the Rosengren brothers achieve a lot. They play their characters with innocence and authenticity, which emphasizes the grisly crime Macbeth has ordered.

The psychological toll of these crimes begins to weigh heavily on both Macbeth and Lady Macbeth. As Macbeth

seeks out the witches again for reassurance, he falls under the influence of Hecate (Caitlin Wise), the goddess of witchcraft, who is angered that the witches acted without her consent. She begins to manipulate Macbeth’s growing obsession with fate and his dangerous overconfidence. In this production, Hecate’s ominous presence is heightened by Apollo Mark Weaver’s dark and haunting design and Lauren Roark’s evocative costumes, which lend an otherworldly elegance to her and her eerie minions (Emma Cox, Gabriel W. Elmore, Austin Fronk, Blake Henri, Elijah Eliakim Hernandez, and AJ Newbury). Meanwhile, Lady Macbeth becomes increasingly consumed by guilt, descending into sleepwalking episodes where she relives the horrors they have unleashed.

As Macbeth clings to the throne through fear and force, Scotland falls into unrest. Noblemen begin to turn against him, and a growing alliance forms to challenge his rule, led by Malcolm, the rightful heir. In this final act, the tension and urgency are heightened by Shannon McKinney’s stark, dramatic lighting, Lindsay Jones’s haunting sound design and original score, and

Andrew Flasch’s precise music direction—all of which intensify the sense of impending reckoning as the



A scene from *Macbeth*. Copyright Utah Shakespeare Festival, 2025.

Photo by Karl Hugh



conflict surges toward its climax.

*Macbeth* is ultimately the story of a man whose ambition drives him to betray his honor, his country, and himself—setting in motion a tragedy that none can stop. Don’t miss this bloody but spectacular show!

Utah Shakespeare Festival presents *Macbeth*, by William Shakespeare  
Engelstad Shakespeare Theatre, 351 W Center Street, Cedar City, UT 84720  
Plays on select dates until September 4, 2025, 8:00 PM  
Tickets: \$15-85  
Contact: 435-586-7878 or 1-800-PLAYTIX, [guestservices@bard.org](mailto:guestservices@bard.org)  
Utah Shakespeare Festival Facebook Page

Val O'Bryan reviews and analyzes local plays and writes about them on Red Licorice Reviews at [redlicoricereviews.com](http://redlicoricereviews.com).

# Reunions to Reconnect

by Sara Penny

CCAC VICE PRESIDENT

July is a popular month for family reunions. Connecting the younger children with their family heritage is a daunting task. How do you capture your grandparents and parents in a few words to share? What do you want your family to remember? What is best forgotten?

I joke I am related to most of Southern Utah from before 1960. My father's family is the Nelsons in Cedar City and my mother's family is the Hafens in St. George. Both families have a plethora of progeny. The best part of reunions for me is visiting with relatives and remembering the past. It is also fun to meet the younger members of the family and hear their stories.

Getting older has the advantage of realizing how much the world has changed and how lucky I am to see it. I started writing this while waiting for the 4th of July parade to start. The parade just started with two of the red SUU helicopters flying above Main Street. Just think of how air travel has changed our lives. Friends and family are traveling the world with much greater ease than when I was a child in the 50s. How do you explain to a modern child how much daily life has changed? My grandparents had an even bigger transition. My Grandma Hafen told me about electricity coming to St. George when she was a child. Her family thought electric light was a miracle. It really is amazing to flip a switch and have light. At our Nelson reunion we heard about my father's family getting their first car when he was 12 and that he drove his siblings into Cedar City from the valley farm to school. The road was probably a

dirt road in 1928 and the distance was five miles.

Though many things change, we are still enjoying the classics. Shakespeare's plays seem particularly relevant. Watching Marc

Antony make a series of very poor life choices is excruciating. Cleopatra in the current Utah Shakespeare Festival is a force of nature. Strong women have guided my life. How can we use the lessons from our own family histories and great literature to help guide modern children so they make better choices?

At a recent Arts Council meeting we were thinking of books for the Literary Group for next season. What great fiction and nonfiction books would you recommend? Send suggestions to [cedarcityartscouncil@gmail.com](mailto:cedarcityartscouncil@gmail.com). The tricky bit is a book that is engaging, but of broad appeal. I suggested *The Women* by Kristin Hannah. It is an engaging and emotional odyssey with a Vietnam era nurse. The transition from socialite to combat nurse makes it a compelling book. Dealing with PTSD as her parents devalue her service is another gutcheck. Sometimes it is through the family stories, theater, and literature that we can understand each other and ourselves.

For the writers out there this is a reminder from Gabino Iglesias: "Many people have a book in them, but it takes a special kind of freak to leave the Land of Laziness, cross the Plains of Procrastination and Insecurity Mountain, find the Blade of No One Made You Do This, and use it to cut your chest open and yank that book out."

Share your stories at the reunions. Write your stories. You have unique perspectives that are worth sharing.



## Final Friday Art Walk for July 25



by Sara Penny

CCAC VICE PRESIDENT

You are invited to the Final Friday Art Walk on July 25,

from 5 to 8 p.m., coordinated by the Cedar City Arts Council (CCAC). Some of the new additions are harpist Heidi Hodnett at the Shape Theory Ceramic Studio and information on the Utah Shakespeare Festival Guild luncheons. Orchestra of Southern Utah season tickets will also be available. Musicians are set for eight locations along Center Street from Artisans to the Southern Utah Museum of Art and north on 100 West. This is a free public event and is designed to be family friendly.

Art demonstrations are a fun part of the evening. We appreciate the artists who participate. Children are invited to get free art supplies at the Cedar City Arts Council table at the corner of 100 West Center. Artists may set up their table displays at 4:30 p.m. on the lawn at 100 West Center Street. There is no vendor fee or application process. Save room for the musicians. If it gets too crowded we can expand into the Johnson Art Center Parking Lot. "We are happy to have Gwen Moodie helping with photos," said Roger Gold, CCAC President. "We also appreciate the artists and patrons who help provide photos."

You are also invited to visit the Artisans Gallery on Center Street as well as the Gold River Gallery and the Kolob Gallery at 111 South Main. The Art Walks will continue August 29, and September 26. The CCAC is funded through memberships, the (RAP) Recreation, Arts, and Parks fund, Utah Division of Arts and Museums, and generous donors. "The Art Walk is a community building event," said Gold. "It is

exciting to see what the artists have to offer and to enjoy an evening of live music. We encourage you to come and join us from 5 to 8 p.m. on July 25."

July 25

**The Green, lawn at the corner of 100 South Center**

5 to 6 Coyote Bluegrass  
6 to 7 Josh Hicken, guitar and vocal  
7 to 8 Southern Utah Handbell Choir

**Stone Path, 150 West Center**

5:30 to 6:45 David Williams, guitar and vocal

**Artisans**

6 to 7 p.m. Coyote Bluegrass  
**Johnson Center, 59 North 100 West**  
5 to 6 p.m. Steed Family (combination of instruments including Nina Hansen, cello and Sarissa Steed, erhu)

6 to 7 McKay Tebbs, guitar  
7 to 8 Cody Stratton, piano

**SUMA Plaza**

5:30 to 6:45 p.m. Derek Wood and friends

**IG Winery**

6 to 7:30 p.m. Peter Buis, guitar

**Home On the Range, 97 W. Center Street**  
7:00-8:00 pm Troy Hill

**Shape Theory Ceramics Community Studio, 173 N. 100 West**

5:30 to 6:30 Heidi Hodnett, harpist





# The Health and Mood-Boosting Power of Pets

by *May Hunter*

FOR IRON COUNTY TODAY

**P**ets come with powerful health benefits. Caring

for a dog, cat, or other animal can help relieve depression, lower stress, and improve your heart health.

Nothing compares to the joy of coming home to a loyal companion. They are so happy to see you! Pet especially dogs and cats—can reduce stress, anxiety and depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health.

Caring for an animal can help children grow up more secure and active. Pets teach children to be kind and show love and compassion—and most of all, how to be responsible. They also provide valuable companionship for older adults. The unconditional love of a pet can do more than keep you company. Pets help keep our minds alert, support emotional well-being, and even help children develop better social skills.

An estimated 68% of U.S. households have a pet. But who benefits from an animal, and which type of pet brings the best health rewards? All pets come with benefits. Having an aquarium is soothing and calming. It can be fun to go pick out fish to add to your tank. Dogs are usually good travelers, and many places are now “Dog Friendly.” Cats are curious and fun to watch. If you’re an outdoor person, chickens are becoming popular pets. You might be surprised how much you enjoy caring for them—and the benefit of fresh eggs daily!

Dogs are excellent pets due to their loyalty, companionship, and ability to improve both physical and mental health. They reduce stress and are very rewarding. They provide love, joy and protection and some laughter.

granted.

Having a dog can be fun and challenging. Dogs are sensitive to their owners and provide great emotional support. They love going on walks and help keep us active. There are so many wonderful animals that make great pets—just focus on finding one that fits your lifestyle, your passion, and your personality. A word of caution: Never leave your pet unattended in a parked car for any period of time. On a warm day, the temperature inside a car can exceed 120 degrees in a matter of minutes. Even with the windows

as a pet encourages you to be active and boosts self-esteem and confidence. Being responsible for one of these gorgeous creatures can be life-changing. Petting them, walking with them, or riding them provides a peaceful state of mind—they are very tranquil animals. They teach us to slow down and appreciate the natural beauty around us, which is something many people take for

Training and working with horses can teach valuable life-skills, like patience, communication and responsibility. They make excellent pets.



partially open, your pet can quickly suffer brain damage—or die—from heatstroke or suffocation.

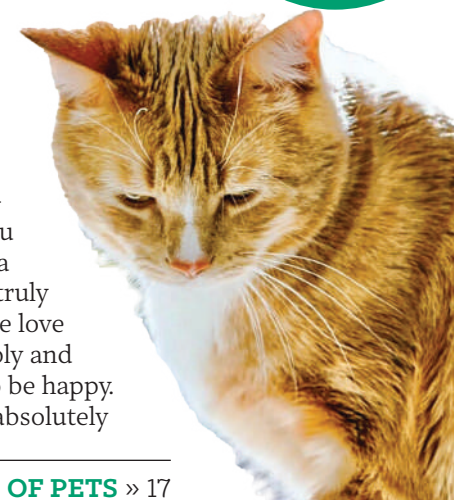
If you have the choice, it’s better to leave pets safely at home.

Whatever kind of pet you prefer, it can make a great companion. Research on human-animal interaction is still relatively new, but some studies have shown positive health benefits. Interacting with animals has been shown to decrease everyday stress levels, increase feelings of social support, and boost our mood.

Pets teach all of us about responsibility, love, and the joy of caring for another living being. They help us manage loneliness and depression through companionship. They also teach us not to be selfish. Pets have the ability to strengthen relationships by helping us become more patient, caring, and loving.

The unconditional love you receive from a dog or cat is truly rewarding. We love our pets deeply and want them to be happy. Their love is absolutely

Cats are fun to watch and are very curious. They are great companions, provide lots of entertainment, with low maintenance.



see **POWER OF PETS** » 17

## calendar

THURS, JULY 17

**INDOOR FARMERS MARKET**

(NEW Expanded Hours – Open 10AM to 6PM, M-F, & 9AM to 2PM Saturdays) 909 S Main St., Cedar City - (Between IFA and Liberty Tax) Regional vendors are bringing their best artisan goods including fresh bakery items, Local eggs, pickles, jams & butters, freeze dried treats, candles, soaps, tallow and beauty products! One-of-a-kind crafts and secondhand treasures, live and artificial plants, herbs and cedar planter boxes! Something special waiting to be discovered!

**3V MINI BULL SERIES (7PM) 3V**

Mini Bulls 2025 Bullriding Jackpot Series will be held at the Cross Hollows Event Center—Diamond Z Arena (11 N Cross Hollows Rd, Cedar City). Admission to watch is FREE. Everyone is invited to come out and cheer on the mini bull riders. Don't forget to come early for the newest addition, Moto Barrel Racing, at 6:00 p.m. For information or to enter, call or text Gregg at (435) 463-5523.

**LOCAL KOLOB GALLERY ARTISTS**

ART SHOW (Monday through Saturday 1 to 3:30 pm and 6 to 9:30 pm) artists will exhibit their work at the Randall Jones Theater during this summer's Shakespeare Festival. Oil paintings, watercolors, and pastels will be on display. Participating artists include Mary

Jabens, Tiffany Marchant, Debbie Robb, Mona Woolsey, Brad Holt, and Arlene Braithwaite. Work is reasonably priced.

FRI, JULY 18

**FRIDAY NIGHT LIVE MUSIC**

(7-8PM) June- August! Free entry. Local country musicians and bands. 97 W. Center Street, Cedar City Utah 84720 at HOME ON THE RANGE.

SAT, JULY 19

**CEDAR CITY FARMERS MARKET**

(9AM-2PM) @ the IFA parking lot (905 S Main St, Cedar City), admission is FREE. Come for the farmers, food, and artisans as well as drawings, bingo, and more! For information visit them on Facebook, Cedar Saturday Market, or call Nancy (435) 463-3735.

**FESTIVAL CITY FARMERS**

MARKET (10AM-1PM) at 100 West Center Street (Cedar City), admission is FREE. Shop locally produced and grown fruit, vegetables, cheese, jam, bread, eggs, honey, farm products, handcrafted items, and more. For information email festivalcityfarmersmarket@gmail.com.

WED, JULY 23

**LIVING WELL WITH CRONIC**

PAIN (3-5PM via ZOOM) This class was developed by professors at Stanford University to help people living with chronic pain learn to manage their healthcare. Chronic pain is pain that is ongoing and can affect your lifestyle. The leaders will explain how diet, exercise, medication, and emotions can interfere with your wellbeing and ways to manage to enhance your lifestyle. Past participants have expressed how this class has really helped them have a better outlook on life and more hope. To register call 435-673-3548 ext. 103 or email [rsvp@fivecounty.ut.gov](mailto:rsvp@fivecounty.ut.gov)

**Want your event on our calendar?**

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

happy to see you, each and every time you walk through the door—and that's the best part.

**POWER OF PETS**

« CONTINUED FROM PAGE 16

unconditional, and they do more than keep us company—they offer emotional support and help reduce anxiety. A pet can even help you get in shape and stay healthy. Pets fill your home with love, snuggles, and laughter.

When you've had a bad day, they're always there with a head bump or a silly antic to make you smile and instantly improve your mood.

Children learn many life lessons from having a pet—compassion, responsibility, and empathy. A fur baby is always

Animals are such agreeable friends—they ask no questions, they pass no criticism.

-George Eliot

## celebrations



Ivy June Jenkins was born on May 21, 2025 in Cedar City. She weighed 6 pounds 12 ounces and was 19 inches. The proud parents are Jordan and Jessica Jenkins. Ivy was welcomed by big brothers - Maddox & Weston, and big sister Ronni; Grandparents - Lee and Linda Wood of Cedar City & Eric and Wendi Jenkins of Cedar City; Great Grandparents - Lorraine Jenkins of Cedar City & Sandy and Brenda Webster of Cedar City. We love you sweet girl!

The Cedar City  
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## 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

**Central Iron County Water Conservancy District Board Meetings**

3rd Thurs., 6:30pm. 710 S. Westview Drive

**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, 5:30 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 Tris Colman (805) 268-4287.

**Bikers Against Child Abuse**

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

**DAR – Bald Eagle Chapter**

3rd Tues, 11:30 AM @ the Cedar City Brian Head Visitors Center

**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  
Elks Lodge (303 N 100 E)

**Rotary Club**

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

**Veterans of Foreign Wars (VFW)**

1st Tues, 6PM, Post 10846 meets @ Elks Lodge, 111 E 200 N. Email: [VFWinCedarCity@gmail.com](mailto:VFWinCedarCity@gmail.com)

## SUPPORT GROUPS

**AA—Alcoholics Anonymous**

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

**Speaking From The Heart** • M – Sa, Noon  
**Steps and Traditions** • M – Su, 7 am

**Red Road to Sobriety** • Mon, 6 pm Paiute Tribe, 440 N Paiute (435) 586-1112 Ext. 307

**Misfits** • M – F, 6 pm

**Cedar Group** • Tues, 8 pm

**The Great Fact** • T, F, Noon. True Life Center 2111 N. Main. (702) 802-1332 or (702) 533-7856

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

**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**

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

**Easy Does It** • Tues, 6-7 pm • (435) 559-3333

**Hope for Today (Family Groups)**

Thurs, 6 pm • (435) 559-3333

**Key to Harmony (Online/Email Meeting)** Sun & Tues 435-704-4979 • <https://keytoharmony.org/>

**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](mailto:utahprograms@alz.org).

**ARP—Addiction Recovery**

1st Wed, 7 pm • Parowan Seminary building, Main & 300 N, Parowan  
Sun 7:30 pm • 85 N 600 W, Cedar, 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 202-292-9911.

**Embrace Grace**

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

**Grief Support Group**

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

**Grief Support - Child Loss**

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

**Helproom**

Fri, 2-3 pm • Free online support group for survivors of Domestic Violence, Sexual Assault. Safe to communicate, share perspectives on healing, recovery. Join: [affiliate.rainn.org/helproom/canyoncreekerservices](http://affiliate.rainn.org/helproom/canyoncreekerservices).

**Multiple Sclerosis**

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

**Narcotics Anonymous**

[www.nasouthernutah.org](http://www.nasouthernutah.org) • (435) 635-9603  
KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

**Basic Text Study** • Mon, 8 pm

**Just for Today** • Wed, 8 pm

**It Works - How and Why** • Thurs, 7:30-8:30 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 • KKCB 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](http://www.southernutahshare.com)

**Reel Mental Health**

1st Tues, 6PM • The Rambouillet Barn 197 W. 200 S, Parowan, Utah 84761 • A fun interactive support group focused on your mental health and well-being.

**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](mailto:info@sunrisechurch.net), [sunrisechurch.net](http://sunrisechurch.net).

## CLASSES, CLUBS &amp; ACTIVITIES

**Adult Barre/Modern Dance**

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

**Arthritis Foundations Exercise**

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

**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

**Cars & Custard**

2nd Mon., 6-8 PM at Culver's Treasures Thrift Store is: 1093 S Main Street, Cedar City, UT. Classic Cars & Trucks, Customs, Your pride and joy. A free small Custard for each car entry, provided by Culver's! Contact Mike @ 909-717-1232 or [ekimjacobs@gmail.com](mailto:ekimjacobs@gmail.com) for more info.

**Cedar Breaks Model A/Vintage Car Club**

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

**Cedar Chest Quilters' Guild**

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

Visitors welcome. Info: Ms. Ronnie Badgett. 435-477-2243. [cedarchestquiltersguild.org](http://cedarchestquiltersguild.org)

**Cedar City ESL**

Wed, 6:30 - 7:30 pm • Free ESL lessons offered at Cedar 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 City Unitarian Universalists**

2nd Sun.11:00am @ 1280 E Midvalley Rd. Leave a message at 435 590-0596 if interested.

**Cedar Professionals**

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

**Cedar Radio Control Club**

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

**Cedar City Community Band**

We offer a wealth of opportunities for individuals of all ages and skill levels to get involved and experience the joy of ensemble music-making. Contact us at [www.cedarcitycommunityband.org](http://www.cedarcitycommunityband.org) or by calling 435-590-2513.

**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**

4th Thurs, 7pm at 2321 W Cove View Dr, Cedar City. Join a growing number of women throughout the nation to strengthen and preserve liberty. INFO: Kami Merrill 435-592-4152 or email: [ironcountymoms4america@gmail.com](mailto:ironcountymoms4america@gmail.com)

**Iron County Democrats**

Come meet with an exciting and welcoming group committed to improving our world. Monthly meetings and annual convention. For more information find us at Facebook- Iron County Utah Democrats, or call Mike Keil at (435)840-4712.

**Friends of Festival Country K9s**

offers Dog Training classes and therapy dogs for libraries, schools, and more. We also have events like animal adoptions and microchip clinics. Call Gail Workman at 435-592-5487 for info.

**Parkrun**

Sat, 8 am • Canyon Park West 133 S 400 E Cedar City. A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! [www.parkrun.us](http://www.parkrun.us)

**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/SmGygtCfvQ1tS2pB7](mailto:forms.gle/SmGygtCfvQ1tS2pB7)

Adolescent: [forms.gle/BZiePW63pRzD8k9](mailto:forms.gle/BZiePW63pRzD8k9)

**Rock Club**

1st Thurs, 6 pm • Gateway Academy, 101 W Thoroughbred Way, Enoch. Learn about geology, find gems, fossils and minerals. Learn to cut and polish and make jewelry. [southernutahrockclub.org](http://southernutahrockclub.org)

**Sagebrush Fiber Artisans Guild**

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

**Senior Yoga Classes**

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

**Sewing Group**

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

**Southern Utah Woodturners**

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

**StrongBoard Classes**

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

**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.

**TOPS—Take Off Pounds Sensibly**

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

**Water Aerobics Class**

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

**Wellness Place**

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

**Wellness Wednesdays**

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

## history

# Pioneers — An Anchor for Today: Pass On the Pioneer Spirit

by **May Hunter**

FOR IRON COUNTY TODAY

It was in 1847 that the first company of Utah pioneers headed toward the setting sun. For three and a half months, they pushed on through the bottom lands of the Missouri, across enemy-infested plains, and up over the backbone of what would become Utah, near the heart of the Great Basin. Over the trails established by these pioneers, an empire moved west in the 1850s and '60s under the covered wagon. On some days, the great caravans of white tops stretched as far as the eye could see. Some were driven by pioneers destined for Utah; others were passing through in search of fortune farther on. This was the “Covered Wagon Era” of American history. Thousands also came on foot, pushing their belongings in carts, trudging every weary mile in a sacrifice severe enough to wring the stoutest heart. Through hardship and suffering, they wrote one of the most stirring chapters in our nation’s history. The Utah pioneers helped blaze a national thoroughfare, they established a new frontier, they built a desert empire. Their memory hallows the days when the cry was “Westward Ho,” and new states were being born. They were heroes and heroines, these early pioneers — courageous young men and women, 177 years ago — who braved the terrors of the plains: scorching heat, winter blizzards, enemies, rattlesnakes, starvation, and death to found the first great Intermountain commonwealth in this mighty western domain. “Because of their ideals and ability to cope with the seemingly unsurmountable, their praise will be sung on the cinema screens of the world.” With all the emotional years behind us, the need to step back, step away, and reset is almost overwhelming. Many of us are moving forward with an eagerness to rediscover ourselves along

the way. There’s nothing quite as grounding as stepping into a place that calls you back to a simpler time. A place that connects you with those who walked there before can be almost therapeutic in the power of connection it offers. Two pioneer women are honored with monuments for their heroic efforts in Southern Utah: Nellie Purcell Unthank, a pioneer woman who lost her feet to frostbite while traveling with the ill-fated Martin Handcart Company in 1856, went on to rear a large family in Cedar City. The monument honors Nellie, whose feet were frozen when the handcart company became snowbound in Wyoming in October 1856. Nellie’s parents died during the crossing, leaving Nellie, age 10, and her sister Maggie, age 14, as orphans. After the party was rescued by volunteers from Salt Lake City, Nellie’s feet were amputated. A poor surgical job left bones protruding from the ends of her legs, forcing her to walk on her knees for the remainder of her life. After moving to Cedar City, Nellie became the mother of six children. Constantly in pain and despite her handicap, she did not seek favors or pity, and she managed to raise a family without the



A monument to a survivor of harsh, pioneer life, frostbite and primitive surgery, is placed on the campus of Southern Utah University. Nellie’s feet were frozen as she walked without shoes. She is a symbol of strength and perseverance in face of adversity.



Paulina Eliza Phelps Lyman, 1827-1912, 1st Doctor and Midwife sculpture in Parowan Utah Heritage Park.

need for charity. Her example was an inspiration to others living in those harsh pioneer times. Her monument is located at Southern Utah University, just off 200 South.

Paulina Phelps Lyman, known as “Aunt Philly,” was Parowan’s first doctor and midwife. After practicing medicine for 40 years, she sought to improve the care she provided. At the age of 60, she traveled to Salt Lake City for formal training, then returned to Parowan, where she trained two other pioneer women. She delivered hundreds of babies over the course of her life. For decades, she was the only medical help in Parowan. She was never seen without her “black bag.” The children used to believe Aunt Philly brought the babies to their homes in that very bag. Paulina Phelps Lyman’s monument is located in Heritage Park in Parowan, Utah.

We live in a world full of discontent and contention. It is very easy to get caught up in all that is going on. We are taught to love our neighbors and that contention is not right. We need to set good, positive examples all the time—now more than ever.

The pioneers succeeded

largely because of their sense of unity and mutual responsibility. They learned to work together and live together as a unified people. There is much to be learned from them. They thought about others and tried to make their lives a bit easier.

Today we face different challenges—different mountains to climb. In being a modern pioneer, trust that what you are doing is right, even though you don’t know it with certainty. The pioneers needed hope for something better and a willingness to leave all they knew to seek it. We can do the same today by embracing change and finding the good.

They laid the foundation—ours is the duty to build on it.

“Believe you can and you’re halfway there.” — Theodore Roosevelt

## D9 Meats

PRE-ORDER NOW!

<b>BEEF TRI-TIP</b>	<b>\$9.00/LB</b>
<b>PORK BABY BACK RIBS</b>	<b>\$6.50/LB</b>
<b>1/3-LB BEEF PATTIES</b>	<b>\$9.00/LB OR \$40.00/5-LBS</b>
<b>CHICKEN BREASTS</b>	<b>\$25.50/5LB BAG</b>

PRE-ORDER BY WEDNESDAY FOR PICK UP ON SATURDAY



**CEDAR CITY  
Farmers  
MARKET**

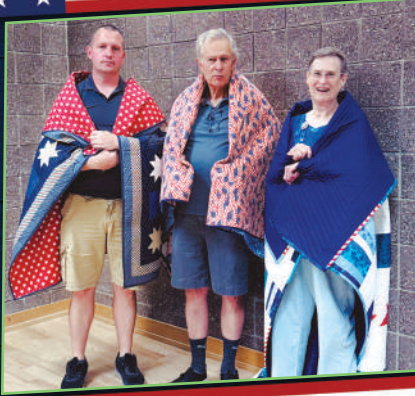
Every Saturday  
9am–1pm IFA  
905 S. Main, Cedar City





240 N 200 E, Paragonah, UT • 435-463-3735 • W-F 9am-3pm

## QUILTS OF VALOR



**Veteran: Major David Dalton US Army, Iraq Vietnam.  
Specialist Gary Dodds US Army Vietnam Veteran.  
Captain Janet Warner US Air Force Vietnam Mash Nurse.**

*A Quilt of Valor is a handmade quilt awarded to a Service Member or Veteran who have been touched by war. Patches4Patriots is the local chapter of the Quilts of Valor Organization in Iron County. If you are or know a veteran please email Patches4Patriots@gmail.com*

**Honor Our Veterans**

## schools

### Emma Monson presents at the International Science Fair



by *Gavin Hawkey*

SUCCESS ACADEMY PRINCIPAL

Emma Monson, a senior at SUCCESS Academy and Cedar High School, was recently selected to advance to the **International Science and Engineering Fair (ICEF)**. She presented her project "Using Microfluidic Devices to Filter Algae at High Flow Rates - Year 3" in May. Emma has been partnering with Southern Utah University (SUU) on this project for the past three years, improving the design and refining her process each year. She demonstrates the qualities of a true scientist through her data-driven improvement process and optimistic attitude. Emma was also awarded the Science Sterling Scholar award and has been published in a scientific journal. She will be continuing her education at Southern Utah University to study chemistry. She's looking forward to pursuing higher education and research post-graduation. We are proud of Emma's accomplishments and dedication. She is an excellent student and an exceptional scientist.



## Paula Daniels Mitchell, July 24th, Featured Speaker

by *Julia Corry*

FOR IRON COUNTY TODAY

**P**aula Daniels Mitchell, will be speaking at the Sons of Utah Pioneer July 24th Celebration; held at the Rock Church House at 75 East Center Street at 10:00 a.m. about "The Importance of Place. How it connects people and

gives them a sense of belonging and rootedness."

Paula has been involved in the history of our community and helping to preserve our heritage. Paula Daniels Mitchell is currently serving in our community on the Historic Preservation committee. One of nine members who, among other things, help educate the public regarding historic preservation and our communities' history.

Paula served 22 years at Southern Utah University, starting in the Circulation Department and moving to Special Collections. After Janet Seegmiller retired, she became the head of the department and one of SUU's Faculty members.

Paula grew up in Cedar City, The daughter of Paul and Jean Daniels, met her husband Tom Mitchell in a math class, taught by Kim Jones. They are the parents of three.

Paula graduated from SUU, with a degree in Elementary Education with minors in Fine Arts and Reading.

Tom, a hospital administrator, and their family moved around as career opportunities arose. Paula substituted in the schools to keep her degree current. In Paradise, Montana, she taught First and Second Grade. She had eight students, and the whole school could fit in one bus; Kindergarten through 8th grade.

When they moved to Williston, North Dakota, Paula decided a change of venue was in order, so instead of teaching school she got a job at a two-year Community College in their Library. Her supervisor suggested she get a master's degree in library science, as she was well suited for library work.

In Paula's words; "We ended up moving back to Cedar City and I got a job at the library university. I was in the circulation department where you check in and out the books. About six months after I got a job there, a little flyer came across my desk about a master's program they were doing as a satellite program at L V University of Nevada, I thought OK, it must be kismet, because it was the same program that my supervisor in North Dakota wanted me to go to; so I went to the program."

"There was another lady that worked at the library that went through the program with me. About halfway through, there was an Archives class, and she said; Let's take this Archives class and I said; Archives! That has to be about the most boring thing that there is in the entire universe! Then I said, OK, let's do it! About halfway into the class I loved it, she hated it. I thought, "I love this, you put stuff in piles, you put it in folders, you organize it, and you can get paid to do that!" This is what I was meant to do!" Paula graduated in 2004, with a Master's Degree in Library Science, with an emphasis in Archives. "

"A position in Special Collections opened up, so I applied! I worked under Janet Seegmiller's tutelage. I absolutely loved what I did. My favorite thing was just to see the joy on someone's face, when they came into special collections and we could find the information they needed, research on a subject, genealogy on their family, a photograph, whatever it was. If we could help them find it, it made my heart happy!"

Paula serves with the 'Daughter's of Utah Pioneers, Cedar City Museum Board with six other committee members. As head curator she helps to preserve the artifacts and histories of the 'Pioneers and First Settlers' of Iron County.

She is a member of the Collections Preservation Team sponsored by the State Office of Arts and Museums. They provide workshops and Webinars, free to the public, particularly, those with an interest in Archival and protection and display of museum treasures.

Come, hear Paula talk, and learn about the Pioneers of this wonderful community we live in. A treasure awaits you!

## obituaries

### Kimberly Sang Vanfleet



To honor the beautiful and captivating journey of Kimberly Sang Vanfleet, we come together to remember a woman of immeasurable courage, resilience, and generosity. Born in the Battambang Province of Cambodia on March 5, 1960, Kimberly's life was a testament to the strength of the human spirit. After enduring the atrocities of the Khmer Rouge and the loss of her beloved father and older brother, she emerged from the shadows of her past with a heart full of love, a soul full of resilience, and a spirit that shone brighter

than the sun.

Kimberly grew up in Cambodia and was there in 1975 when the Khmer Rouge fought to take control of her country, and plunged the country into civil war. During that civil war, Kimberly was taken from her family and put in a work camp where she remained for 5 years until she was able to escape into Thailand and come to the United States. Kimberly's father and one older brother were killed in the war. One older brother remained in Cambodia and lives there today with his family. She survived the killing fields of Cambodia and escaped with her mother and younger brother in 1979. Kimberly's journey to the United States marked the beginning of an inspiring chapter in her life. She was a modern day pioneer and a beacon of hope for her people.

She joined the Church of Jesus Christ of Latter-day Saints and served as a missionary in Independence, Missouri. Her faith carried her through the trials of life and her laughter, often described as infectiously funny, brought joy to all who had the pleasure of knowing her. Kimberly's love for her family was unparalleled, her time spent cooking, shopping, crocheting, and especially being with her children, was precious. Her home in Cedar City, Utah, was decorated with beautifully hand-crocheted blankets and was filled with the aroma of her delicious meals, especially her coveted egg rolls.

Kimberly is survived by her loving husband, David Vanfleet, and their cherished children, Vanessa Porter (Skyler), Andy Vanfleet (Ali), Jessica Justesen (Aaron), and Ashley Gale (DeMar), grandchildren Axton and Storm Porter, and brothers Ieng and Youn.

She is preceded in death by her parents, Ang Sang and Lay Rim, and one brother Oung Sang. She lived her life as a testament to the scripture in D&C 58:4, "For after much tribulation come the blessings. Wherefore the day cometh that ye shall be crowned with much glory." Kimberly's life was indeed filled with tribulation, but her blessings were abundant and her glory will live on in the hearts of her loved ones forever.

Please join us to celebrate Kimberly's life at the Cedar Valley Funeral on Friday, July 11, 2025, at 6:00pm MDT and at the Cedarview Ward on Saturday, July 12, 2025, at 9:30am MDT. The funeral services will commence on the same day at 11:00am MDT. For those unable to attend in person, a live stream will be available at <https://my.gather.app/remember/kimberly-vanfleet>.

We encourage you to share your memories and photographs of Kimberly on her memorial page. Your contributions will help keep her spirit alive and honor the remarkable woman she was.

Services were entrusted to Cedar Valley Funeral. Memories can be shared on her memorial page at [cedarvalleyfuneral.com](http://cedarvalleyfuneral.com)

### Helen Beth Dalton



Helen Beth Winn Dalton, 88, passed away peacefully, surrounded by her family, on July 8, 2025 in Cedar City, Utah. Mom was born on March 2, 1937 to Alton Lafell and Ethel Gardner Winn in Elsinore, Utah. She was a member of the Church of Jesus Christ of Latter-Day Saints.

Growing up on a small farm, feeding the animals and using an outhouse, Mom lived during some challenging times, with her parents and four older brothers, Robert Winn, Don Winn, Stan Winn, and Paul Winn. During World War II, the family moved to Washington state so her parents could work at the pier. She remembered that they weren't allowed to turn on the lights because of threats to the area. Her mom put aluminum foil over the windows to keep the light from escaping. After the war, the family moved back to Elsinore, Utah to farm.

One night, when Mom was fourteen, she was walking home in the rain when a young man by the name of Kenley Dalton pulled over and offered her a ride. After three years of dating and much persistence from Dad, Mom agreed to become his bride. (His good looks, quick smile, and 1937 Chevy didn't hurt either!) They were married January 16, 1954, in Gunnison, Utah and had three children, Debra, Roger, and Lorraine. Then in 1965 Dad and Mom moved to Cedar City, Utah where Dad took a job with the telephone company. After all of us kids were in school, Mom joined the workforce and was an optician for Dr. Chatterley for 19 years and later worked for Loy Brown's office.

We have many fond memories as a family of camping, fishing, and tubing in the snow up Cedar Canyon.

During Mom and Dad's retirement years, they made memories at their mountain cabin, fishing, traveling the United States in their motor home, and enjoying cruises.

Dad passed away in 2015. The love they shared for 61 years has been a great example to all who knew them.

Mom is survived by her daughter Debra (Chuck) Shaver, her son, Roger Kenley Dalton, her daughter Lorraine Holyoak, eight grandchildren, 19 great grandchildren, and one great-great grandchild.

She is preceded in death by her parents, four brothers, and four grandchildren.

Funeral services were held Saturday, July 12, 2025 at 1:00 pm at the Cedar City Cemetery under the direction of Southern Utah Mortuary. Online condolences can be sent at [www.mortuary.org](http://www.mortuary.org).

### Ronald Felt Jones



Ronald "Ron" Felt Jones, 87, passed away peacefully at home in Cedar City, Utah, surrounded by his loving family on July 8, 2025.

Ron was born on February 9, 1938, in Cedar City, Utah, to Thornton and Selma Jones. He was the second youngest of six children and remained deeply rooted in his hometown throughout his life.

Ron had a passion for the outdoors and enjoyed hunting, riding four-wheelers in the mountains, and restoring old cars. He proudly served his country in the Army National Guard.

On July 11, 1959, Ron married his wife, Juaneta Stapley, in the St. George Temple. Together, they built a beautiful

life and were blessed with three sons and one stillborn son. A skilled electrician, Ron owned and operated Ron's Electric, where he worked alongside his sons and completed electrical work for countless homes and businesses in the area. Even in retirement, Ron loved to stay busy—he could often be found woodworking in his shop, going shooting, or working on his next project.

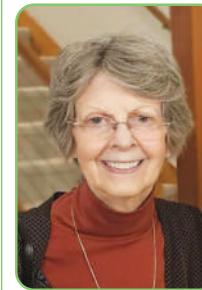
Ron was preceded in death by his wife Juaneta, his parents, all of his siblings, his infant son Michael, and his infant grandson Dakota.

He is survived by his sons: Dallas (Bonnie) Jones, Craig (Carol) Jones, and Curtis (Nicole) Jones, as well as 14 grandchildren and 18 great-grandchildren, all of whom will miss him dearly.

A graveside service will be held in his honor on Saturday, July 12, 2025 at 11:00 am at the Cedar City Cemetery. Final arrangements are under the direction of Southern Utah Mortuary. To share online condolences, please visit [www.mortuary.org](http://www.mortuary.org).

### Linda Dawn Ence Zitro

November 20, 1948 – July 5, 2025



Linda Dawn Ence Zitro passed away peacefully on July 5, 2025, at her home in California, surrounded by her loved ones.

She was born on November 20, 1948, to Donald Bladen Ence and Shirley Anne Syrett. Linda graduated from Cedar City High School and attended Southern Utah State College (SUSC) for a year before moving to Salt Lake City to pursue a career in modeling. She worked as a model for ZCMI and was known for her elegance and style.

Linda had a deep love and appreciation for all forms of art and creativity. Whether it was fashion, design, drawing, or ceramics, she saw beauty everywhere and brought it into the lives of those around her.

She was a mother of one daughter, Jill Green. In 1999, she moved to California, where she met and later married James Zitro. Through this union, she welcomed James's sons, Amir and Rain, and their families with an open heart, embracing them as her own.

She is preceded in death by her parents, her brother Donald Kurtis Ence, and her beloved husband, James Zitro.

Linda is survived by her daughter, Jill Green, and son-in-law Jeff Green of Montana; her grandsons Jesse, Cody, and Triston Green; her stepsons Amir Zitro (and his wife Jennifer) and Rain Zitro; her grandchildren Skylar Zitro and Seth Zitro of California; and her brother Clynton Ence (and his wife Karen) of Cedar City, Utah.

Linda's life was a testament to grace, creativity, and warmth. She brought light into every room and left a lasting impression on all who knew and loved her. She will be deeply missed.



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# sports

**SCORES + RECAPS FROM IRON COUNTY COMPETITION**

## Zilisch wins duel with Van Gisbergen at Sonoma

by Tom Zulewski

IRON COUNTY TODAY

**S**ONOMA, Calif. – The clear storyline before the XFINITY Series race at Sonoma Raceway was the road-course dominance of Shane Van Gisbergen after he swept to a pair of wins in Chicago last week.

Connor Zilisch, who is half the age of the 36-year-old New Zealander, wasn't about to let any hype for his teammate and elder get in the way of a winning effort.

Zilisch got the better of the laps in Stage 3 and held on to beat Van Gisbergen to win the Pit Boss/FoodMaxx 250 on July 12 for his third win of the season and 98th in the XFINITY Series for JR Motorsports. With the only caution flags coming at the two stage breaks, the 18-year-old led all of the final 32 laps and won by less than a half-second.

It was a bit of redemption for Zilisch, who

was the chaser who couldn't catch his Red Bull teammate on the Chicago street course. "We were playing cat and mouse with each other, but the last run was really tough," Zilisch said. "It took a lot of focus to keep him behind me."

Zilisch and Van Gisbergen pulled off to do pit stops before each of the first two stages ended, and it didn't take long for the pair to drive back to the front and pull away. In total, the Red Bull teammates combined to lead 70 of the 79 laps.

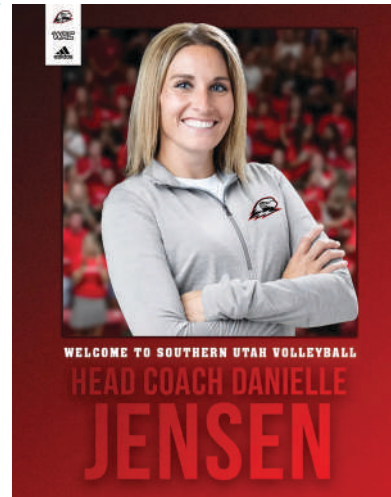
"It was cool to race all the closing laps under green. It made for an enjoyable race for Shane and I," Zilisch said. "I don't know how good of a show it was on TV, but I think the two of us racing for the win had to be pretty entertaining. It's not often you get a race to run like that for that long, but when it happens, it's fun. I enjoy it a lot."

As for the celebration in

Victory Lane, Zilisch got to drink apple cider.

"I got really sticky from the juice, but avoided a headache, so that's a positive," Zilisch joked. Van Gisbergen qualified on the pole and Zilisch started alongside him in the front row, but both drivers went to pit road before the first two stages ended and regained track position when the stage breaks were completed.

William Sawalich, Nick Sanchez and Riley Herbst completed the top five in the running order. The winning average speed was 81.176 mph, and the only other drivers to lead laps on the day were Stage 1 winner Sam Mayer and Stage 2 winner Brandon Jones. Jones would finish 13th and Mayer was 17th. Mayer is second in points in the XFINITY Series, trailing leader Justin Allgaier by 59. Zilisch is fourth, five points behind Austin Hill, who finished 12th, and 10 behind Mayer through 19 races.



by Regan Hunsaker

SUU ATHLETICS

**CEDAR CITY, Utah**  
 – Southern Utah

University Athletics is proud to announce the hiring of Danielle Jensen as the new Head Volleyball Coach. A proven winner and program builder, Jensen brings over a decade of head coaching experience, a legacy of national tournament appearances, and a passion for student-athlete development to the Thunderbird volleyball program.

Jensen joins SUU after a remarkable 10-year tenure at Utah State University Eastern, where she compiled a 190-88 career record and turned the Eagles into a perennial powerhouse in the NJCAA ranks. Her teams made three national tournament appearances, including back-to-back trips in 2022 and 2024, and consistently ranked in the Top 10 nationally. Most recently, she led USU Eastern to a 25-8 record and a seventh-place national finish in 2024, earning Scenic West Conference Coach

## Southern Utah University Names Danielle Jensen as Head Volleyball Coach

of the Year honors.

"Danielle is a proven leader, winner, and an incredible person," said SUU Interim Director of Athletics Tom Higbee. "She has built an outstanding championship culture at USU Eastern and has a remarkable track record of developing talent, both on and off the court. We're thrilled to welcome her and her family to Southern Utah and can't wait to see the impact she'll have on our program." In addition to her coaching responsibilities, Jensen also served as Assistant Athletic Director for External Operations at USU Eastern, demonstrating her commitment to fostering strong community ties and enhancing the student-athlete experience throughout the department.

Under her leadership, USU Eastern produced multiple All-Americans and dozens of all-conference honorees, with many athletes continuing their careers at NCAA Division I and II programs. Her coaching accolades include numerous Coach of the Year awards and national rankings as high as No. 2 in the NJCAA.

A native of Price, Utah, and an alumna of Utah State Eastern, Jensen credits

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## VOLLEYBALL COACH

« CONTINUED FROM PAGE 22

her success to a foundation of family culture, a relentless

work ethic, and strong recruiting, often in partnership with her husband and longtime recruiting coordinator, Calvin Jensen.

"I am beyond excited to join the Southern Utah University family," Jensen said. "This is a special place, and I'm honored to have the opportunity to lead the Thunderbirds volleyball program. I am grateful to Tom

and President Benson for giving me the chance to build this program. My goal is to shape this team into one that competes with energy, passion, and pride while helping our student-athletes grow as

individuals on and off the court." Jensen will begin her role immediately and will hit the ground running as the Thunderbirds prepare for the upcoming 2025 WAC season.

# Van Gisbergen proves untouchable in Sonoma

by Tom Zulewski

IRON COUNTY TODAY

**SONOMA** – About the only thing that fell short on the day for Shane Van Gisbergen came when his celebratory kick of a rugby ball only went as far as the edge of the back wall on pit road.

"I blame that one on the wind,"

deal with the closing stretch of three cautions over the final 11 laps, his pit crew led by crew chief Steven Doran wasn't worried in the least.

"It's pretty awesome they had that confidence because I certainly didn't," Van Gisbergen said. "You never know with NASCAR. On the restarts, everyone goes crazy."

Van Gisbergen added on TNT's post-race show, "We had a really fast car, but a really fast car doesn't always win the race."

The first late caution came at lap

97 when a wheel fell off the 51 car of Cody Ware. It traveled a good distance down track, but didn't hit any other cars as they drove by. Briscoe led briefly after the final caution came out at lap 105 when Ricky Stenhouse spun in Turn 8, but Van Gisbergen got to the front with little trouble on the final restart and won by 1.128 seconds.

"At the end of these races, a lot can happen," Briscoe said. "It was a split decision if we should pit or not, but we stayed out and that could go a lot of different ways. I tried to do my best just to stay behind Shane, but even if I had gotten the lead, there was probably only a 10 percent chance I

could hold on to it."

Van Gisbergen short-pitted and finished second to Ross Chastain in Stage 1, but had to survive a bump-and-run fest from a hard-charging Kyle Larson before securing the Stage 2 win. For the first time during the weekend, a caution flag came out early in Stage 3 for an on-track incident.

Ryan Blaney slid off-track after making contact with Chris Buescher as they battled for the third position and the No. 12 Menards Chevrolet got stuck in the dirt to bring out the yellow at lap 62, 48 laps short of the finish.

From there, the green-flag pit stops put Van Gisbergen back in front, and he moved into a tie with Kyle Larson, Denny Hamlin and Christopher Bell with three wins on the season. After Briscoe, Chase Elliott, Michael McDowell and Bell completed the top five.

There were six

cautions that took up 17 laps, and the average winning speed was 75.087 mph. With six races left until the playoffs, William Byron leads Elliott by 14 points in the standings. Larson is 44 behind in third.

Among the non-winners

who would fill out the playoff field, Tyler Reddick, Chris Buescher, Alex Bowman and Bubba Wallace would advance. Wallace has only a three-point lead over Ryan Preece.



**Shane Van Gisbergen**, driver of the #88 Red Bull Chevrolet, leads the field during the Toyota/Save Mart 350 at Sonoma Raceway on Sunday. Chris Graythen/Getty Images

Van Gisbergen joked. Other than that wind-blown flub, SVG delivered a dominating performance in his No. 88 Red Bull Chevrolet and rolled to his third road-course win in the last five weeks, taking the checkered flag at the Toyota/SaveMart 350 on a warm, breezy afternoon July 13 at Sonoma Raceway.

After finishing second to teammate Connor Zilisch in the XFINITY Pit Boss/Food Maxx 250 on July 12, the New Zealander rebounded well enough to lead 97 of the 110 laps and was able to fend off a late challenge from runner-up Chase Briscoe, who started and finished second.

Even as Van Gisbergen had to



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# Get knocked down, get back up again



**W**hen you have a breakthrough moment and earn your shot to play for a Grand Slam tennis title for the first time, the stage can feel a little overwhelming to some. On the morning of July 12 in front of a worldwide audience, 23-year-old American tennis player Amanda Anisimova learned this lesson the hard way. For her first Wimbledon final, she was tasked with five-time Grand Slam singles champ Iga Swiatek.

The contrast was as different as night and day as Swiatek made history with a 6-0, 6-0 clean sweep over Anisimova that was the first on the grass courts in 114 years. We won't bore you with the names of the players who were involved the last time it happened, but the major irony here is that Anisimova started her Wimbledon run two weeks ago with a 6-0, 6-0 win.

Swiatek only needed 57 minutes to shut down Anisimova, and the now-six-time Grand Slam winner was dominant from the moment she broke the American's serve in the opening game. Try as she might, Anisimova had nothing in the tank that could slow down Swiatek.

When the trophies were presented, Swiatek celebrated and Anisimova was left with her own emotions that included a lot of tears.

Swiatek offered words of condolence to her vanquished opponent during the trophy ceremony, as reported by ESPN.

"No matter what happened today, you should be proud of the work you're doing," she said to Anisimova, who needed more than two and a half hours to stun top seed Aryna Sabalenka in the semifinal played July 10.

Despite the loss, Anisimova acknowledged how much impact the crowd had.

"It's been an incredible fortnight for me. Even though I ran out of gas a bit

today, and I wish that I could put on a better performance for all of you," Anisimova told the crowd, "you guys have still been there for me and lifted me up today."

The sting of the double-bagel loss won't fade for a while, but having the ability to recognize the positives is invaluable and the hope here is that Anisimova carries the momentum of a new top-10 world ranking into the U.S. Open in August and beyond.

The Little League All-Star baseball and softball tournaments happened last week at Veterans Park and Fields on the Hill in Cedar City. Here were the winners that advanced to the West Regionals.

In Majors softball, Washington beat Cedar American, 9-6 on July 9 to claim the title and the trip to San Bernardino, Calif., for the second year in a row. The team scored four runs in the second inning to erase an early 2-0 deficit, then added three runs in the third and two in the fourth to take control.

The West Regional for the Majors starts July 19.

In the Majors baseball final, Lone Peak traveled from Northern Utah and left town with the Utah All-Star tournament championship after an 8-1 victory over Dixie on July 12. Lone Peak pitching allowed only four runs in three games and advanced to the Northwest Regional in San Bernardino that starts Aug. 3.

In Juniors softball, Enterprise, held on to defeat Washington, 10-7 on July 9 and won the trip to the West Regional in Tucson, Ariz., that started Friday. Only three teams participated in the tournament, and Enterprise ended Washington's two-year hold on the All-Star crown.

And in juniors baseball, the Dixie All-Stars cruised to an 18-0 shutout over Cedar American in the final, advancing to the West Regional that will be played in Bend, Ore., starting July 23. Three of Dixie's four tournament wins came by shutout, and they outscored their opponents 61-4.

Contact Tom Zulewski at [tominator19@yahoo.com](mailto:tominator19@yahoo.com).

## TOM'S SPORTS TRIVIA

*And now, we have liftoff on another dozen sporting trivia questions for your guessing enjoyment. This week's collection is a grab bag of challenging stuff that won't break your brain – at least that's the intended goal here. Have fun, embrace the chaos, and please remember...no wagering!*

1. As of July 8, one American player – No. 5 seed Taylor Fritz – was still alive after advancing to the semifinals, but who was the last American to win the men's singles title at Wimbledon in 2000?

2. The NHL and NHL Players Association ratified a new three-year collective bargaining agreement July 8 that begins in the 2026-27 season and runs through 2030, adding more games to the regular season. How many regular-season games will be played (up from the current 82)?

3. What Indiana Pacers player will be sidelined for all of next season after tearing his Achilles tendon early in Game 7 of the NBA Finals against Oklahoma City?

4. The Utah Jazz were involved in a three-team trade last week. Where did forward John Collins go as part of the deal?

5. As Major League Baseball closed in on the All-Star Break, the Detroit Tigers had the best overall record at 58-34 on July 8. While the Tigers' longest losing streak has been three games, what has been the team's longest winning streak (done three separate times)?

6. While Aaron Judge still leads the American League in batting average at .360, the No. 2 player in the category at .335 and is the shortstop of the Athletics who started in the All-Star Game. Who is he?

7. Before play began July 8, only two National League players were hitting over .300 on the season, both Los Angeles Dodgers. First baseman Freddie Freeman is one (.307), but what Dodger catcher is leading the league with a .332 batting average?

8. What Orlando Magic player – the 2022 NBA Rookie of the Year who averaged nearly 26 points per game last season – signed a five-year max deal worth \$239 million July 8?

9. True or False: After last week's effort at the John Deere Classic, both of Brian Campbell's wins on the PGA Tour have come in playoffs in the 2025 season.

10. American golfers have won three of the last four Open Championships. What Australian – now a regular on the LIV Tour – broke up the party in 2022 when he beat Cameron Young by one shot at St. Andrews?

11. As of 2025, which league has won the most MLB All-Star Games (48-44 with two ties)?

12. What teams are scheduled to play in this year's NFL Hall of Fame game happening July 31? One lost to the Washington Commanders in last season's playoffs and the other's head coach was hired away from the University of Michigan.

### LAST WEEK'S ANSWERS

1. Four of the top five women's seeds were eliminated by the second round. Only top seed Aryna Sabalenka was still standing as of the quarterfinals July 7.

2. Javier Baez. Baez has played almost everywhere on the field for the Tigers, but he won election as a starting outfielder alongside teammate Greene and the Yankees' Aaron Judge.

3. Jalen Ramsay.

4. Mike Brown.

5. Red Panda.

6. Clayton Kershaw.

7. Cleveland, Detroit and Philadelphia.

8. True. As of July 7, five different NL pitchers have reached nine wins on the season – Matthew Boyd of the Cubs, Milwaukee's Freddy Peralta, Nick Pavetta of San Diego, Robbie Ray of the Giants and Philadelphia's Zack Wheeler.

9. Mitch Marner.

10. Mexico, who defeated the US in the final, 2-1.

11. Darren Waller.

12. Popovich suffered a stroke on Nov. 2 and retired after the season. The remaining wins the Spurs had were credited to interim coach Mitch Johnson.

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## legal notices

### STORAGE UNIT AUCTION

Starts: July 10th, 2025, at 10:00 AM - Ends: July 24th, 2025, at 10:00 AM

Thunderbird Storage 435.238.6160

249- Contents belonging to Liam Lambertson. 4075 Browns Creek RD, Marlinton, WV 24954

- Shelf, table, couches, piece of wood, box

952- Contents belonging to Anna Lee. 849 Spruce St #4 Cedar City, UT 84720

- Mattresses, dresser, tote, shelf, laundry basket

408- Contents belonging to Jesse Smith. 8 Water Street Frewsburg, NY 14738

- Vacuum, washer and dryer, tire, nightstand, cushions

1037- Contents belonging to Edward Kern. 272 N 200 W # 1 Cedar City UT 84721

- Mattresses, stuffed animals, couches, cooler, box

129- Contents belonging to Kaitlyn LittleJohn-Dilday. 423 S 900 E A#202 St George, UT 84770

- Mattresses, couch, picture frame, chairs, vacuum

1442- Contents belonging to Mark Rivera. 474 W 1425 N APT A3 Cedar City, UT 84721

- Bicycles, bed frame, boxes, totes, paint

152- Contents belonging to Daniel Dornbrach. 133 E. De La Guerra St, PMB 283, Santa Barbara, CA 93101

- Dresser, chairs, table, outdoor furniture, misc. boxes, doors, mattress

739- Contents belonging to Daniel Dornbrach. 133 E. De La Guerra St, PMB 283, Santa Barbara, CA 93101

- Chairs, boxes, misc. household items, dresser

The above unit will be auctioned through VIA the "Cedar City Storage Facility Auctions" Public Facebook Group. 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 on July 10 & 17 2025

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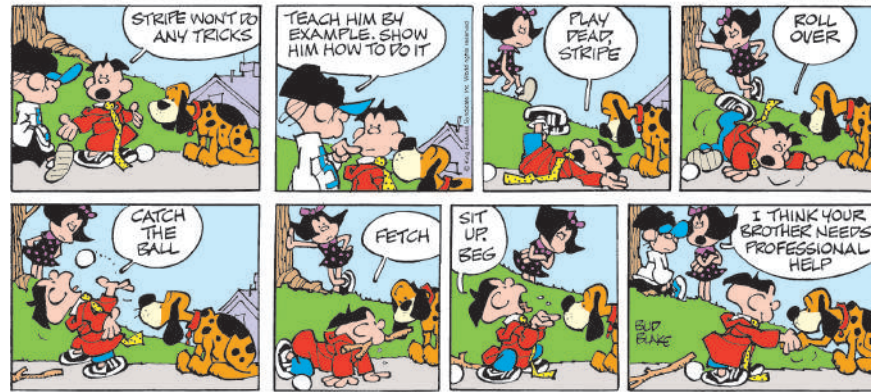
# Amber Waves

by Dave T. Phipps



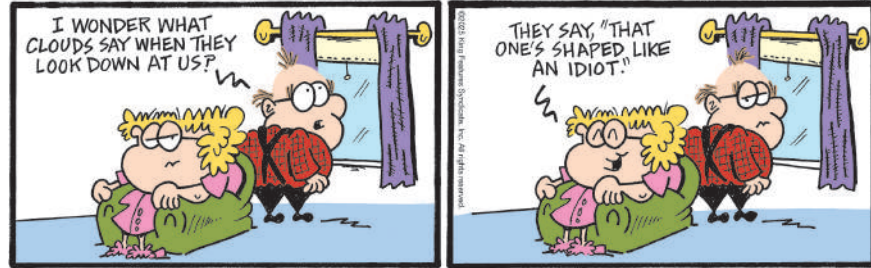
# TIGER

by BUD BLAKE



# The Spats

by Jeff Pickering



# Weekly SUDOKU

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

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

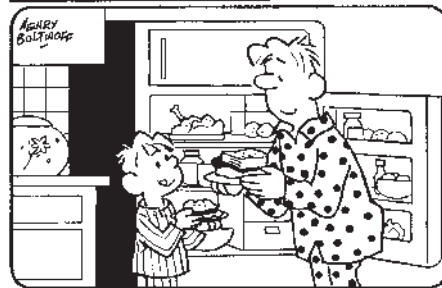
### DIFFICULTY THIS WEEK: ◆◆◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

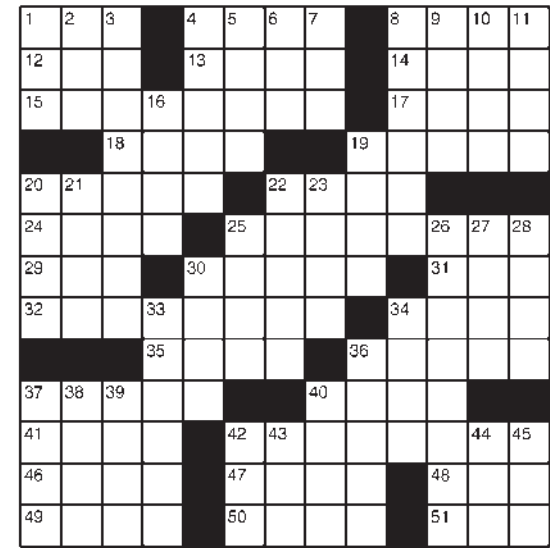


Differences: 1. Freezer handle is wider. 2. Lipset cabinet is wider. 3. Sandwich is larger. 4. Cookie jar is smaller. 5. Bridge door is not as wide. 6. Countertop is thicker.

# King Crossword

## ACROSS

- 1 Verily
- 4 Swiss artist Paul
- 8 Harvest
- 12 Outback bird
- 13 Teeny bit
- 14 Ticklish Muppet
- 15 Spelling test study guide
- 17 Old stringed instrument
- 18 Eternities
- 19 "Old MacDonald" refrain
- 20 Rescues
- 22 Ocular woe
- 24 Med. plan options
- 25 Preface
- 29 Paris pal
- 30 Surrenders
- 31 Guided
- 32 Puns and such
- 34 Verdi opera
- 35 Feedbag filler
- 36 Delegate
- 37 Treaties
- 40 Duel tool
- 41 Work on proofs
- 42 Bleeped term
- 46 New York's - Field
- 47 Regarding
- 48 Hosp. area



- 9 "Night" author Wiesel
- 10 Mine, in Marseille
- 11 Casual shirt
- 16 Accomplishes
- 19 Peepers
- 20 "Candida" playwright
- 21 Bullets
- 22 Fizzy drinks
- 23 Deuce topper
- 25 Fedora fabric
- 26 Extra virgin product
- 27 Make over
- 28 Crucial time
- 30 Bookkeepers (Abbr.)
- 33 Country star West
- 34 From the top
- 36 English race-track site
- 37 Quick kiss
- 38 Tennis score
- 39 Refer to
- 40 Town near Padua
- 42 Scoundrel
- 43 Work with
- 44 TV pioneer
- 45 Name

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# Trivia test

by Fifi Rodriguez

- TELEVISION: In the show "Ted Lasso," what does the sign over the locker room doorway say?
- ANIMAL KINGDOM: How many words are dogs believed to understand, on average?
- U.S. STATES: Which two states don't observe Daylight Savings Time?
- LITERATURE: In the "Harry Potter" book series, how many balls are used in a Quidditch match?
- GENERAL KNOWLEDGE: Which company owns car makers Porsche and Audi?
- GEOGRAPHY: Which country is home to Lake Como?
- MOVIES: What are the names of Cinderella's stepsisters?
- ACRONYMS: What does the computer acronym DOS stand for?
- MEDICAL: What is the condition called solar erythema?
- PSYCHOLOGY: Someone suffering from alektorophobia is terrified by what?

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

Answer

## Weekly SUDOKU

Y	E	A	K	L	E	R	E	A
W	O	N	L	I	S	T	V	I
E	M	O	T	A	L	I	A	M
S	A	L	E	S	T	A	E	
H	M	C	H	S	F	O	R	D
A	M	I	C	E	D	E	S	L
L	E	D	S	A	V	A	I	D
O	A	T	S	E	N	V	A	
P	A	C	T	S	E	F	E	
E	D	I	T	A	S	T	O	
C	I	T	I	A	S	T	O	
L	A	S						

Solution time: 26 mins.

Answers

## King Crossword

Trivia Test Answers  
 1. "Believe"; 2. Dogs generally know an average of 89 words and phrases, but the number can range from 15 to 215; 3. Hawaii and Arizona; 4. Four balls of three different types (the Quaffle, two Bludgers and the Golden Snitch); 5. Volkswagen AG; 6. Italy; 7. Anstasia and DriZella; 8. Disk Operating System; 9. Sunburn; 10. Chickens

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